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The Pain Perception Paradox: Why Women's Pain Often Goes Unheard



Dear TWF Friends,

Despite advancements in technology and medicine, women's pain is often minimised or unrecognised in healthcare systems worldwide. This pervasive oversight affects the quality of care and widens the gap in pain management and treatment outcomes.

This gap is largely attributed to gender bias. Extensive evidence suggests that healthcare professionals routinely underestimate pain reported by women. Instead, they link a woman's pain to anxiety or stress, even when it's unrelated to her emotional state or misattributing it to her menstrual cycle. As a result, healthcare providers may overlook other potential causes for their discomfort.

A recent study revealed startling findings: female patients, despite reporting and displaying pain at the same intensity as their male counterparts, were perceived to be in less distress by doctors. This study highlights entrenched gender stereotypes -- that women talk about their pain more and may exaggerate the amount of pain they are in whilst men bear discomfort without complaint, meaning small signs of distress can be viewed as more important. Hence, women are less likely to receive the same level of consideration when it comes to medical care, which may lead to delayed diagnosis.

Reflect & Act: Actions to consider

- 1. Be Supportive:** When women speak up about their pain, whether it's due to menstruation, menopause or otherwise, listen and encourage them to seek help.
- 2. Seek Second Opinions:** Encourage women, including those going through menopause or those with complex health issues, to ensure an accurate diagnosis and comprehensive treatment options.
- 3. Request Transparent Diagnostic Reasoning:** Ask your practitioner to explain their diagnostic decision-making and how they've ruled out certain conditions to avoid potential biases or assumptions.

UPCOMING EVENT



Gala Dinner 2023 – Last Spots!

Join us at our upcoming Gala Dinner, sponsored by our Title Sponsor – **Bloomberg**, and Associate Sponsor – **Jardine Matheson**, on November 2 at The Ritz-Carlton Hong Kong. Under the theme **Power On – Beyond the Binary Code**, tables and tickets are in high demand and selling rapidly. Don't miss out on the **final opportunity** to secure your spot and avoid disappointment!

The widespread adoption of AI and emergence of Web3 is fundamentally altering our social fabric, reconfiguring gender roles and forcing us to adapt and innovate in response to new technology at an unprecedented pace. Women's identities, too, in existing and emerging spaces continue to powerfully evolve beyond the binary. How these identities and forces interact is at the heart of our exploration.

On November 2, celebrate with us as we turn up the power, invite in the colour and embrace how we can Power On: Beyond the Binary Code.

For information on sponsorship opportunities, please contact Phoebe.Ho@twfhk.org or Development@twfhk.org.

PROGRAMME UPDATES

Girls Go Tech: Cybersecurity Hackathon

Last Saturday, GGT participants joined a Cybersecurity Hackathon co-organised by BNP Paribas to learn about the basics of cyber risks and best practices for online safety, via role play and case studies. Following the Hackathon was a sharing session led by volunteers from various IT departments. The role models generously shared their education and career journey into STEM and shed light on how technology is employed to safeguard cybersecurity in the banking industry. A big thank you to BNP Paribas and the volunteers for hosting this great event and for their support in helping our participants gain more exposure to the field.



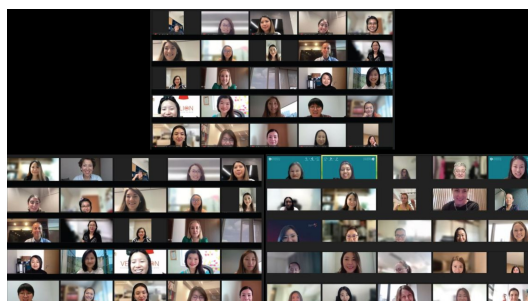


Girls Go Tech: Company Visit

GGT participants visited Cathay Pacific and HAECO to learn about the aviation and aircraft maintenance and repair industries. The participants spent an eye-opening day seeing mock-ups of aircraft interiors, testing their wings in flight simulators and learning the ropes of intricate flight operations in the control centre of the Cathay Pacific City; they also got to observe the meticulous aircraft maintenance process up close in the hangars of HAECO. We were honoured to have inspiring female professionals from diverse STEM backgrounds share their unique career journeys in a panel discussion which offered our participants invaluable insights into the vast potential of the industry. We extend our heartfelt gratitude to Cathay Pacific, HAECO and their dedicated volunteers for this invaluable opportunity.

Mentoring Programme: Icebreaker

The Mentoring Programme 2023-2024 has officially commenced with a successful Icebreaker session on October 5. A huge thank you to all the participants who took the time to attend the Icebreaker session and start meaningful connections within the Programme. We are grateful to advisory council members Jackie Dunn and Rebecca Turner Lentchner for their valuable contribution to the event. We would also like to extend our heartfelt appreciation to all the corporate partners who support the Mentoring Programme.



ANNUAL REPORT 2022



We are delighted to present our Annual Report 2022. Throughout these past few years of challenge and change, we feel proud and humbled to share the accomplishments and impact we have made in improving the lives of women and girls in Hong Kong over the past year.

[Read more](#)

POLICY ADDRESS SUBMISSION

Ahead of the announcement of the Policy Address 2023 on October 25, TWF has submitted a response to the Policy Address Public Consultation. Our submission includes a comprehensive set of recommendations to the Government, aiming to address gender inequality in the long term. Our recommendations focus on tackling gender stereotypes, addressing the low female

workforce participation rate, supporting women in poverty and marginalised women and girls, providing greater protection for sexual and domestic violence survivors, and improving gender data availability and accessibility. Please take a moment to read our submission below.

[Read More](#)

JOB OPENINGS

TWF has several full time opportunities for individuals to join its dynamic team to support a broad body work contributing to closing the gender gap in Hong Kong.

Senior Programme Officer, Community Programmes - Apply by October 21. [Apply now!](#)
Programme Manager / Assistant Manager, Community Programmes - Apply by November 5. [Apply now!](#)

SUPPORT TWF!



TWF x Touch Gallery – Her Stories Unveiled: Art Charity Exhibition

TWF and Touch Gallery proudly join forces to curate a captivating exhibition entitled "Her Stories Unveiled: Art Charity Exhibition". This collaboration aims to empower women, celebrate the creativity and inspiration of female artists, and champion the cause of gender equality.

By bringing together the realms of art and charity, Touch Gallery aims to foster a connection between the Hong Kong art community and philanthropic endeavours, while raising awareness about women's welfare.

Touch Gallery will donate 30% of the proceeds from all sold silent auction items to TWF. Please help us raise critical funds by participating in the **auction**. The online auction will close at 19:00 on November 4, 2023.

Exhibition Period: Oct 5 – Nov 4 (Tue - Sat)

Venue: Room 202- 203, 103, Block 3 Barrack Block, Tai Kwun, Hong Kong

[Browse the artwork here!](#)

IN THE COMMUNITY



AVCJ ESG and DE&I Summit

TWF is pleased to support the AVCJ ESG and Diversity & Inclusion Summit, which highlights key market opportunities, macroeconomic and strategic issues facing the private equity industry ranging from the latest investment themes and fundraising strategies to best practice ESG and DE&I. TWF supporters receive a 15% discount — please contact

us book@avcj.com for registration.

November 13, 2023, 8am - 5pm

Four Seasons Hotel, Hong Kong & Online

[Get your tickets now!](#)

LOUDER Connect Summit

TWF is pleased to support LOUDER Connect. As part of the StartMeUp Festival HK, LOUDER Connect is dedicated to challenging the way we are, the way we live, and the way we work by placing at the centre of the conversation the topics needed to develop new paradigms. For the first time ever, Radical Debates™ gathers the most inspiring voices from across the startup ecosystem to tackle the topic of women entrepreneurs and the funding gap. Join us in rediscovering the “big picture” of funding for women entrepreneurs as our speakers connect the dots with fresh new perspectives.



November 9, 2023, 5 - 9pm

Runnovation Causeway Centre, 28 Harbour Road, Wan Chai

[Get your tickets now!](#)

ON OUR RADAR

The Good

- [Claudia Goldin wins Nobel economics prize for work on gender gap \(Reuters\)](#)

The Challenging

- [Hong Kong lawmakers demand stricter controls on university orientation camps after series of sex assault allegations by students \(SCMP\)](#)

The Unexpected

- [Pressure to Prove Your Manhood May Shorten Your Life \(Greater Good Magazine\)](#)

9A Chun Wo Commercial Centre, 23-29 Wing Wo Street, Sheung Wan, Hong Kong



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