

health+pedia

March 2024

**8TH
MARCH**
INTERNATIONAL
WOMEN'S DAY



Empowering Women:
Health, Vaccines, and Nutrition Know-How

Life stages of women:

Stage	Significant Choices and Decisions
20s to late 30s A time of choices	Balancing career and family, Financial independence, Personal growth and self discovery
Late 30s to late 40s A time of change	Family dynamics, Relationships and mid-life transitions, Hormonal changes of perimenopause
Late 40s to 50 plus A time to live well	Wellness and self-Care, Embracing aging with grace, Managing chronic disease



Hormonal Changes In Women

Hormonal changes are a natural part of a woman's life and can occur at various stages of their life. They play a crucial role in regulating various bodily functions, including:

▶ **Puberty:**

During puberty, the body starts producing higher levels of estrogen and progesterone, which cause breast development, body hair growth, and the onset of menstruation.

▶ **Menstrual Cycle:**

Estrogen and progesterone regulate the menstrual cycle and prepare the uterus for pregnancy.

▶ **Pregnancy:**

Hormones such as human chorionic gonadotropin (HCG) and progesterone support a healthy pregnancy.

▶ **Menopause:**

The decline of estrogen and progesterone during menopause can cause various symptoms such as hot flashes, night sweats, vaginal dryness, and mood changes.

Indian Women Health Statistics

- ▶ **33% of women (15 to 49) are malnourished** - National Health Family Survey
- ▶ **Every 3rd woman in India is undernourished & every 2nd woman is anemic.** - 2011 Census Report
- ▶ **Prevalence of 33.5% among adolescent girls have menstrual problems.**

Factors Affecting Nutritional Status Of A Woman

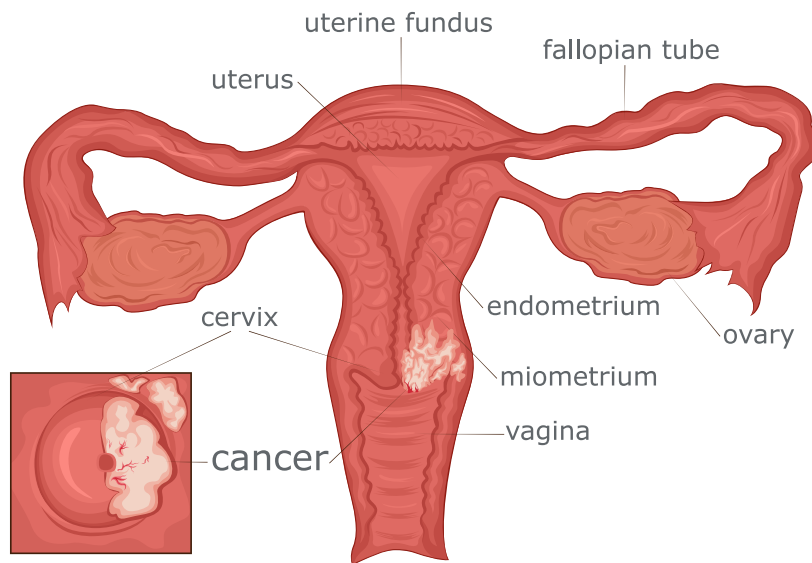
- ▶ Household income and its utilization
- ▶ Quality of environment
- ▶ Number of siblings
- ▶ Vulnerability of gender discrimination
- ▶ Education level
- ▶ Activity status & exposure to social stimulation
- ▶ Decision making power at home, etc.



Common diseases in Women:

1 Cervical Cancer:

Cervical cancer is primarily caused by the human papillomavirus (HPV). Regular Pap smears and HPV testing can help detect abnormalities early.



Symptoms:

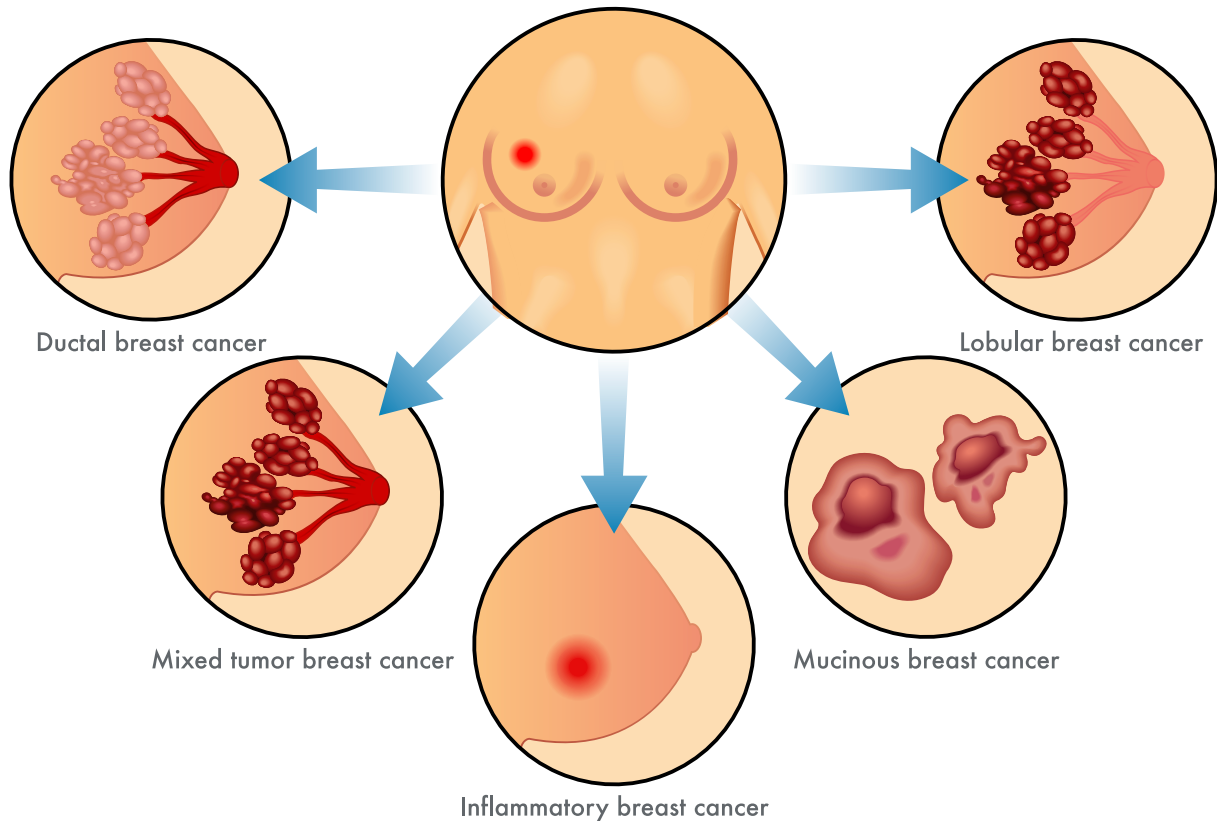
- ▶ Abnormal vaginal bleeding (bleeding between periods, after sexual intercourse, or after menopause)
- ▶ Pelvic pain
- ▶ Pain during intercourse
- ▶ Unusual vaginal discharge that may be foul-smelling
- ▶ Advanced stages
- ▶ Weight loss
- ▶ Fatigue
- ▶ Bone fractures

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Breast Cancer:

Breast cancer is a significant health concern for women globally, with millions diagnosed each year.

Types of Breast Cancer

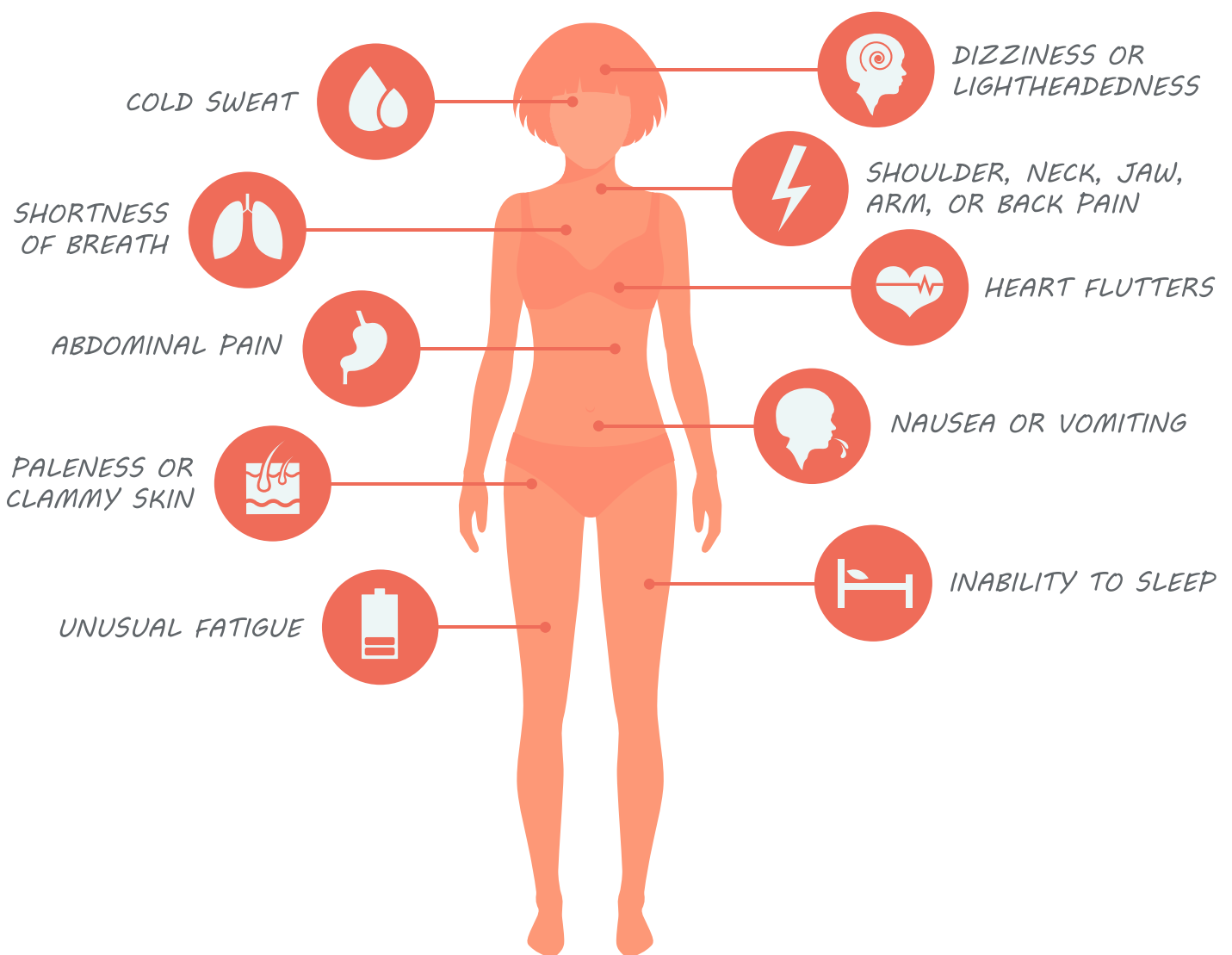


Symptoms:

- ▶ A lump or mass in the breast
- ▶ Changes in breast size or shape
- ▶ Nipple discharge
- ▶ Skin changes such as dimpling or puckering
- ▶ Persistent breast pain or discomfort

3 Heart Disease:

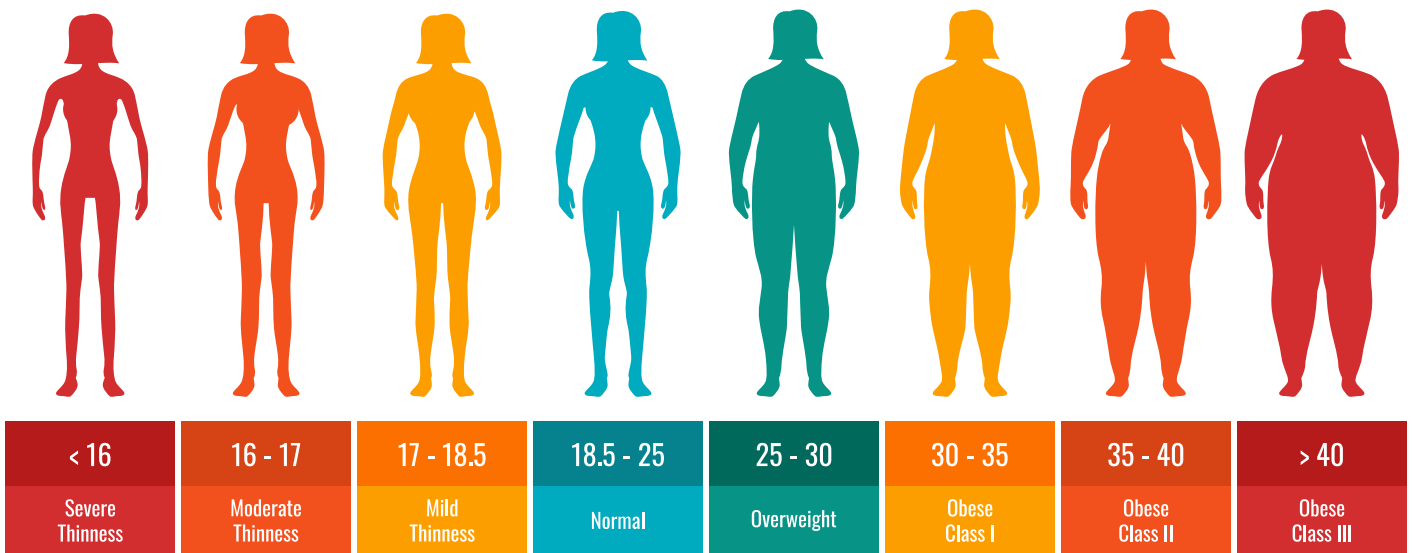
Heart disease is the leading cause of death among women worldwide, with risk factors including high blood pressure, high cholesterol, diabetes, smoking, obesity, and lack of physical activity.



4 Obesity:

Obesity rates have been steadily increasing worldwide, affecting women of all ages, ethnicities, and socioeconomic backgrounds. Obesity in women is a multifaceted issue influenced by a combination of genetic, environmental, socioeconomic, and behavioral factors.

BODY MASS INDEX (kg/m²)

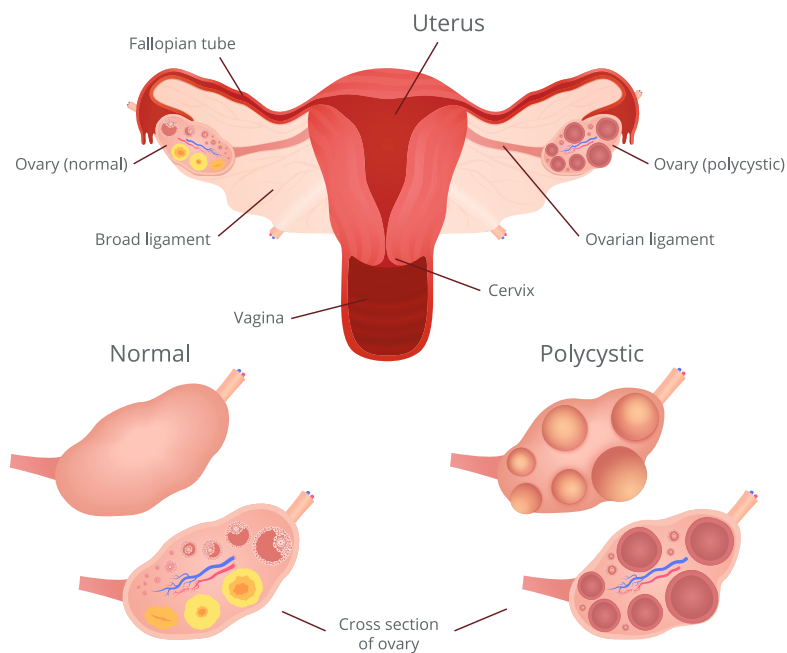


Causes:

- ▶ Excessive calorie consumption
- ▶ Sedentary lifestyle
- ▶ Not enough sleep
- ▶ Medication
- ▶ Endocrine disorders

5 Polycystic Ovary Syndrome (PCOS):

Polycystic ovary syndrome (PCOS), also known as Polycystic Ovary Disease (PCOD) is a hormonal disorder that affects women of reproductive age. This complex condition is thought to arise from a combination of genetic predisposition, hormonal imbalances, insulin resistance, and lifestyle factors such as obesity and inflammation.

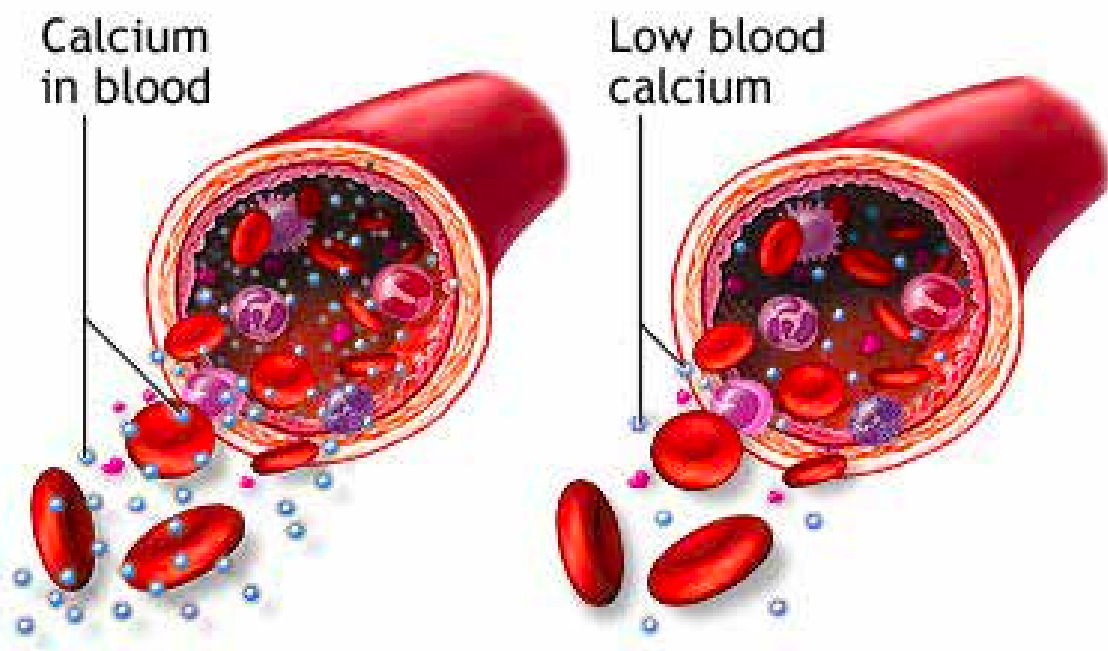


Symptoms:

- ▶ Irregular menstrual cycles
- ▶ Excessive hair growth (hirsutism)
- ▶ Acne
- ▶ Scalp hair thinning (male-pattern baldness)
- ▶ Weight gain or difficulty losing weight
- ▶ Ovarian cysts, often accompanied by hormonal imbalances such as elevated levels of androgens (male hormones) and insulin resistance.

6 Hypocalcemia:

Hypocalcemia is a medical condition in which there is a low level of calcium in the blood. Hypocalcemia is more common among women than men, primarily due to lack of access to calcium-rich foods, poor nutrition, & cultural practices that restrict food intake or limit exposure to sunlight.



Symptoms:

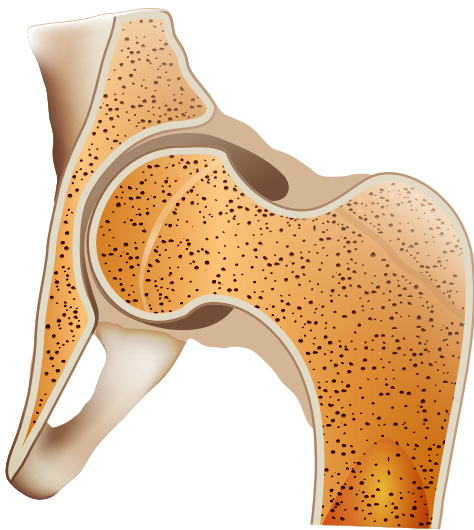
- ▶ Muscle cramps and spasms
- ▶ Numbness and tingling
- ▶ Weakness and fatigue
- ▶ Mood changes
- ▶ Confusion & memory problems
- ▶ Abnormal heart rhythms
- ▶ Osteoporosis

7

Osteoporosis:

Osteoporosis is a medical condition characterized by a decrease in bone density & quality, leading to fragile bones that are prone to fractures. Women are at a higher risk for osteoporosis than men, primarily due to hormonal changes (estrogen decline) that occur during menopause.

NORMAL BONE



OSTEOPOROSIS



Symptoms:

- ▶ Sloping shoulders,
- ▶ Curve in back
- ▶ Height loss
- ▶ Back pain
- ▶ Hunched posture
- ▶ Protruding abdomen

Preventive measures, such as maintaining a healthy lifestyle, getting regular check-ups, screenings, and vaccinations, can help reduce the risk of these diseases. Additionally, early detection and prompt treatment are crucial for managing many of these conditions effectively.

Preventive Screening For Women

Preventive screenings are crucial for maintaining women's health. Here's a general guideline:

▶ **Cervical Cancer Screening:**

Women should start getting Pap smears at age 21. After age 30, co-testing with HPV testing every five years is recommended, or a Pap smear alone every three years.

▶ **Breast Cancer Screening:**

Mammograms are typically recommended every one to two years for women aged 40 and older. Clinical breast exams by a healthcare professional are also important.

▶ **Colorectal Cancer Screening:**

Starting at age 45, women should get screened for colorectal cancer. Options include colonoscopy, sigmoidoscopy, or stool-based tests.

▶ **Bone Density Screening:**

Women over 65, or earlier if at risk for osteoporosis, should have a bone density test to screen for osteoporosis.

It's essential to consult with a healthcare provider to determine the appropriate screening schedule based on individual risk factors and medical history.

Recommended Vaccinations For Women

Women should talk to their healthcare provider about vaccination needs, based on their age, medical history, and other risk factors.

▶ **Human Papillomavirus (HPV) Vaccine:**

It protects against cervical cancer, vaginal cancer, and genital warts.

▶ **Tetanus, Diphtheria, and Pertussis Vaccine (Tdap):**

It protects against tetanus, diphtheria, and whooping cough.

▶ **Influenza Vaccine:**

It protects against the flu virus and its complications.

▶ **Hepatitis B Vaccine:**

It protects against hepatitis B, which can cause liver damage and cancer.



Optional Vaccinations For Women

There are optional vaccines that women may consider based on their individual health needs and risk factors.

▶ **Meningococcal Vaccine:**

It protects against meningitis and is recommended for college students living in dormitories, military personnel, and travelers to certain parts of the world.

▶ **Varicella (Chickenpox) Vaccine:**

It protects against chickenpox and is recommended for women who have not had chickenpox or the vaccine and are planning a pregnancy.

▶ **Shingles Vaccine:**

It protects against shingles, a painful rash that can occur in people who have had chickenpox, and is recommended for women over age 50.

▶ **Pneumococcal Vaccine:**

It protects against pneumonia, meningitis, and bloodstream infections and is recommended for women over age 65 or those with certain medical conditions.



Diet- What, Why, How Much?

Diet is often misinterpreted with a “Surviving on Salad”, “Boiled veggies only” or “Let my stomach rumble with hunger” attitudes. However, to attain a good healthy lifestyle, all we need is the right food and some right exercise.

Weight (Kgs)	Calorie Intake 18-30 Yrs		Calorie Intake 30-60 Yrs	
	Sedentary	Moderate	Sedentary	Moderate
50	1792	2108	1841	2165
55	1899	2234	1905	2241
60	2006	2360	1966	2315
65	2113	2486	2032	2390
70	2220	2612	2095	2464



How to Ensure A Balanced Diet?

- 1 **Prioritize a colorful array of fruits and vegetables** to ensure a variety of vitamins and minerals.
- 2 **Incorporate whole grains** like brown rice, quinoa, and oats for sustained energy and fiber.
- 3 **Choose lean protein sources** such as poultry, fish, beans, and tofu to support muscle health and satiety.
- 4 **Include healthy fats** from sources like avocados, nuts, seeds, and olive oil for heart and brain health.
- 5 **Limit saturated and trans fats** found in fried foods, fatty meats, and processed snacks to promote heart health.
- 6 **Be mindful of portion sizes** to prevent overeating and maintain a healthy weight.
- 7 **Stay hydrated** by drinking water throughout the day and limiting sugary beverages.
- 8 **Minimize added sugars** and salt by opting for whole, unprocessed foods and reading nutrition labels.
- 9 **Plan and prepare meals** ahead of time to make healthy eating convenient and accessible.
- 10 **Listen to your body's hunger and fullness cues**, and adjust your diet to meet your individual needs and preferences.

No Matter What Stage! It is essential for all women to

• Eat
Healthy

• Be
Active

• Manage
Stress

• Supplement
Wisely

• Stay
Happy

Frequently Asked Questions:

1 At what age should women start getting regular check-ups and screenings?

Women should start getting regular check-ups and screenings, including Pap smears, mammograms, and blood pressure checks, in their late teens or early twenties, and continue throughout their lives.

2 How can women protect their bone health and prevent osteoporosis?

Women can protect their bone health by consuming an adequate amount of calcium and vitamin D, engaging in weight-bearing exercises, avoiding smoking and excessive alcohol consumption, and getting regular bone density screenings.

3 What mental health resources are available for women experiencing depression, anxiety, or other mental health issues?

Women can seek support from mental health professionals, support groups, hotlines, and online resources. It's essential to prioritize self-care, reach out for help when needed, and destigmatize mental health issues.

4 How can women advocate for their own health and make informed healthcare decisions?

Women can advocate for their health by staying informed about their bodies, asking questions during medical appointments, seeking second opinions when necessary, and being proactive about preventive care and screenings.



**Pristyn
Care**

