Date

Dear *[Mr/Mrs/Ms/Dr Last Name]*

I am a constituent in your electorate and a new mother. I am writing to ask for your help to ensure new mothers get the support they need and to reduce the prevalence and impacts of birth trauma.

Becoming a mother is life changing, but not always the way you imagine. Every year in Australia, between 15,000 and 30,000 women suffer major, irreversible physical trauma such as pelvic floor muscle or anal sphincter tears when giving birth. *[I am OR My wife/ partner/ friend is]* one of those women – *[I/ she/ they]* suffered physical damage because of *[my/her/their]* birth experience.

*[OPTION TO INSERT PERSONAL STORY]*

Australian women are falling through the cracks when it comes to the diagnosis and treatment of physical injuries from birth. Common impacts, such as pelvic organ prolapse and anal/urinary incontinence, are often debilitating conditions that hugely effect quality of life. Pelvic floor dysfunction can limit a woman’s ability to care for her children, exercise, work, socialise, and be intimate with her partner. In 2013, it was estimated that the annual cost of incontinence in Australia was $6.7 Billion.

I have recently become aware of the great work of the Australasian Birth Trauma Association (ABTA) - [www.birthtrauma.org.au](http://www.birthtrauma.org.au), the first charity in Australia solely dedicated to supporting women, partners and families after birth-related trauma – they listen to the voice of the consumer and respond to the unmet needs of birthing families across Australia & New Zealand. As an organisation they advocate for a multidisciplinary approach to supporting birthing families and collaborate with all health professional groups involved in maternity care to better improve natal and maternal services.

The ABTA is calling for the Australian Government to provide Medicare-subsidised access to quality physiotherapy assessment and management for women during pregnancy and up to one year postpartum to improve birth outcomes and reduce the prevalence of birth-related trauma.

The ABTA has circulated a petition which is currently approaching 40,000 signatures - (<https://www.change.org/p/the-hon-greg-hunt-mp-pelvic-health-physiotherapists-to-support-birthing-women>). The ABTA will present this petition to the Federal Health Minister at the end of December 2021.

**I write to ask you to raise this issue with the Minister and directly improve the quality of life for your constituents, and all women and families affected by birth-related trauma.**

Kind Regards

A Concerned Constituent *(enter name here)*

*(Contact number/email)*