

# Foreword Message

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As the officer on Sexual and Reproductive Health and Rights' within the Malta Medical Students' Association, it is with great honor to be introducing to you this year's edition of MATERNA. This journal is composed of different pieces written by medical students and MMSA members which were extensively reviewed by local academics. The numerous articles focus on different, yet equally important, aspects of maternal health, pregnancy and fertility. I encourage all of our readers to sit back, read through this journal and appreciate the work and passion of tomorrow's doctors.

Maternal Health refers to the health of women during pregnancy, childbirth and the postnatal period. The World Health Organization states that each stage should be a positive experience, ensuring women and their babies reach their full potential for health and well-being. Every pregnancy and birth is unique, therefore, it is extremely important to address inequalities that affect health outcomes in order to ensure that all women have access to respectful and high-quality maternity care.

I would like to thank all the authors for taking this up and submitting their magnificent work to our journal; this would not be possible without their contribution. Furthermore, I would like to express my gratitude to Prof. Jean Calleja Agius for her continuous support towards this journal during every step of the way. I would also like to thank my hardworking team, especially, Adrienne Gatt and Jennifer Xuereb, together with my assistant, Emma Azzopardi, for their utmost dedication from the beginning of the term. Finally, I would like to thank the Public Relations Team, especially Amy Carabott for bringing this journal to life with her wonderful design.



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