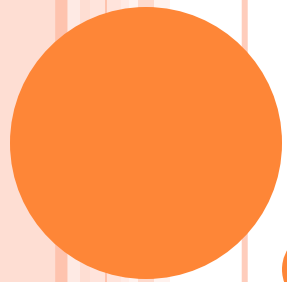




**FEMALE HEALTH &
PREVENTIVE HEALTH CARE**

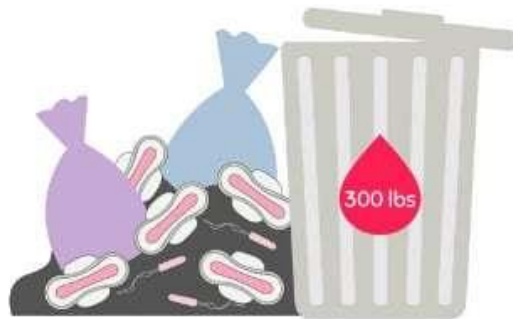


MENSTRUAL HEALTH

Facts about periods



- Periods usually start between age 11 and 14 and continue until menopause at about age 51
- The average menstrual cycle is 24 to 38 days



The average menstruating person uses 250 to 300 pounds of tampons, pads and applicators in their lifetime

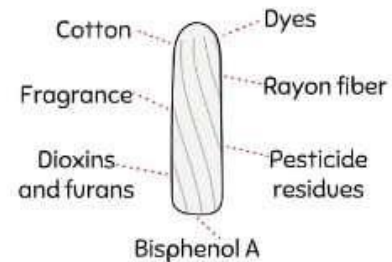
Ingredients found in menstrual product

Good quality menstrual cup

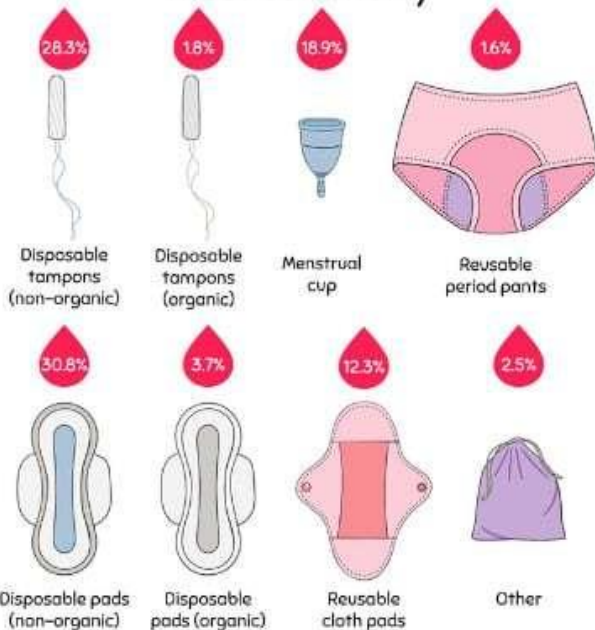


Healthcare grade silicone

Pads & tampons



Menstrual products that women use most commonly



The environmental impact of feminine hygiene products



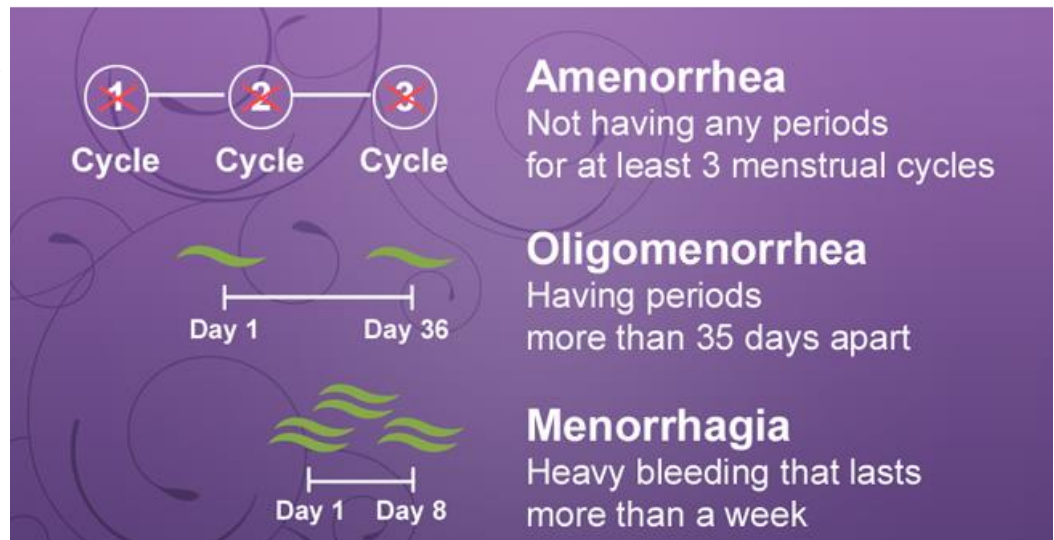
Women use more than 11,000 disposable pads & tampons in their lifetime – based on average of 38 years of menstruation using 22 items of sanitary products per cycle, 13 cycles per year

The menstrual cup made out of medical grade silicon that can be reused for up to 10 years. 4 cups – for all life



CAUSES OF ABNORMAL PERIODS

- Fluctuating hormones
- Medications
- Major weight gain or loss
- Poor nutrition
- Eating disorders
- Stress
- Fibroids, polyps, endometriosis, ovarian cysts
- Perimenopause



Signs Your Period Cramps Aren't Normal



Cramps interfere with daily life



No relief from OTC pain meds



Pelvic discomfort

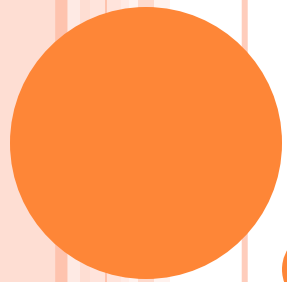


Cramps last for more than 2 or 3 days



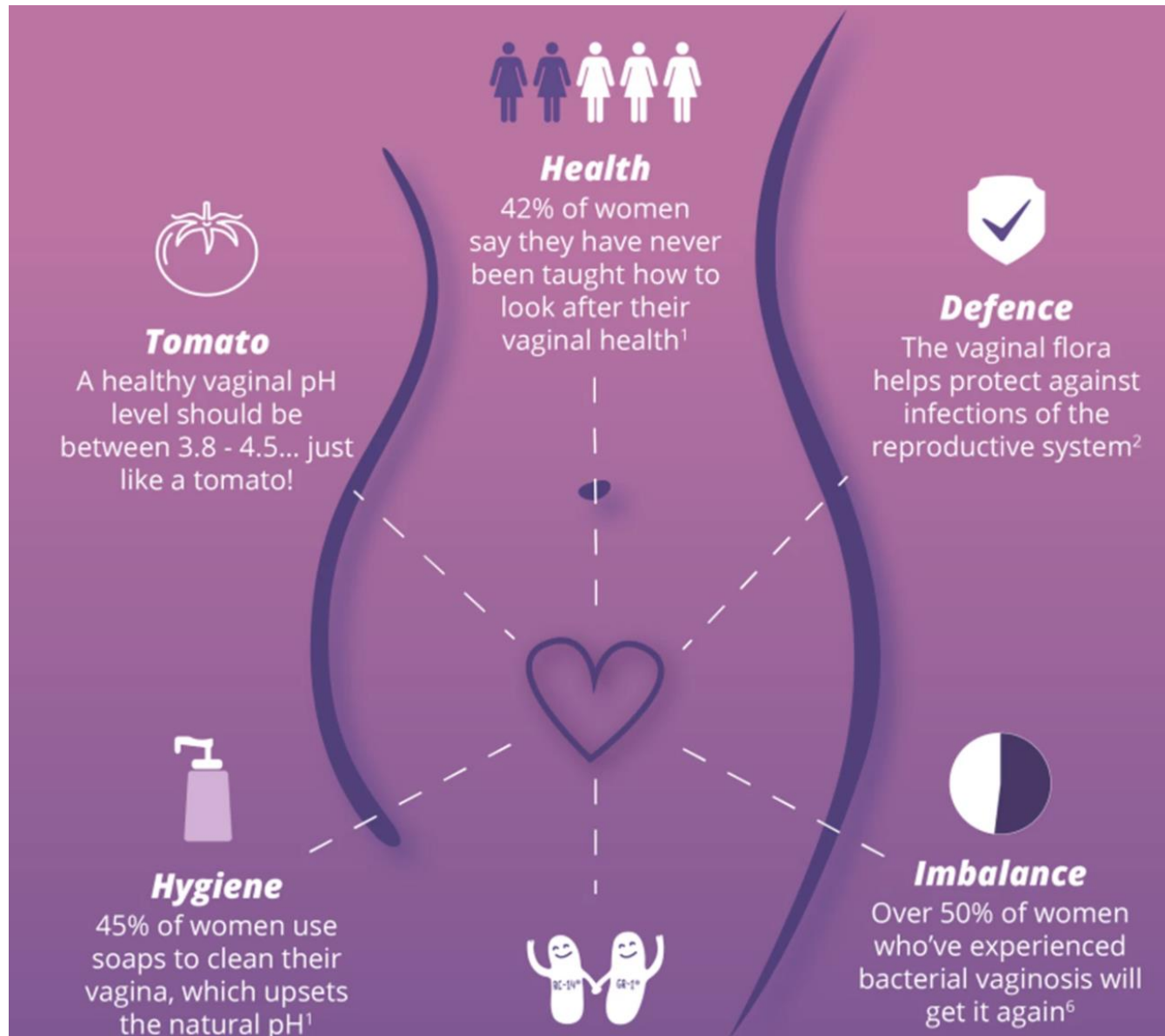
Cramps feel different





VAGINAL HEALTH

KNOW YOUR VAGINA



VAGINAL DISCHARGE



Healthy vaginal discharge

- clear or whitish in color
- slight odor that isn't strong smelling
- can leave a yellowish tint on your underwear
- changes in consistency throughout menstrual cycle



Abnormal vaginal discharge

Talk to your doctor if discharge:

- changes in consistency
- appears yellow, green, or gray
- resembles cottage cheese in color and consistency, and you have vaginal itchiness
- looks foamy or frothy
- has a strong smell of fish, yeast, or another odor
- is brown or blood-stained

See
your
Doctor!!



POLYCYSTIC OVARY SYNDROME

SIGNS AND SYMPTOMS OF POLYCYSTIC OVARY SYNDROME (PCOS)



Irregular or
Prolonged
Periods



Fluid-Filled
Sacs or
Cysts

Growth of
Extra,
Unwanted
Hair



Hair
Loss



Excessive
Cramping
& Bloating
During
Menstruation



Acne & Other
Skin Problems



Psychological
Stress &
Depression



Fatigue



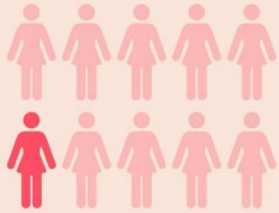
Pelvic
Pain



Rapid
Weight
Gain



Treatments For Polycystic Ovary Syndrome



PCOS affects 1 in 10 women of childbearing age.

Signs of PCOS include:

Irregular periods (infrequent, prolonged or heavy)



Excess facial and body hair



Unexplained hair loss



Severe acne



Infertility



Diabetes symptoms (impaired vision, extreme thirst or hunger, unexplained weight loss)



PCOS Medications to Regulate Menstrual Periods



Combination progesterone and estrogen birth control pills
Progestin therapy

PCOS Medications for Ovulation



Clomiphene (Clomid)
Letrozole (Femara)
Gonadotropins
Metformin (Glucophage, Fortamet, etc.)

PCOS Medications for Hair Growth



Anti-androgen birth control pills
Spironolactone (Aldactone)
Eflornithine (Vaniqa)
Laser hair removal and electrolysis

PCOS Dietary and Lifestyle Adjustments

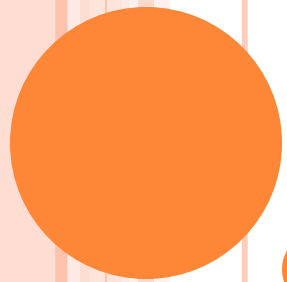


Weight loss
• Follow a low-carb diet
• Exercise for at least 30 minutes 3 times a week
Supplement with essential amino acids

PCOS DIET

- Gluten free
- Dairy free
- Increase lean protein
- Enough dietary fiber
- Reduce sugar intake



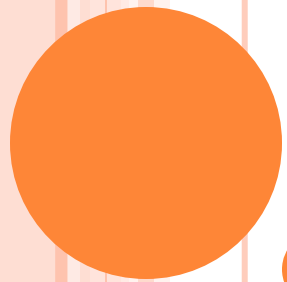


PREVENTIVE HEALTH CARE

ANNUAL HEALTH SCREENING

- ❖ Menstrual problems
- ❖ Cancer screening
- ❖ General Health screening – screen for cardiovascular diseases (blood pressure, lipid profile), diabetes, osteoporosis, thyroid disorders
- ❖ Mental health
- ❖ Other problems – urinary complaints, menopausal symptoms etc.
- ❖ Vaccinations
- ❖ Weight control- Diet, maintain BMI, exercise
- ❖ Supplements- Vitamin B, D3, Calcium





CANCER SCREENING

WHAT IS CANCER SCREENING?

Cancer screening involves efforts to detect premalignant conditions in the body (i.e. conditions which may proceed to cancer if not treated).

- Physical examination
- Blood tests
- Radiological imaging.

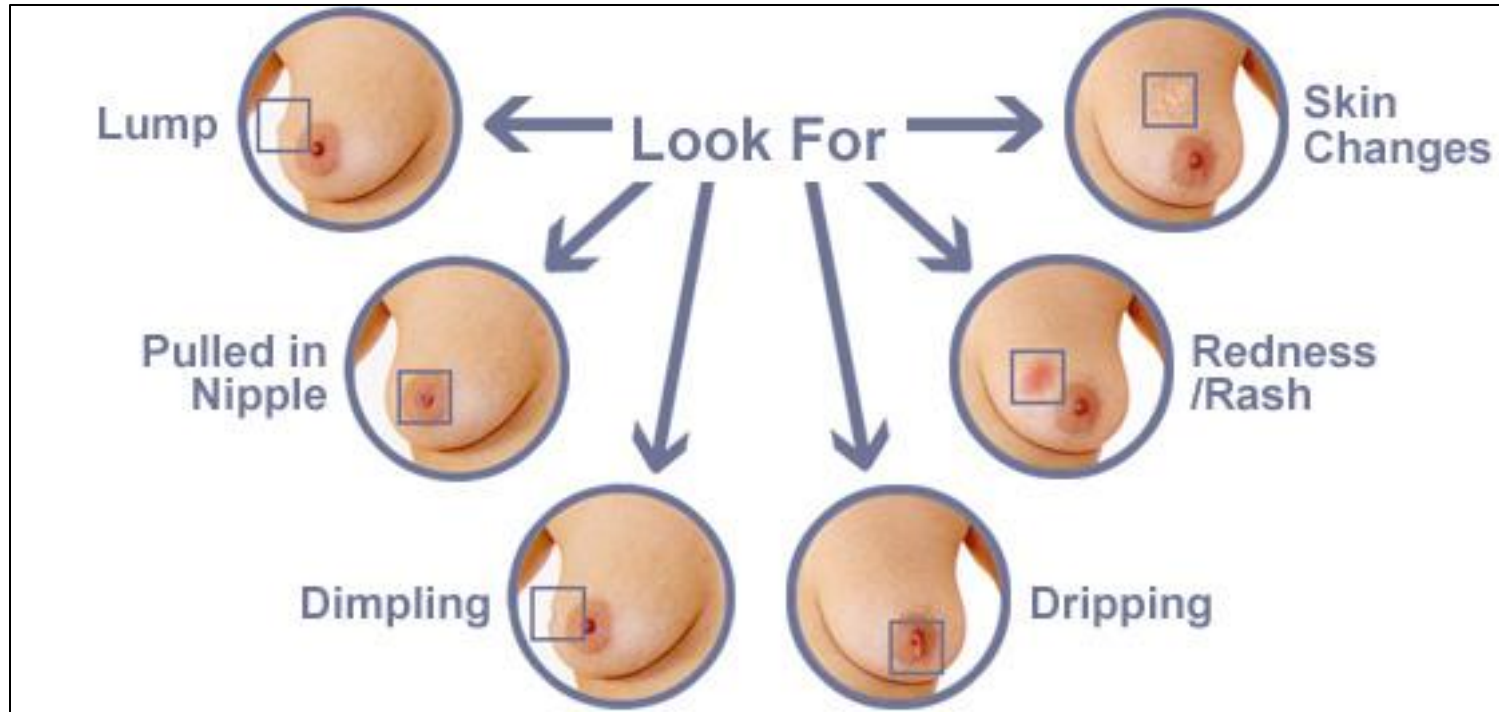


INDIAN SCENARIO

- BREAST CANCER- most common cancer in females
- CERVICAL CANCER- 2ND most common cancer in females.
- ENDOMETRIAL CANCER
- OVARIAN CANCER- rising trend



BREAST CANCER



RISK FACTORS

- Age: commonly 40-50 years
- Family history and genetics:
BRCA1 (55%-65%) and BRCA 2(45%) genes
- Menstrual history- early periods , late menopause, having child at older age, never borne a child
- Environmental factors: drinking, obesity, unhealthy diet, lack of physical activity

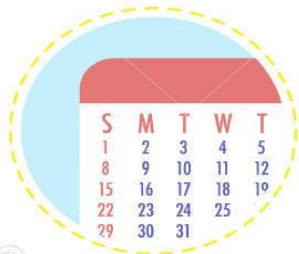


SCREENING

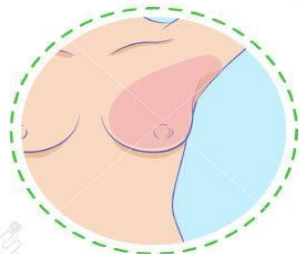
- Self breast examination : after 20 years of age
 1. premenopausal- same time of the month, postmenstrual preferably Day 10 of menses
 2. postmenopausal- same day every month
- Clinical Breast Examination by doctors - once a year after 30 years of age.
- Screening Mammography- Depending on risk factors.
WHO recommends after 50 years every 1-2 years.



BREAST SELF EXAMINATION



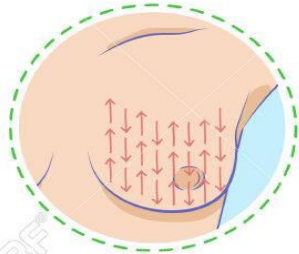
ONCE A MONTH,
2-3 DAYS AFTER PERIODS



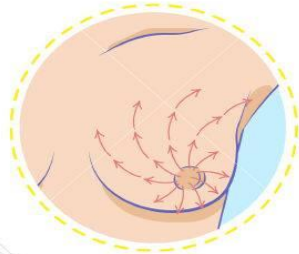
EXAMINE BREAST AND ARMPIT
WITH RAISED ARM



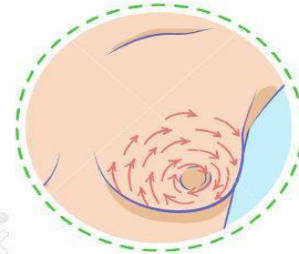
USE FINGERPADS WITH
MASSAGE OIL OR SHOWER GEL



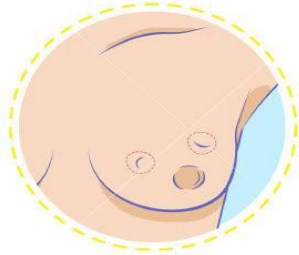
UP AND DOWN



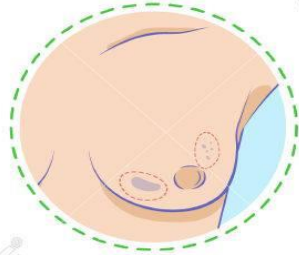
WEDGES



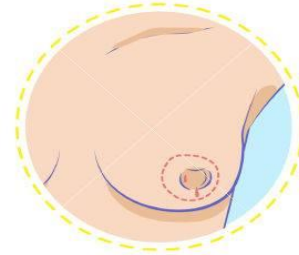
CIRCLES



EXAMINE BREASTS IN THE MIRROR
FOR LUMPS OR SKIN DIMPLING...



...CHANGE IN SKIN COLOR
OR TEXTURE...



...NIPPLE DEFORMATION,
COLOR CHANGE OR LEAKS OF ANY FLUID



CERVICAL CANCER- SYMPTOMS

- Bleeding after intercourse
- Irregular bleeding in between menses
- Heavy or prolonged bleeding
- Postmenopausal bleeding
- Vaginal discharge
- Rectal bleeding
- Weakness, weight loss, loss of appetite
- Asymptomatic



10 WARNING SIGNS OF CERVICAL CANCER



Unusual vaginal discharge



Abnormal vaginal bleeding



Heavier & longer menstrual cycle



Discomfort while urinating



Loss of bladder control



Pain during intercourse



Constant fatigue



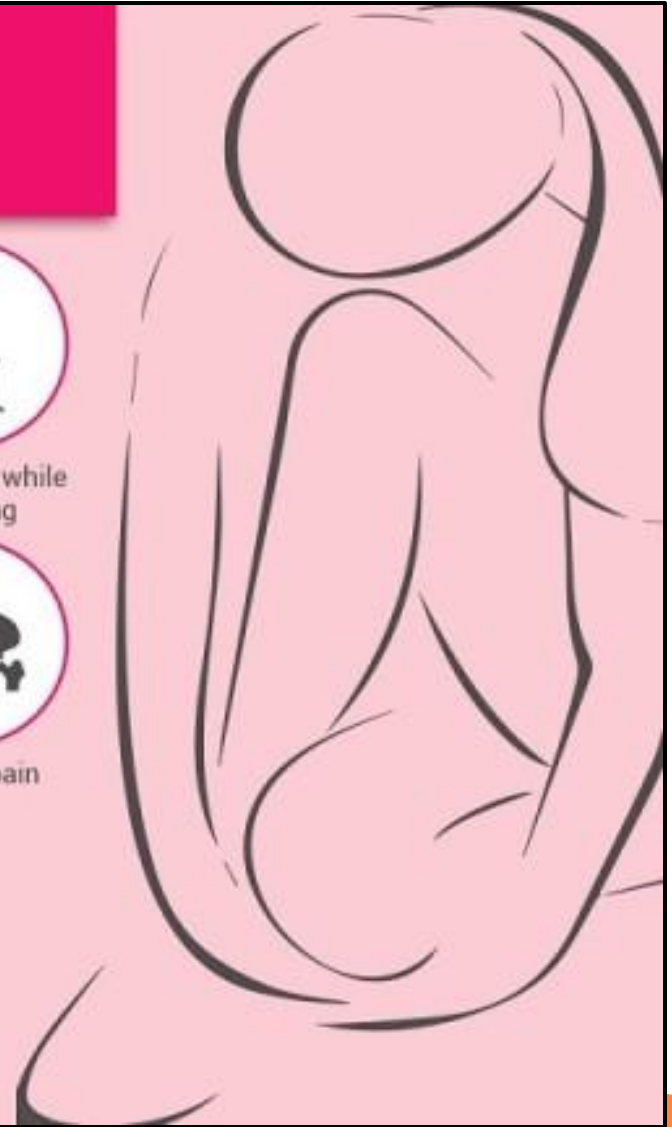
Pelvic pain



Unexplained weight loss



Leg pain



HIGH RISK FACTORS

- HPV infection
- Multiple sex partners
- Multiple births
- Cigarette smoking
- Poor personal hygiene



HOW TO PREVENT IT ?

- Primary prevention :
 - ❖ Safe sex practices
 - ❖ Barrier contraceptives
 - ❖ Early treatment of reproductive tract infections.
 - ❖ HPV vaccination



VACCINATION

- 2 doses (0,6) : 9-14 yrs of age
- 3 doses (0,2,6) beyond 15 yrs of age.
- Pap smear screening must be continued as per schedule even after taking HPV vaccine.

**VACCINATION IS NOT A REPLACEMENT FOR CERVICAL CANCER
SCREENING**



- Secondary prevention:

- ❖ PAPANICOLAOU SMEAR

- ❖ HPV DNA testing



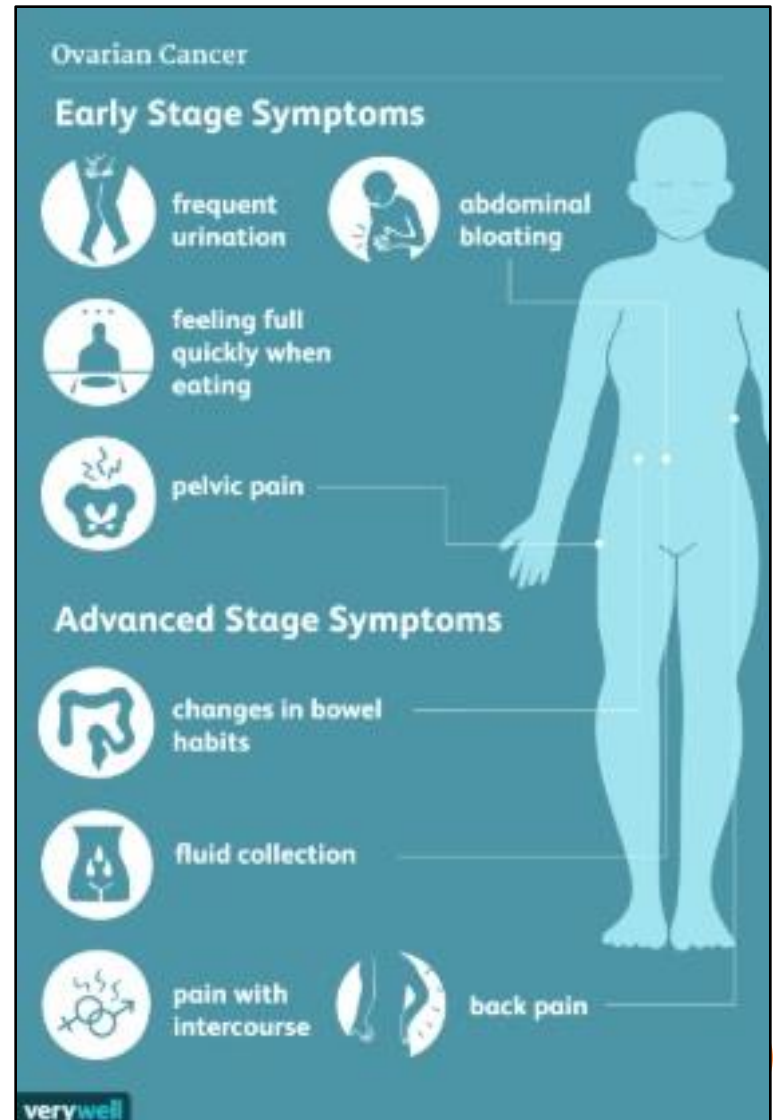
PAP SMEAR

AGE	Pap smear	HPV TEST
21-29 yrs	3 YEARLY	NOT RECOMMENDED
30-65yrs	3 YEARLY	CO TESTING (PAP+ HPV) EVERY 5 YEARS
>65yrs	NO TESTING REQUIRED IF ADEQUATE PRIOR SCREENING IS NEGATIVE	



OVARIAN CANCER

- No DEFINITIVE screening tests
- Pelvic examination, ultrasound and blood tests as advised by gynecologist



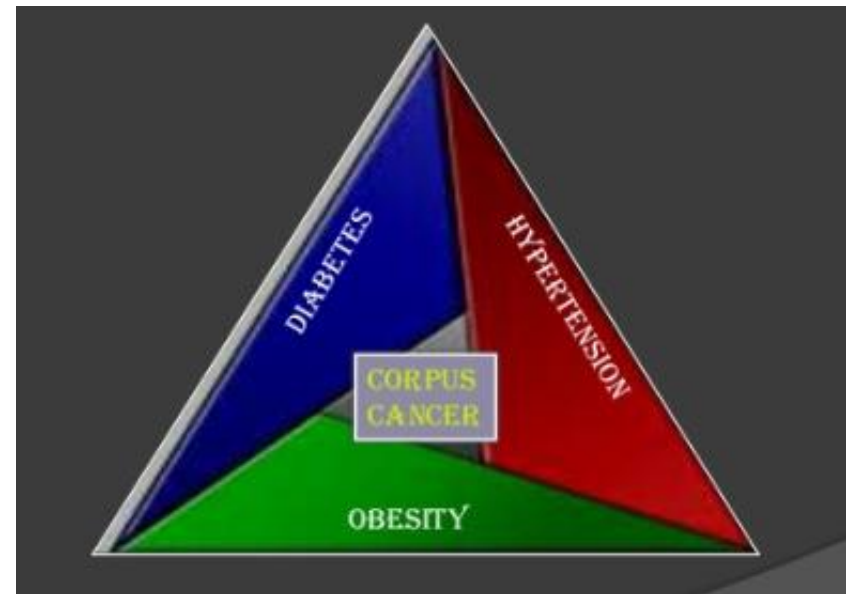
ENDOMETRIAL CANCER

SYMPTOMS

- Postmenopausal bleeding
- Abnormal bleeding

NO DEFINITIVE SCREENING TESTS

- ENDOMETRIAL SAMPLING
- PELVIC ULTRASOUND



Let's Stay Healthy !

