

**Submission
No 220**

INQUIRY INTO BIRTH TRAUMA

Organisation: Association for Pelvic Organ Prolapse Support

Date Received: 18 July 2023

Dear Parliament Legislators,

I humbly submit commentary representing the women within the Association for Pelvic Organ Prolapse Support (APOPS) community. APOPS is a US based, federally recognized 501(c)(3) with global arms, with patient and practitioner following in 183 countries. While the cause we champion is pelvic organ prolapse, comorbidity is a common denominator in our space, most certainly levator avulsion, a key substructure of birth trauma. Tissues literally torn off bone make daily baby care, childcare, spousal and life partner care, and general life navigation a nightmare to navigate. Alongside the physical ramifications, the impact to self-esteem is high on APOPS radar.

Women are vessels of life. Childbirth, one of the most impactful life events women experience, is the leading cause of damage to women's pelvic floor and contents. It fills me with hope to see a government agency engaging at a notable level in this most significant women's health issue, providing a template for the additional countries to duplicate. While the world at large sticks its head in the sand ignoring women's below the waist health needs, NSW is taking bold, brave steps to openly, decisively address and shift women's health into the 21st century.

I applaud your efforts!

Respectfully,
Sher



Sherrie Palm, Founder/CEO

Association for Pelvic Organ Prolapse Support