



WELCOME

We have great pleasure in welcoming you to the Holyrood Policy "Reducing Women's Health Inequalities" event.

For those of you with a Twitter account, a hash tag has been set-up for today's event **#scotwomenshealth**. Please also mention **@HolyroodEvents** in your tweets to highlight your activity to us so that we, and others, may follow the conversation and get involved.



© Holyrood Communications Limited. No part of this document may be reproduced or used for any form of mailing without prior or written consent. Information correct as of 01/02/2021.

REDUCING WOMEN'S HEALTH INEQUALITIES

Sponsored by



4 February 2021 | 10:15 - 14:45

Despite women making up half of the population, as a society we often avoid talking about many of the health issues they face – from contraception to the menopause.

With the Scottish Government due to publish a Women's Health Plan this year, this event will provide attendees with an opportunity to explore some of the topics we expected to be included in detail.

We'll look at the information, support and treatment options available to women. Most importantly we will discuss how they can be improved, with input from a range of key stakeholders.

EVENT AGENDA

10:15 WELCOME AND INTRODUCTION BY THE CHAIR

Jennifer Trueland
Health Journalist

SESSION ONE: IMPROVING ACCESS TO CONTRACEPTION AND ABORTION

10:20 Gayle Anderson
Advanced Pharmacist Practitioner (Women's Health), NHS Grampian

10:35 Dr Audrey Brown
Consultant in SRH and Abortion Care Lead, NHS Greater Glasgow and Clyde

10:50 Q&A

11:05 COMFORT BREAK

SESSION TWO: SUPPORT AND TREATMENT - ENHANCING YOUR UNDERSTANDING OF THE MENOPAUSE

11:20 Agnes Tolmie
Chair, Scottish Women's Convention

11:35 Dr Heike Gleser
Consultant in Sexual and Reproductive Health, Dundee Health and Social Care Partnership

11:50 Q&A

12:05 LUNCH

SESSION THREE: PRIORITIES FOR IMPROVING WOMEN'S HEALTH OUTCOMES

13:00 Emma Cox
Chief Executive Officer, Endometriosis UK

13:15 Dr Mary Ross-Davie
Director for Scotland, Royal College of Midwives

13:30 Q&A

SESSION FOUR: BIAS AND BIOLOGY: HEART DISEASE AND WOMEN - SPONSORED BY THE BRITISH HEART FOUNDATION

13:45 Professor Colin Berry
Chair of Cardiology and Imaging, University of Glasgow

13:55 Dr Anna Maria Choy
Clinical Senior Lecturer, University of Dundee

14:05 Maggie Simpson
Lead Clinician, Scottish Obstetric Cardiology Network

14:15 Professor Andrew Horne
Chair of Academic Board, Royal College of Obstetricians and Gynaecologists

14:20 Q&A WITH DAVID MCCOLGAN, SENIOR POLICY AND PUBLIC AFFAIRS MANAGER, BRITISH HEART FOUNDATION

14:40 CHAIR'S CLOSING REMARKS

Jennifer Trueland
Health Journalist

14:45 END OF EVENT

*Agenda and speakers subject to change



British Heart Foundation Scotland

Website: www.bhf.org.uk/scotland
Twitter: @BHFScotland

BHF in Scotland

Three in ten of us in Scotland die from heart and circulatory diseases. That's why we fund world-leading research into their causes, prevention, treatment and cure. Advances from our research have saved and improved millions of lives, but heart diseases, stroke, vascular dementia and their risk factors such as diabetes still cause heartbreak on every street. With the public's support, our funding will drive the new discoveries to end that heartbreak.

The BHF is the biggest independent funder of research into heart and circulatory diseases in the UK but is warning that without support, it may have to cut in half what it spends on new research in this financial year – from around £100m to £50m - because of the devastating impact on its income caused by the coronavirus pandemic.

Some of the work BHF are doing in Scotland

- **Heart disease action plan** – we are developing new recommendations that we want the Scottish Government to take forward over the next five years to improve care for people in Scotland who are living with heart disease. Based on consultation with people living with heart disease and clinicians, our ambitious heart disease action plan will have patients at its heart, and will go to the Scottish Government in early 2021.

- **Preventing non-communicable diseases** – including heart disease, cancer and stroke, these diseases cause more than half of all deaths in Scotland. But we know many could be prevented by tackling risk factors like obesity, smoking and alcohol consumption, which are highest in our most deprived communities. In partnership with other leading health charities, we've produced a non-communicable diseases report asking the Scottish Government to take bold public health action to reduce deaths and tackle health inequalities.

- **Women and heart disease** - we're working hard to raise awareness of heart disease in women. Too few are still aware that they are at risk, and too many women who have a heart attack are dying needlessly or recovering poorly because they may not receive the same treatment and care as men. We want to see the appointment of a Women's Heart Champion for Scotland to ensure the issue is prioritised.

- **High blood pressure** – around a third of Scots adults have this condition which increases their risk of heart attack and stroke. We're working with health boards to improve self-management and monitoring, and playing a key role in the development of a task force to tackle Scotland's 'silent killer'.

- **Cardiac rehabilitation** – in partnership with the Scottish Government and health boards, we're leading the redesign of services to make them more personalised and more effective for individuals who have had a heart attack or other cardiac event.