**Your healthcare team - transcript**

**Speaker: Do you need to see a doctor?**

There are many types of \*health professionals\* who can help with your women’s health problems.

Health professionals are experts in different types of health care.

**General practitioner**

A general practitioner or GP is a doctor who knows about lots of health problems.

They can

* help with your health problem
* give you a script for medicine
* do health checks.

A GP can also

* do tests to learn more about your health problem
* help you understand test results and what to do next
* help you see another doctor who knows a lot about your health problem.

**Pelvic floor physiotherapist**

A pelvic floor physiotherapist can help you to have strong pelvic floor muscles.

Pelvic floor muscles hold your pelvic organs in place.

For example, your bladder, bowel and uterus.

A pelvic floor physiotherapist can help you exercise and relax these muscles.

**Pharmacist**

A pharmacist is a health professional who reads scripts from doctors and gives medicine.

They can also tell you about different medicines and products in the chemist.

**Gynaecologist**

A gynaecologist is a doctor who knows a lot about female body parts.

For example, the vagina and uterus.

They can find and treat women’s health problems.

For example, painful \*periods\*. Periods are when you bleed from your vagina each month.

**Endocrinologist**

An endocrinologist is a doctor who knows a lot about \*hormones\*.

Hormones are messengers in your body that help everything work well.

An endocrinologist can help you manage hormone problems, like \*menopause\*.

Menopause is when you have your final period.

**Dietitian**

A dietitian is a health professional who knows a lot about healthy food.

They can help you choose food that

* keeps you healthy
* helps you manage health problems, like heart disease.

**Psychologist**

A psychologist is a health professional who knows a lot about mental health.

Psychologists can help you

* talk about your feelings
* learn healthy ways to think and act.

**More information**

Visit our website at www.jeanhailes.org.au

An Easy Read fact sheet about this topic is on our website.

www.jeanhailes.org.au/easy-read-resources End of transcript

We worked with Women with Disabilities Australia to create this video.

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**End transcript**

**Information about Jean Hailes for Women’s Health**

Jean Hailes for Women's Health is a national not-for-profit organisation dedicated to improving the health of all women, girls and gender-diverse people. For free, evidence-based and easy-to-understand health information, visit [www.jeanhailes.org.au](http://www.jeanhailes.org.au).

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