



PRESENTS

“LET’S BLOOM TOGETHER!”

Leveraging on Partnerships and Promotion of a Resilient Health System of the Nigerian Woman for Sustainable Development

FUN FACT!

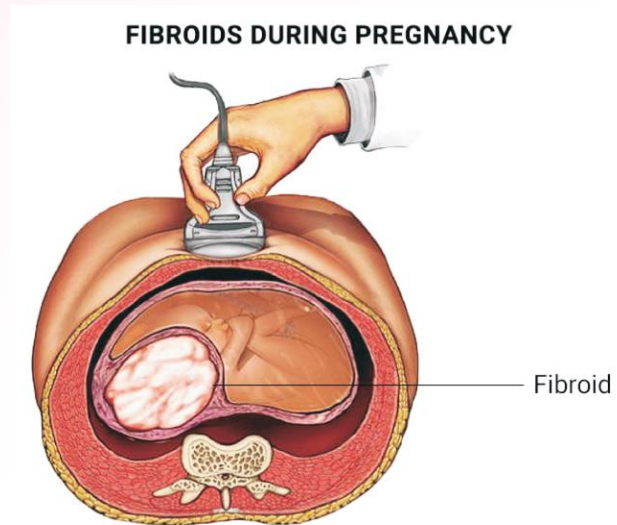
We raise awareness of various Gynaecological conditions and their Impact on Women's Health. We also help women get sponsors for medical procedures they cannot afford.

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WHO WE ARE



My Gynae Foundation “MGF” “My GYF” “My Gynae” or “The Foundation” is a non-profit organisation dedicated to raising awareness of Gynaecological conditions, understanding their impact on Women's Health and facilitating access to appropriate medical treatment.

a. SUMMOUNTABLE CHALLENGE

- Gynecological issues, particularly fibroids, are among the most common reasons women of reproductive age seek medical care in South-West Nigeria. These conditions include Uterine Fibroids, Polycystic Ovarian Syndrome (PCOS), Endometriosis, Adenomyosis, Pelvic Pain, Pelvic Inflammatory Disease, Uterine Prolapse, Dysmenorrhea, Pre-menstrual Dysphoric Disorder (PMDD), Period Stigma/Period Poverty, and Obstetric Fistula (Vesico-Vaginal Fistula, VVF).
- Women of colour, especially young, low-income women, are disproportionately affected by uterine fibroids and other reproductive health issues. A lack of awareness, the desire to bear children, and the social stigma associated with infertility often compel them to endure severe pain in silence.
- The high prevalence of gynecological conditions in South-West Nigeria significantly impacts women's quality of life, work productivity, and fertility, making it a critical issue that requires attention and intervention.

a. MISSION

My Gynae is dedicated to advocating for patients' rights and safety, while supporting women throughout their reproductive health journeys. We partner with hospitals and organizations that have CSR budgets to secure subsidized healthcare for reproductive conditions. Additionally, where possible, we facilitate access to funding for women facing life-threatening gynecological conditions who cannot afford the necessary treatment. The Foundation also serves as a support system and advocacy group for women affected by fibroids and is building a vital community for patients to connect, share experiences, and find strength together.



b. VISION – TOGETHER WE CAN WITH “BLOOM WITH MY GYNAE”

By 2030, My Gynae aims to help over 50,000 women receive sponsorship for medical treatments they are unable to afford. We also seek to educate over 50 million women and their families on managing reproductive health challenges through advocacy, workshops, documentary series, media campaigns, call center management, mobile/web apps, and more. With your help, we will not only inform women but empower them. When a woman is informed, she is empowered to bloom, and as she blooms, her family, environment, economy, and nation flourish.



c. IMPACT & SUPPORT

Over the past three years, My Gynae has impacted over 400 women through personal and local efforts.

With the introduction of the "Bloom by My Gynae" initiative, we aspire to extend our reach to 500,000 of women enduring the burden of gynaecological conditions in the next 10 years.



THE GLOBAL GOALS For Sustainable Development



d. SUSTAINABLE DEVELOPMENT GOALS

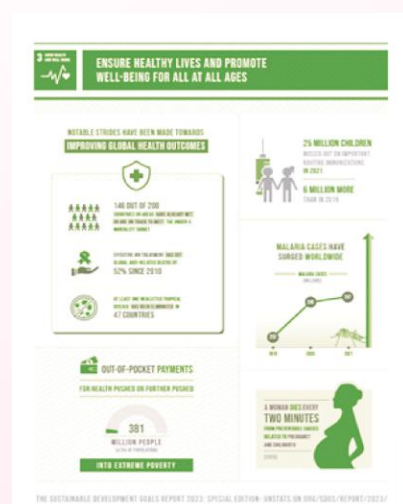
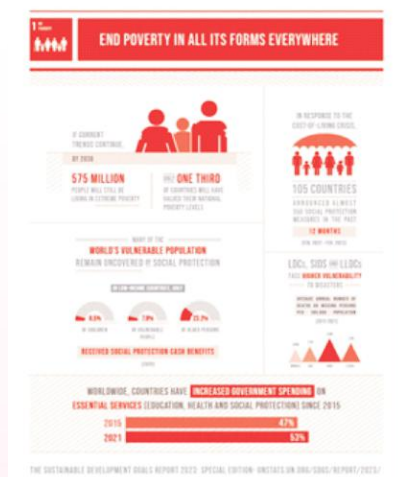
We are commitment to advancing global well-being of women starting with the Nigerian woman- One woman at a time and to highlight vital areas where your support can make a transformative difference: women's gynaecological health.

As you may know, improving gynaecological health is not only essential for women's empowerment and well-being, but it also plays a critical role in achieving the United Nations Sustainable Development Goals (SDGs).

1. SDG 1: No Poverty and SDG 8: Decent Work and Economic Growth

Women suffering from untreated gynaecological conditions often face long-term economic consequences, as poor health can limit their ability to work and participate economically.

By promoting access to care, we help women maintain their health, enabling them to remain productive in the workplace and contribute to economic growth, thus reducing poverty.



2. SDG 3: Good Health and Well-being

Women's gynaecological health is fundamental to ensuring healthy lives and promoting well-being.

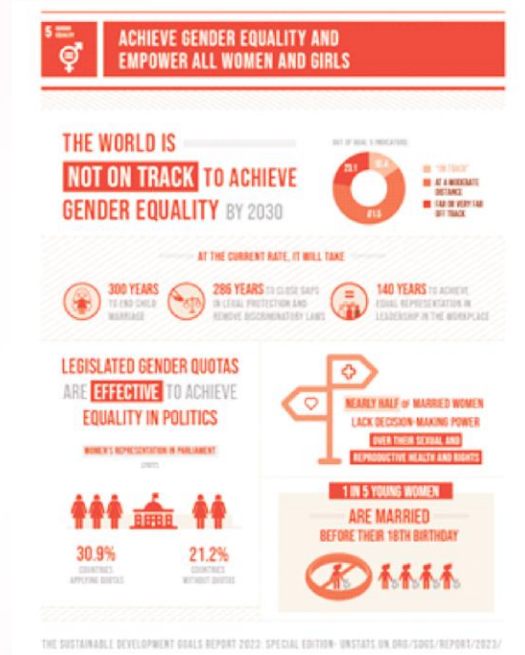
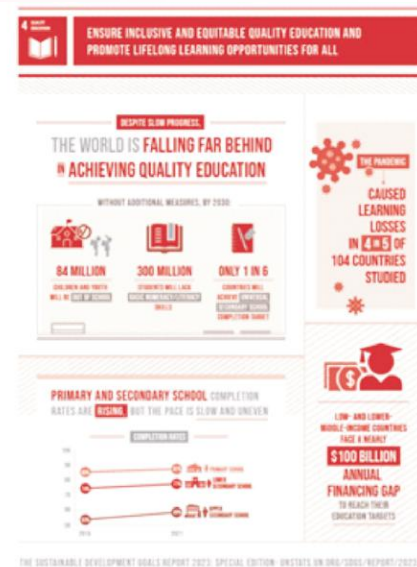
Effective management of gynaecological issues such as fibroids, PCOS, endometriosis are critical components of reducing mortality and morbidity among women.

Improved gynaecological care leads to healthier women, healthier families, and healthier communities.

3. SDG 4: Quality Education

Girls and young women who have access to gynaecological health education and hygiene products are more likely to stay in school.

Supporting initiatives that tackle menstrual health, education on gynaecological issues, and access to care ensures that girls can focus on their education, helping them break cycles of poverty and inequality.



4. SDG 5: Gender Equality

Empowering women to take control of their gynaecological health is a crucial aspect of achieving gender equality.

Women who have access to essential gynaecological services are more likely to complete their education, participate in the workforce, and lead fulfilling lives. Addressing stigmas surrounding gynaecological health and ensuring that women have access to care enables them to make informed decisions about their bodies, which is key to gender equity in Africa.

e. THE TEAM

Our leadership team consists of 10 members, including the Board of Directors and an Advisory Council. We are supported by volunteers and celebrity Ambassadors/Advocates, many of whom are survivors of reproductive health conditions.



Professor Rotimi Ayodele Kayode Jaiyesimi - Chairman

Professor Jaiyesimi joined the board of My Gynae in September 2020. A 1978 graduate of the University of Ibadan, he was the first Nigerian appointed as a Consultant in Obstetrics and Gynaecology in the United Kingdom in 1994.

He currently serves as the Associate Medical Director for Patient Safety at Basildon University Hospital, Essex, and is a Visiting Professor at the Faculty of Law, University of Ibadan. He is a UK National Health Service Patient Safety Specialist and a Fellow of several prestigious medical and leadership bodies.

Professor Jaiyesimi has been a leading voice in health policy and global health development, co-authoring Nigeria's National Policy on Gender and Health. He continues to drive healthcare development projects in Nigeria through Trojan Medical Group.

Oyinkansola Osisanya – Chief Executive Officer

Oyinkan Osisanya leads the Administration Department at Chapel Hill Denham, Nigeria's premier Independent Investment Bank, with over 22 years of experience.

A three-time fibroid survivor, she is a passionate advocate for women's health and reproductive rights. After undergoing three open myomectomy surgeries, she conceived the My Gynae vision in July 2020, born out of her personal experiences with fibroids.

With an MA in Creative Media Arts from London South Bank University and a deep commitment to her purpose, she leads My Gynae's mission to provide advocacy and support for women enduring reproductive health challenges.



THE STORY OF THE CHIEF EXECUTIVE OFFICER



My Gynae Founder and CEO, Oyinkan Ogundele, endured the debilitating effects of uterine fibroids for 12 years.

Her journey included multiple surgeries and severe symptoms such as heavy menstrual bleeding, anaemia, and pelvic pain.

After a third myomectomy in November 2018, she was finally free of fibroids.

This personal battle inspired her to create My Gynae in July 2020, expanding the foundation's focus to support all women with gynaecological issues.

Her advocacy empowers women to openly discuss these health challenges and access the care they need.

1. FIBROID MYTHS/MISCONCEPTIONS

Myth: The womb fills with fibroids when a woman doesn't get pregnant.

Fact: This is not true.

Myth: Fibroids only grow in women over 30.

Fact: Fibroids can affect women of all ages.

Myth: The womb must always be removed to get rid of fibroids.

Fact: There are many other treatments available.

2. YOU ARE NOT ALONE: PLEASE SEE A DOCTOR

Women are encouraged to seek medical attention if they experience symptoms such as heavy periods, pelvic pain, or frequent urination. Early intervention can greatly improve outcomes for women suffering from fibroids and other gynecological issues.

3. CAUSES AND RISK FACTORS

While the causes of fibroids remain unclear, factors such as genetics, hormones, and vitamin D deficiency play a role. Black women are at a higher risk of developing fibroids, which can also be influenced by lifestyle factors like diet and obesity.

Complications Complications such as anemia can arise from fibroids, sometimes requiring blood transfusions.

Pica Women with severe anemia caused by fibroids may develop pica, a condition characterized by cravings for non-food items such as chalk or clay.

4. MY GYNEA SURVIVORS







JOIN OUR COMMUNITY

WHATSAPP

Please scan the barcode to join our online community.



WEBSITE

www.mygynae.org

INSTAGRAM

@mygynaeissues

AMAZING PARTNERS

Our success stories could never have been possible without our partners who have a passion to bring smiles to the faces of women they will possibly never know or meet. It is such a privilege to partner with you.

Thank you.

**INDIVIDUAL
DONORS**

Volunteers



**ARISE
NEWS**

UNOFFICIAL PARTNERS



PARTNER WITH US!

Your donations go a long way to help us reach our vision.

GoFundMe: <https://gofund.me/87ce0f7d>

Paypal: [Paypal.Me/mygynae](https://www.paypal.com/MyGynaeIssuesFoundation) (For GBP/USD, etc)

Naira Account:

Bank: **Access Bank**

Account Number: **1446387333**

Account Name: **My Gynae Issues Foundation**

Flutterwave: bit.ly/mygynae-donate