# Ellie Stewart uses Miss Great Britain Belfast platform to break silence on endometriosis and PCOS



In a powerful move aimed at dismantling the stigma around women's reproductive health issues, Ellie Stewart, a 21-year-old contestant from Belfast in the Miss Great Britain competition, has bravely shared her personal health journey. Diagnosed with both endometriosis and polycystic ovary syndrome (PCOS)—conditions she contested with since the age of 12—Stewart's advocacy for open dialogue about these often-ignored issues marks a significant step in raising awareness.

Endometriosis, a condition where tissue similar to the lining of the uterus grows outside it, often results in chronic pain and infertility, affecting approximately one in ten women of reproductive age. Similarly, PCOS is a hormonal disorder impacting about six to 12% of women, leading to a range of symptoms including irregular periods, weight gain, and fertility challenges. Stewart’s quest for understanding and care began long before her formal diagnosis, illustrating the often lengthy and frustrating journey faced by many women seeking answers to their health concerns.

Stewart’s participation in the Miss Great Britain Belfast competition is not merely about beauty; it serves as a platform for her to articulate the importance of addressing women's health openly. In a recent statement, she highlighted the necessity of encouraging discussions around these topics, which are frequently shrouded in shame. “There is so much that women go through silently, and it’s time to break the silence,” Stewart asserted, underlining her mission to push for greater awareness.

Her commitment to advocacy is mirrored by her competition peers, each bringing their own unique causes to the forefront. For instance, Stacey Burns from Lisburn has been running 15 5k events in 15 weeks to raise funds for Cancer Research UK and Alex’s Wish. By completing 17 runs and generating £500 for charity, Burns exemplifies how contestants utilise the platform to drive social impact, inspiring others through their personal challenges.

The event also serves as a celebration of body positivity, with fellow contestant Molly Burns emphasising self-acceptance amid traditional beauty protocols. She shares her journey in embracing her curvaceous figure and tattoos, challenging entrenched ideals about beauty and pushing for the message that diversity should be celebrated. “It’s important to remind ourselves of what a real body looks like,” she remarked, aligning her views with the need for authenticity and self-love in a world saturated with unrealistic standards.

Additionally, the competition is further enriched by the achievements of reigning titleholders like Eden McAllister, crowned Miss Great Britain 2021. McAllister has made strides not only in representing Northern Ireland but also in supporting vital causes through her visibility. By advocating for charities such as Cancer Research UK, she amplifies the role of beauty queens as role models and spokespeople for resilience and charitable endeavours.

In this vibrant atmosphere, contestants like Rainer-Alexandra Nelson are taking risks to inspire others. Her ambitious plans for fundraising through extreme challenges, including a 120ft abseil and a 15,000ft skydive, demonstrate a commitment to advocacy that goes beyond pageantry, embodying the spirit of empowerment and self-advocacy.

As Ellie Stewart and her fellow competitors spotlight important health issues and personal journeys, the Miss Great Britain Belfast competition evolves into a platform where beauty transcends appearances, advocating for open discussions around women’s health. Stewart’s brave testimony not only brings crucial visibility to reproductive health matters but also reinforces the belief that every woman’s story deserves to be heard and celebrated, encouraging others to join her in challenging the status quo.

### Reference Map

1. Paragraph 1: [[1]](https://m.belfasttelegraph.co.uk/life/health/miss-great-britain-belfast-contestant-raises-awareness-for-womens-reproductive-health-issues/a1603370999.html), [[2]](https://m.belfasttelegraph.co.uk/life/health/miss-great-britain-belfast-contestant-raises-awareness-for-womens-reproductive-health-issues/a1603370999.html)
2. Paragraph 2: [[2]](https://m.belfasttelegraph.co.uk/life/health/miss-great-britain-belfast-contestant-raises-awareness-for-womens-reproductive-health-issues/a1603370999.html)
3. Paragraph 3: [[2]](https://m.belfasttelegraph.co.uk/life/health/miss-great-britain-belfast-contestant-raises-awareness-for-womens-reproductive-health-issues/a1603370999.html), [[3]](https://www.northernirelandworld.com/news/people/lisburn-beauty-queen-goes-the-extra-mile-to-raise-money-for-important-charities-4649033)
4. Paragraph 4: [[4]](https://www.irishnews.com/life/i-think-its-important-to-remind-yourself-of-what-a-real-body-looks-like-miss-great-britain-belfast-finalist-molly-burns-SEZ6ED7E65GO3BTSOPH4AVDE2Q/)
5. Paragraph 5: [[5]](https://www.belfastlive.co.uk/whats-on/be/belfast-beauty-pageant-star-edenmcallister-21625344)
6. Paragraph 6: [[6]](https://www.newsletter.co.uk/news/people/skys-the-limit-for-miss-great-britain-belfast-finalist-as-she-shows-beauty-comes-from-within-4593150)
7. Paragraph 7: [[7]](https://www.belfasttelegraph.co.uk/life/fashion-beauty/co-antrim-student-nurse-aiming-for-a-beauty-queen-hat-trick-with-miss-great-britain-title/a624658666.html)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://m.belfasttelegraph.co.uk/life/health/miss-great-britain-belfast-contestant-raises-awareness-for-womens-reproductive-health-issues/a1603370999.html> - Please view link - unable to able to access data
2. <https://m.belfasttelegraph.co.uk/life/health/miss-great-britain-belfast-contestant-raises-awareness-for-womens-reproductive-health-issues/a1603370999.html> - Ellie Stewart, a 21-year-old contestant from Belfast in the Miss Great Britain Belfast competition, has openly discussed her health struggles to challenge the stigma surrounding reproductive health. Diagnosed with endometriosis and polycystic ovary syndrome (PCOS) last year, a diagnosis she had been seeking since the age of 12, Stewart aims to raise awareness and encourage open conversations about these conditions.
3. <https://www.northernirelandworld.com/news/people/lisburn-beauty-queen-goes-the-extra-mile-to-raise-money-for-important-charities-4649033> - Stacey Burns, a Lisburn woman competing in the Miss Great Britain Belfast heat, undertook a personal challenge to run 15 5k runs in 15 weeks to raise funds for Cancer Research UK and Alex’s Wish. Despite being a self-proclaimed non-athlete, she exceeded expectations by completing 17 runs and raising a total of £500 for the charities.
4. <https://www.irishnews.com/life/i-think-its-important-to-remind-yourself-of-what-a-real-body-looks-like-miss-great-britain-belfast-finalist-molly-burns-SEZ6ED7E65GO3BTSOPH4AVDE2Q/> - Molly Burns, a finalist in the Miss Great Britain Belfast competition, emphasizes the importance of body positivity and self-love. She shares her journey of embracing her curvaceous figure and tattoos, challenging traditional beauty standards and promoting the message that beauty comes in all forms.
5. <https://www.belfastlive.co.uk/whats-on/be/belfast-beauty-pageant-star-edenmcallister-21625344> - Eden McAllister, a 22-year-old student from East Belfast, was crowned Miss Great Britain 2021, bringing the title back to Northern Ireland for the first time in nine years. She plans to represent Northern Ireland at Miss Tourism World and has been involved in raising awareness for charities like Cancer Research UK and Alex’s Wish.
6. <https://www.newsletter.co.uk/news/people/skys-the-limit-for-miss-great-britain-belfast-finalist-as-she-shows-beauty-comes-from-within-4593150> - Rainer-Alexandra Nelson, a 22-year-old finalist in the Miss Great Britain Belfast competition, is undertaking three fundraising activities in two months to support charity. She aims to inspire women to be their own superheroes and is participating in events like a 120ft abseil, a 15,000 ft skydive, and the Race for Life for Cancer Research.
7. <https://www.belfasttelegraph.co.uk/life/fashion-beauty/co-antrim-student-nurse-aiming-for-a-beauty-queen-hat-trick-with-miss-great-britain-title/a624658666.html> - Yazmin McClean, a 20-year-old student children's nurse from Newtownabbey, is competing for the Miss Great Britain Belfast title. Having previously won Miss Teen Galaxy Ireland and Miss Galaxy Ireland, she aims to inspire other young girls from Belfast and Northern Ireland to pursue their dreams and enter pageantry.