

WORLD MENOPAUSE DAY

Statement

HON LORNA HARPER (East Metropolitan) [6.16 pm]: I rise tonight to very briefly have a quick chat about the fact that today is World Menopause Day. It is a very important day for every biological woman, and we have to recognise and keep talking about menopause and the effect it has on women in the home and in the workplace and also particularly on their health. The theme for this year's World Menopause Day is cardiovascular disease. It is believed that breast cancer kills a lot more women, but, in fact, cardiovascular disease in women is on the rise. While we are thinking about menopause—I am going to keep saying “menopause”, but I will not go through the symptoms of menopause because some people might get a wee bit scared—I remind members that if in doubt, check it out. It does not matter what the health symptom is, we should all go to the doctor to have it checked out, and that is especially important for women in their menopausal, perimenopausal and post-menopausal years.

Be nice to all the women in your life on World Menopause Day 2023, and please make sure that you get your health checked out.