

WOMEN HEALTH AND FAMILY WELFARE

DR VERTIKA KULSHRESTHA, SR CONSULTANT VINDHYA HOSPITAL

DR NEELI NEELIMA RANI, GDMO VINDHYA HOSPITAL



Importance of Women's Health

1. Half of Population
2. Women's health will influence next generation; they have major responsibility of family planning in culture.
3. Women usually have lower social, economic status, less education, low employment rate, less health care.
4. Women have some special physiological periods: puberty, prenatal, labour, postpartum, breastfeeding, menopause.

MEDICAL CONDITIONS COMMON IN WOMEN

- HEART DISEASE
- BREAST CANCER
- OSTEOPOROSIS
- DEPRESSION



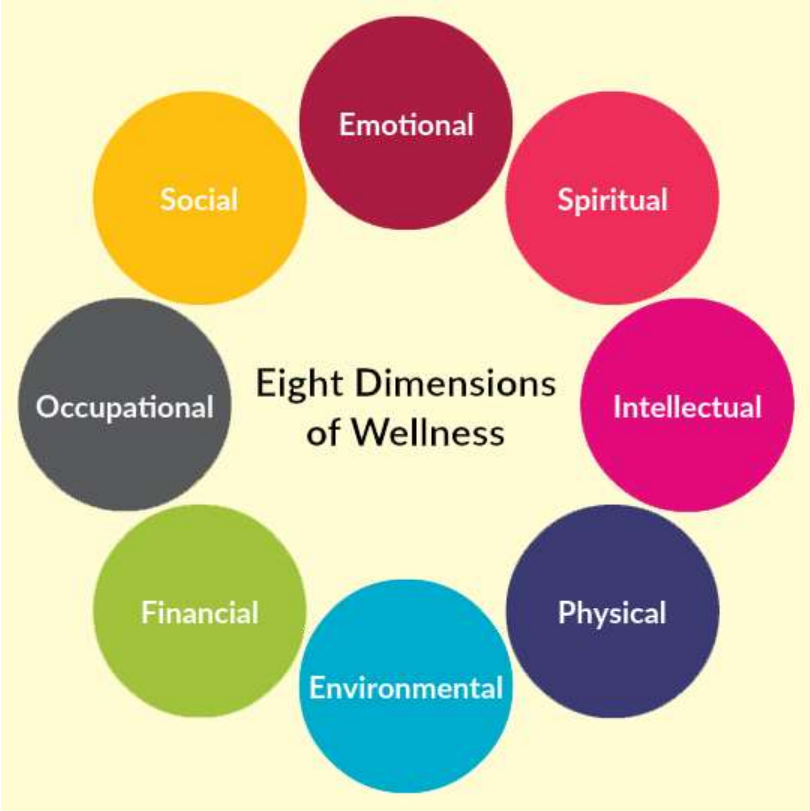


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Family history

Educating themselves on health issues

Paying attention to their bodies



WHAT IS WELLNESS?

- WELLNESS- HARMONY OF BODY AND MIND
- WELL BALANCED NUTRITIOUS DIET
- PHYSICAL FITNESS
- LIFESTYLE AND STRESS MANAGEMENT

KEY FACTORS FOR WELLNESS

- NUTRITION
- WATER INTAKE
- EXERCISES AND MEDITATION
- ADEQUATE SLEEP
- CALM MIND
- DETOXIFICATION







WELLNESS DIET- WHAT TO EAT?

- FRESH FOODS
- FRUITS AND VEGETABLES(GREEN LEAFY)
- BEANS AND WHOLE GRAINS
- GREEN TEA
- MILK AND PRODUCTS



WHAT TO AVOID?

- BREAD AND SEET BAKERY PRODUCTS
- PACKAGED SNACK FOODS
- FULL FAT DAIRY PRODUTS
- FATTY MEAT
- ARTIFICIAL SWEETNERS



EXERCISES-HOW MUCH? WHAT KIND?

- WALKING-30-60 MIN, BRISK
- TAKING STAIRS
- GARDENING
- CYCLING, JUMPING, RUNNING, WEIGHTLIFTING
- YOGA, PRANAYAM, MEDITATION

BENEFITS OF EXERCISES

PREVENTION OF WEIGHT GAIN

IMPROVED CARDIORESPIRATORY HEALTH

MUSCULAR FITNESS

LOWERS DEPRESSION

DECREASES RISK OF DM, HT, HRT DS

LOWERS RISK OF CANCER- BREAST, COLON, LUNG UTERUS



MANAGE STRESS

- WOMEN ARE BEST JUGGLERS-75-90% DOCTORS VISITS ARE STRESS RELATED
- HEALTH CONSEQUENCES-
  - DIGESTIVE ISSUES
  - SLEEP DISTURBANCES
  - WEIGHT GAIN
  - LOW IMMUNITY


Friendly social network
SMS
Reduce the noise
Self-limitations
Meditation
Stress Management Skills
Exercise
Time Management
Sleep Habit
Healthy Diet
educba.com



WOMEN AT ALL AGES

AT PUBERTY


Face
You may get pimples.
Sweat
Your armpits sweat.
Menstruation
Your period begins.
Puberty:
What Happens?
Height
You get taller.
Breasts
Your breasts grow.
Hair
Hair grows in your armpits, on your legs, and between your legs.
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TWENTIES&THIRTIES

CONTRACEPTION AND STARTING FAMILY SUCCESSFULLY

NUTRITION AND HEALTHY LIFESTYLE



HEALTHY PREGANANCY

- PRECONCEPTION CARE-DIET
- STOP ALCOHOL AND SMOKING
- GET EARLY AND REGULAR PRENATAL CARE
- BE ACTIVE AND STAY FIT
- AVOID CAFFEINE



ANTENATAL VISIT SCHEDULE



LATE30S TO LATE 40S- PERIMENOPAUSE

CONTRACEPTION ONCE AGAIN

MENOPAUSAL SYMPTOMS

CALCIUM

LIPID PROFILE

WEIGHT GAIN

Common Perimenopause Symptoms

Physiological

- Anger
- Anxiety
- Depression
- Irritability
- Dizziness
- Difficulty concentrating
- Fatigue
- Mood swings



Physical

- Hot flashes
- Night sweats
- Reduced libido
- Weight gain
- Urinary incontinence
- Vaginal dryness
- Bloating



LATE 40S TO 50 PLUS

HOT FLASHES

UTI AND VAGINAL DRYNESS

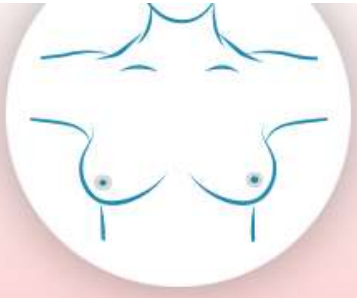
DROP IN BONE MASS AND NEED FOR CALCIUM

CHECK FOR DM AND BP

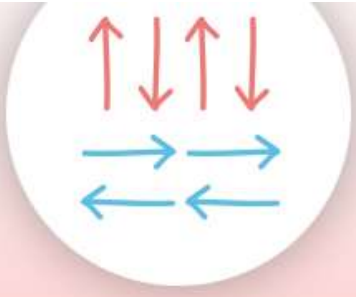
BREAST EXAMINATION



DO ONCE A MONTH, A WEEK AFTER YOUR PERIOD



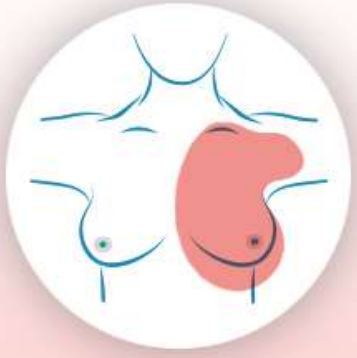
LOOK IN THE MIRROR FOR ANY ASYMMETRIES



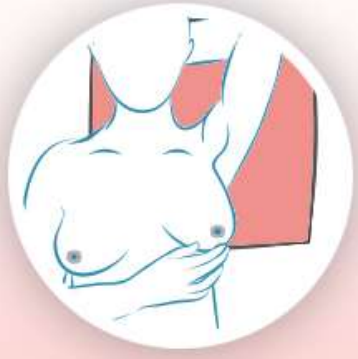
TOUCH ALL PORTIONS OF YOUR BREASTS–UP AND DOWN & LEFT TO RIGHT



START FEELING FOR LUMPS OR MASSES



CHECK FROM THE UNDERARM AREA TO THE CHEST WALL & STERNUM



CONDUCT THE SELF-EXAM STANDING UP OR LYING DOWN

THE AVERAGE WOMAN

LOSES 5 POUNDS OF MUSCLE MASS/YEAR

ADD 10 POUNDS FAT PER DECADE

BY 50- MUSCLE MASS LOSS BY 1/3

ESSENTIAL SCREENINGS

- BREAST CANCER- SELF EXAMINATION, MAMMOGRAPHY, USG
- CERVICAL CANCER- EXAMINATION BY DOC AND PAP SMEAR
- OSTEOPOROSIS- BMD(ADVANCE AGE)
- BP, CHOLESTEROL, BLOOD SUGAR, IOP

CONCLUSION

- Educating a boy is educating a person ….educating a girl is educating a nation. Educating women is the single most profitable investment in terms of well-being of children health , community welfare & building long term success of developing contries.



THANK YOU