

WOMEN'S HEALTH EXPO

Celebrating Women, Celebrating Life



Topics: Vitamin D is this the missing link? Menopause, Osteoporosis, Bladder Control, Breast Health, Cervical Cancer Vaccination, HPV & Cervical Smears.

Presenters:

Mr Jim Bartley, Prof. Ian Reid, Dr Carolyn Bilborough, Dr Stella Milson, Dr Wayne Jones, Dr Hazel Lewis

Date: 17th October 2009
Time: 10.00am – 3.00pm
Venue: Hopetoun Alpha
19 Beresford Square, Auckland
Cost: \$120.00
(includes lunch & goody bag)

CME points & certificate of attendance provided

Open to the Public

Book now, places limited
Register online www.wons.org.nz, or for a registration form
Email: admin@wons.org.nz or ph (09) 846 7886

Unit 14, 49 Sainsbury Rd, St Lukes
PO Box 41021, St Lukes, Auckland 1346
Ph: 846 7886, Fax: 846 7887
Email: admin@wons.org.nz,
www.wons.org.nz



*Nursing, Education and
Health Promotion Services*

Asian Women's Newsletter August 2009



Second edition

Email: rdavy@wons.org.nz

Asian Women's Health Symposium 17th September 2009

The next Asian Women's Health Symposium is to be held at Alexander Park function Centre, Greenlane west, Epsom, 8.30am – 4.30pm. Cost \$50.00 pp.

On the heels of the highly successful first Asian Women's Health Symposia last 2005, we are again organising a second conference this 18 September, 2009 to maintain the foothold we have made in the public consciousness on Asian women's health, as well as continue to raise our voices on the needs that remain unanswered by policy and research.

The organising committee, headed by the Asian Health Foundation New Zealand (AHFNZ) and WONS: Nursing, Education and Health Promotion Services, have selected four (4) themes that will serve as our parallel discussion sessions:

- Barriers and Inequalities
- Mental Health Prevention
- Sexual Health and Violence
- Workforce Capacity Development

The focus will be on Asian women and their needs. From the conference we hope to come up with an action and research agenda to carry the work on Asian women's health forward. You may probably be aware that Asians are new migrants. There is some anecdotal evidence that shows deterioration of health status following their arrival. The broad population based approach may no longer be tenable and attention and action needs to be made now before health disparities are heightened.

Hon Pansy Wong and Dr Jackie Blue (MP) will be our guests of honour. We expect to have a lot of media coverage and we will raise the profile of (organisation) work towards Asians.

Registration see www.wons.org.nz for more information.

If you wish to be part or sponsor this symposium email Maria on mcbautista_2000@yahoo.com

Chinese and Korean Women's Health

We are currently holding **free seminars** in the Auckland and Counties Manukau region on the **Cervical Cancer Vaccine and cervical screening. Cervical smears are free** for women who have not had a smear in the last 5 years and are aged between 30 and 69 years. Clinics across Auckland.

Contact details: Betty Ling (Chinese) 846 7886 ext 711 or 021 056 6118: or Susan Hwang (Korean) 846 7886 ext 707 or 021 230 8144.



Why should she be immunised?

- Getting the free vaccine now could prevent her from developing cervical cancer later in life.
- 3 vaccines are required. Completing the course is important!!
- Every year in New Zealand about 160 women are diagnosed with cervical cancer and 60 die from it.

This vaccine is expected to save 30 lives a year – and one of them could be hers. The free vaccine is available to girls and young women born from 1 January 1990. From term 1 2009 it will be available through most schools for girls and young women attending school year 8 and upwards (approximately 12 to 18 years of age). For girls and young women in the age range who are no longer at school, or who are not able to get the vaccine through their school, an appointment can be made with a local doctor, health clinic or other health provider. To find out if a girl or young woman in your care is eligible, talk to your health professional or call WONS Chinese and Korean staff for more information.

South Asian

After a very effective focus group, WONS will be joining with ProCare and TANI to facilitate a South Asian Women's Health Day. We will keep you informed. If you are interested in this day and would like to participate: email rdavy@wons.org.nz. It will be in the Auckland central region offering free health checks and education sessions with free pampering and food.