



Health Care Access Research  
and Developmental Disabilities

camh | Azrieli Adult  
Neurodevelopmental Centre

# Supporting Women's Health in Special Olympics



**Special Olympics**  
**Olympiques spéciaux**  
Canada

THE  
PETER GILGAN  
CENTRE  
FOR WOMEN'S  
CANCERS



UNIVERSITY OF  
CALGARY

# Main Message



**The health of women in Special Olympics, including breast and menstrual health, do not always get enough attention.**



Ignoring these concerns can have a **direct impact** on sport and on overall health.

# Tip 1: Have the supplies you need



**Pads, tampons, menstrual cups, and period underwear** are a few examples of menstrual supplies.

**Make sure you know where to find the products you need.**

Keep supplies in your sport bag so that you always have them with you.



# Tip 2: Wear proper-fitting bras



**Wearing a proper-fitting bra is important.**

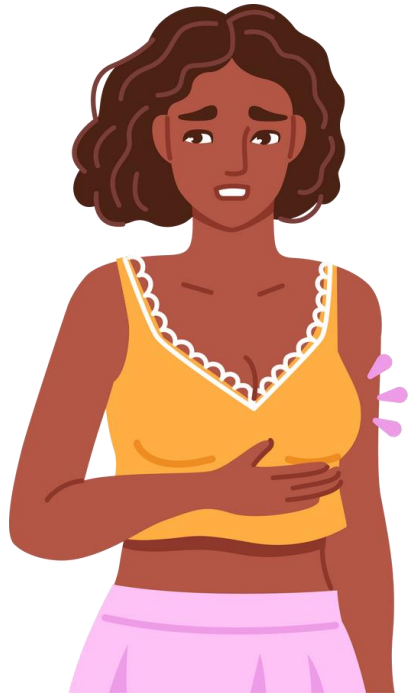
**When you're wearing a bra that fits,** it's easier to see and feel any changes in your breasts.

**Your bra should be comfortable.** It shouldn't be painful.

If it is, you can measure yourself or ask for help to find one in your size.



# Tip 3: Notice when something feels wrong



Have you noticed changes to the way your chest looks or feels? Is your bra causing you to change how you would usually move around?



Are you feeling a lot of pain during your period? Has something changed compared to what you are used to?

If you **are** experiencing **changes or discomfort**, with your breasts or period it might be time to **ask for help**.



# Tip 4: Know how to ask for help



**Ensure you know who you can speak to when you are experiencing changes or discomfort.**



**This may be a coach, family member, or healthcare professional.**

# Tip 5: Remember S.O.F.T.

**S**

**SELECT**

a bra that fits



**O**

**OBSERVE**

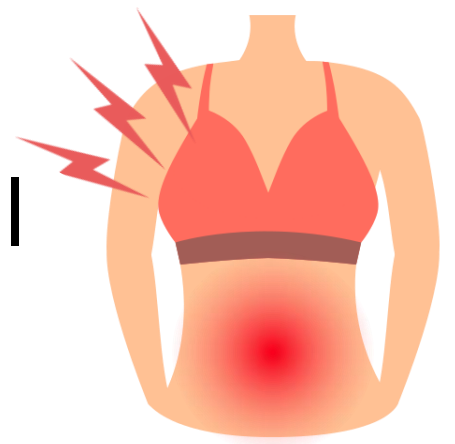
or see any changes



**F**

**FEEL**

for anything unusual  
or uncomfortable



**T**

**TELL**

someone you trust



This guide was created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and CAMH.

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