



About the “*Surveying The Silence*” Report

Launch Date: Wednesday, February 1st, 2023

Objective: Our mission is to support the advancement of care and research in women’s health. For decades, there have been taboos around certain topics like menstruation or menopause—creating a culture of silence that limits access to knowledge and care. In our report “*Surveying the Silence: Exploring the impact of taboos in women’s health*,” we explore the impact of these taboos and seek to bring attention to medical conditions affecting women’s lives in our province. To better understand this silence, we surveyed over 2,200 people in Alberta to help understand their top health issues, concerns, and experiences with seeking help for conditions specifically related to a woman’s anatomy. The results of this survey are shared and discussed in this report.

Primary Campaign Tag: #SurveyingTheSilence

Key messages include:

- One in five respondents feels that their gender is a barrier to receiving care.
- Only 24% of women feel their physician is very knowledgeable about gynecological and reproductive health.
- Only one quarter of women feel very knowledgeable about their gynecological and reproductive health.
- Almost two-thirds of women surveyed found it difficult to talk to primary healthcare providers about their concerns.
- Research in Canada shows that [4 out of 5 young persons](#) who menstruate have tried to hide that they are on their period, and 58% have felt ashamed or embarrassed about it.
- For women with endometriosis, painful periods, pelvic floor issues, perimenopause and menopause, between 50-90% of women reported significant work and career impact.

[CLICK HERE FOR THE PRESS RELEASE](#)

[CLICK HERE TO DOWNLOAD THE FULL REPORT](#)

Digital Media:

Please follow the Alberta Women’s Health Foundation

- **Website:** <https://www.albertawomenshealthfoundation.org>
- **Facebook:** [@abwomenshealthfoundation](#)

- **Twitter:** [@abwomenshealth](#)
- **Instagram:** [@abwomenshealthfoundation](#)
- **LinkedIn:** [Alberta Women's Health Foundation](#)
- Please use the hashtag **#SurveyingTheSilence** in all posts

Images for download: Please [click here to download](#) the campaign images for your use.

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Sample posts:

Twitter:

In the [@abwomenshealth](#)'s latest thought leadership report, the [@abwomenshealth](#) explores the impact of taboo topics in women's health and seeks to bring attention to medical conditions affecting women's lives in our province.

Join us and the [@abwomenshealth](#) in their effort of #SurveyingTheSilence to raise awareness and remove the stigmas around women's health issues like menopause, endometriosis, and more. Click here to read <https://www.albertawomenshealthfoundation.org/our-impact/surveying-the-silence>

Instagram:

Last summer, the [@abwomenshealthfoundation](#) surveyed 2,200+ people in Alberta to understand their top health issues, concerns, and experiences with seeking help for conditions specifically associated with women's anatomy. Did you know that almost two-thirds of women surveyed found it difficult to talk to primary healthcare providers about their concerns?

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Facebook:

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LinkedIn:

The [Alberta Women's Health Foundation](#) surveyed over 2,200 people in Alberta to help understand and dispel the taboos surrounding women's health. One of the results found from this survey was that 1 in 5 respondents feels that their gender is a barrier to receiving care.

In the [Alberta Women's Health Foundation](#)'s latest thought leadership report, "*Surveying the Silence: Exploring the impact of taboos in women's health*," the [Alberta Women's Health Foundation](#) explores the impact of these taboos and seeks to bring attention to medical conditions affecting women's lives in our province.

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