

## Dr Talat Uppal

**MBBS, FRANZCOG, DDU, FAAQHC, FACHSM**  
Gynaecologist, Founder & Director of  
Women's Health Road, **SYDNEY (VISITING CANBERRA)**

Dr Talat Uppal is an Obstetrician and Gynaecologist who works at Macquarie University Hospital and Hornsby Ku-ring-gai Hospital, Sydney. She previously worked as a Visiting Medical Officer (VMO) at Northern Beaches Hospital, Sydney.

Dr Uppal is also a Clinical Senior Lecturer in Obstetrics and Gynaecology at Macquarie University, and an Adjunct Fellow with the Translational Health Research Institute at Western Sydney University. Formally trained in ultrasound, Dr Uppal obtained her DDU sonographic qualification in 2010.

Passionate about women's health, Dr Uppal is the Founder and Director of Women's Health Road – an innovative, digitally integrated, multidisciplinary obstetrics and gynaecology centre. She is also Ambassador for Heidi Health – an AI medical scribe company.



Throughout her career, Dr Uppal has held senior leadership roles, including Senior Obstetrics Staff Specialist and Clinical Director of Women's, Children and Family Health at Manly and Mona Vale Hospitals, and Clinical Superintendent at Nepean Blue Mountains Local Health District.

Dr Uppal is a Fellow of the Australian Association for Quality in Health Care (FAAQHC), and a Fellow of the Australasian College of Health Service Management (FACHSM), reflecting her commitment to both clinical excellence and health system innovation.

She is a past Chair of both the NSW State Reference Committee and the NSW Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) Education sub-committee. Her special clinical education interest lies in supporting the role of General Practitioners within women's health, and she is a past coordinator of the RANZCOG Diploma OSCE examination. She is also a RANZCOG media spokesperson, and served for close to a decade as Advanced DRANZCOG Clinical Coordinator.

Dr Uppal is committed to improving awareness and treatment for pre-menstrual syndrome (PMS) and period pain, which affect a large proportion of people of reproductive age, but are often normalised or dismissed. As an advocate for patient-centred, multidisciplinary care, she strives to help women regain control of their health, to improve their quality of life.

"Two billion women menstruate every month and there are significant losses of quality of life," said Dr Uppal.

"Although menstrual pain and PMS are quite common, they're often dismissed as something women just have to put up with,"

"Many women assume their symptoms are 'normal' and don't discuss them with a healthcare professional, which can adversely affect their quality of life, work, and mental health," said Dr Uppal.

"We need to build menstrual literacy and encourage open discussions about period pain and PMS," Dr Uppal said.

"Research exploring non-hormonal, plant-based approaches helps broaden our understanding of menstrual wellbeing. Ongoing studies examining the tolerability and potential benefits of these options are essential to guide evidence-informed discussions between women, teenage girls, and their clinicians.

"This new Australian study is expanding our understanding of menstrual health by demonstrating that plant-based medicines can be evaluated through scientific research, helping to support more informed decision-making," said Dr Uppal.

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**To coordinate an interview with Dr Talat Uppal, please contact:**

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