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# CONSUMER VOICES

**CHF**  
Consumers Health  
Forum of Australia

## News and views of health consumers - 20 Oct 2023



### Nothing about us, without us

While the outcome of the referendum is not what we hoped for, CHF will continue to be supportive of work that progresses the best outcomes for Aboriginal and Torres Strait Islander peoples.

Along with 125 health organisations, including many health services providers, professional and patient groups, we were [a proud signatory](#) of a letter supporting the Voice to Parliament.

We strongly believe that the health and wellbeing of First Nations Australians will benefit from continuing consultation with the people who know their communities best.

We understand that for many people this will be a difficult time, and we acknowledge their need to process the result of this referendum. We extend our care and concern to Aboriginal and Torres Strait Islanders who may be feeling distressed.

In addition to this, the news of the conflict in the Middle East has also been devastating. Our thoughts and concerns are not only to those directly affected by the crisis but also to communities experiencing repercussions and anyone who has family members or loved ones in the region.

### Committee vacancy



Consumers Health Forum is seeking applications from suitably qualified people for vacancies on the CHF Finance and Risk Management Committee (FARM). The role of the Committee is to support CHF in discharging its corporate governance responsibilities.

[Learn more](#)

## Webinar replay: Introducing MyMedicare



Voluntary patient registration is a way consumers can formalise their relationship with their GP. This new model, MyMedicare, was introduced on 1 Oct 2023. Initially, it will provide the most benefit to people who need access to longer telehealth services from their GP, aged care residents and people with chronic and complex health conditions.

We met with the Department of Health and Aged Care to learn more about MyMedicare, ask questions and find out how the program will work.

[Watch the replay](#)

## Reports



### Insights into menopause and pelvic pain

Jean Hailes for Women's Health has recently conducted the National Women's Health Survey 2023. From the results, two reports on pelvic pain and menopause have just been released.

One quarter of adult women report **experiencing period pain** that restricts their enjoyment of life, work or study, and many do not discuss this problem with their doctor. [Read the report](#)

The report on **menopause** shows that one quarter of women experienced difficult daily symptoms, while one quarter said menopause had no substantial impact on their lives. [Read more](#)

[More about the Survey](#)

## Technology



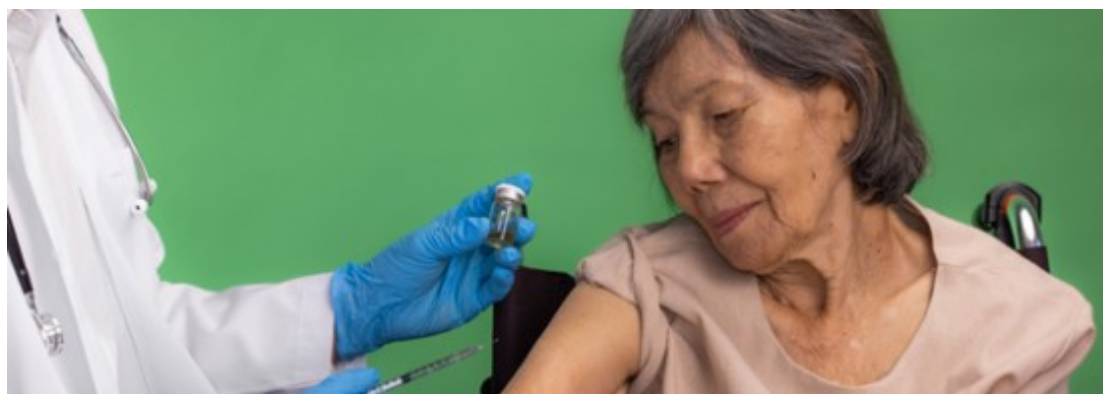
### Your privacy and your digital health record

The Digital Health Agency has provided an information page and videos to help you keep your digital health information secure.

Your health information can often be at risk from cyber criminals. The page covers information about MyHealthRecord, escripts, telehealth and keeping your devices secure.

[Learn more](#)

## Your health



### What's happening with the Shingles vaccines?

Shingles is a painful infection that can last for weeks, and cause incapacitation and long term complications. The new shingles vaccine Shingrix<sup>®</sup> will be available on the National Immunisation Program - from 1 Nov 2023. Shingrix<sup>®</sup> is more effective at preventing shingles (herpes zoster) than the previous vaccine, Zostavax<sup>®</sup>.

The 2-dose course of Shingrix<sup>®</sup> will be available at no cost for:

- People aged 65 years or older
- First Nations people aged over 50 years
- Immunocompromised people aged over 18 years.

People over 50 years can purchase Shingrix<sup>®</sup> through private prescription.

[More details](#)

## Celebrate carers



## A million reasons to care: national carers week 2023

Anybody could become a carer. At any stage your loved one or family member could need help and support from you or others in your family.

This National Carers Week we recognise, celebrate and raise awareness about the valuable work performed by over 2.6 million carers across Australia.

Carers represent a diverse range of cultures, ages, experiences and responsibilities, but have to balance their caring responsibilities with other responsibilities like work, study and their physical and mental health.

[More details](#)

## Let's end poverty



## Anti poverty week 2023

More than three million people are living in poverty in Australia including one in six children

The health of every Australian is tied closely to the social determinants of health – the non-medical aspects that affect health outcomes. These can include where people are born, how much income a family has, education, housing, working conditions, early childhood development, social inclusion and exposure to conflict.

This week is anti-poverty week, a campaign designed to show what a difference ending poverty can make.

[More details](#)

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