



FTWW

Fair Treatment for
the Women of
Wales

PCOS is a key campaign for FTWW

Why is it important?

- PCOS is very common, affecting 1 in 8 women and people registered female at birth
- Many of those affected will not have a formal diagnosis
- Misconceptions about PCOS can impact attitudes and care
- PCOS is an endocrine disorder with longer-term health risks, such as heart disease and diabetes
- There is a lack of research about the cause and best treatment for PCOS.

What are we doing about it?

- We work with expert organisations to raise awareness of PCOS
- We aim to challenge misconceptions about PCOS and how it affects people
- We support patients in Wales to have their voices heard in service design
- We encourage more investment in Wales into PCOS research
- We ensured that PCOS features in the 10-year Women's Health Plan for Wales.

FTWW is the only patient-led charity in Wales dedicated solely to women's health equality. We support women and people assigned female at birth, including non-binary, trans, and intersex people.

Find out more about FTWW
Website: www.ftww.org.uk

Search for FTWW
Wales on social:





FTWW

Triniaeth Deg
i Fenywod
Cymru

Mae PCOS (Syndrom Ofariau Polysystig) yn ymgrych allweddol i FTWW

Pam ei fod yn bwysig?

- Mae PCOS yn gyffredin iawn, gan effeithio ar 1 fenyw o bob 8 a phobl a gofrestrwyd yn fenywod adeg eu geni
- Ni fydd gan lawer o'r rhai yr effeithir arnyn nhw ddiagnosis ffurfiol
- Gall camsyniadau am PCOS effeithio ar agweddau a gofal
- Mae PCOS yn anhwylder endocrinaidd sydd â risgiau iechyd tymor hirach, fel clefyd y galon a diabetes
- Mae diffyg gwaith ymchwil am yr achos a'r driniaeth orau ar gyfer PCOS.

Beth ydyn ni'n ei wneud?

- Rydyn ni'n gweithio gyda sefydliadau arbenigol i godi ymwybyddiaeth o PCOS
- Ein nod yw herio camsyniadau am PCOS a sut mae'n effeithio ar bobl
- Rydyn ni'n cefnogi cleifion yng Nghymru i sicrhau bod eu lleisiau'n cael eu clywed wrth ddylunio gwasanaethau
- Rydyn ni'n annog mwy o fuddsoddi yng Nghymru mewn gwaith ymchwil ar PCOS
- Fe wnaethon ni sicrhau bod PCOS yn ymddangos yn y Cynllun 10 Mlynedd Iechyd Menywod Cymru.

FTWW yw'r unig elusen sy'n cael ei harwain gan gleifion yng Nghymru sy'n canolbwyntio'n llwyr ar iechyd a chydaddoldeb menywod. Rydym yn cefnogi menywod a phobl a ddynodwyd yn fenywod adeg eu geni, gan gynnwys pobl anneuaidd, traws a rhyngrywiol.

Rhagor o wybodaeth:
Gwefan: www.ftww.org.uk

Chwiliwch am
FTWW Wales:

