

Kiera Austin, 28

Professional netballer championing women's health, PMS & period wellbeing & performance on & off court, **MELBOURNE**

Kiera Austin, 28, Melbourne, is a professional netball player for Australia and Victoria. Renowned for her fierce determination and calm composure on court, she is also a passionate advocate for women's health, with a focus on menstrual wellbeing, PMS, period pain, and supporting peak performance both on and off court.

Kiera has been playing netball since the age of six, and has built an impressive career, including a Commonwealth Games gold medal in Birmingham in 2022, a Netball World Cup gold medal in Cape Town in 2023, and this year's Suncorp Super Netball premiership. Off the court, she holds a Bachelor of Medical Science and is currently pursuing a Master of Genomics and Health at Melbourne University. Beyond her achievements in sport and study, Kiera is a passionate advocate for women's health, particularly menstrual wellbeing, and uses her platform to mentor and inspire young women.

Like many women, Kiera experienced PMS and period pain from her early teens. She first noticed symptoms around 13 years of age, including debilitating cramps, irritability, and emotional fluctuations in the lead-up to her menstrual cycle.

"My experience with PMS and period pain is very apparent in the week leading into my cycle.

"I tend to get cramps, feel flat, and my concentration is lower. They spike leading into, and resolve as I get through my period," said Kiera.

Kiera notes how menstrual symptoms affect both daily life and performance in sport.

"PMS and period pain definitely affects my quality of life. I have less concentration and focus, and can be a bit snappy with those around me.

"In sport, I'm always thinking about where I am in my cycle, and how it might affect my energy and performance," Kiera said.

Over the years she has noticed that her symptoms fluctuate with training load, stress, and use of hormonal contraception. After taking a break from the contraceptive pill, she was surprised by how much her



natural cycle affected her performance.

"During certain weeks, I just wasn't at my best. Whereas the week after my period, I'd feel like superwoman."

Growing up, Kiera benefited from strong family support, with guidance from her mother, a nurse, and her older sister.



"If I had support, or could hear conversations about it when I was younger, I wouldn't have felt embarrassed or shy. Having open conversations reduces stigma and normalises the experience," said Kiera.

Kiera emphasises the importance of broader awareness and support for menstrual health.

"It's really important to normalise conversations about PMS and period pain, to empower women to speak up, ask for help, and seek the resources they need.

"Sporting organisations can support athletes by providing education, accessible resources, and a culture of understanding, to help every athlete perform at their best," Kiera said.

She is also a strong advocate for natural, non-hormonal options to relieve symptoms.

"Every woman is different, and for athletes, sometimes hormonal contraception can impact performance, or you may just want a break from medication. Painkiller-free, non-hormonal options can be a positive choice.

Through her partnership with Hey Sister!, Kiera champions Khapregesic® – a non-hormonal, plant-based product providing fast-acting, dual-action support for period pain and pre-menstrual syndrome (PMS).¹

"The painkiller-free approach offers a natural alternative for athletes so we can continue competing and training without worry. It is HASTA-certified, which means it has been independently tested for prohibited substances and meets strict quality standards," said Kiera.

Kiera values scientific research in women's health.

"Seeing clinical trial results for Khapregesic is encouraging. It gives women confidence in their choices and shows that menstrual health is finally being given the attention it deserves."

Kiera hopes her advocacy inspires women to explore supportive options and speak openly about menstrual health.

"Your period should never stop you from doing what you love. Support is around the corner, and natural, non-hormonal approaches may be worth exploring.

"I'm proud to use my platform to normalise these conversations and raise awareness of natural, non-hormonal options, backed by clinical research.

"Women's health deserves more attention, support, and ongoing study, and I'm honoured to contribute to that conversation," Kiera said.

To learn more about Hey Sister! Khapregesic®, click here: www.heysister.com.

To access the recent Khapregesic® clinical trial, click [here](#).

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Important information

- Hey Sister! Khapregesic® is an ARTG-listed medicine. *Khaya senegalensis* is the active ingredient in the Hey Sister! Khapregesic® range.
- Supported by a randomised, double-blind, placebo-controlled clinical trial published in the *International Journal of Women's Health* (July 2025), Khapregesic® demonstrated efficacy in alleviating mild-to-moderately-severe period pain and premenstrual syndrome (PMS) symptoms, including improvements in emotional wellbeing and reduced use of rescue medications.
- Traditionally used in Western herbal medicine to relieve mild menstrual symptoms such as period pain, bloating, and mood changes.
- Always read the label and follow the directions for use. If symptoms persist, talk to your health professional.

To coordinate an interview with Kiera, please contact:

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Reference

1. Lopresti AL, et al. An Examination into the Safety and Efficacy of Khapregesic®, a *Khaya senegalensis* Preparation, on Women Experiencing Menstrual Pain and Menstrual Distress. *Int J Women's Health*. 2025;17:2025–2038.