

## Woman's Health

Women's health encompasses a broad spectrum of physiological, psychological, and social dimensions. It is a field that addresses the unique health challenges and needs of women throughout her life- from reproductive health to chronic disease management, and mental well-being to social determinants, making it pivotal to understand the role of women's health in fostering a healthier society. Thus, it is essential to delve into the multifaceted nature of women's health, exploring critical issues and contemporary advancements and understanding the need and role of regular health checkups.

Some of the few concerns of woman's health are as follows: -

**Menopause:** Menopause is a natural part of ageing and marks the end of the reproductive years. In this stage, a woman may experience physical and emotional changes in her body. These symptoms can be managed by simple lifestyle modifications, and alternative approaches like yoga and pranayama. In very few cases a woman may need hormonal replacement therapy.

**Endometriosis:** Endometriosis is a disease in which tissue similar to the lining of the uterus grows outside the uterus. It can cause period cramps, excessive bleeding and fertility problems etc. It is often-misunderstood due to its complex symptoms and diagnosis. Timely diagnosis and treatment of this diseases can improve quality of life for a woman.

**Breast Cancer:** Regular screening mammography is of prime importance to detect breast cancer.

**Cervical Cancer:** Regular Pap smear screening plays vital role in preventing and detecting cervical cancer. We need to educate and encourage woman towards the need for vaccination against the cervical cancer. WHO recommends the cervical cancer vaccination for adolescent girls between the age group of **9 to 14 years**.

It has often been observed that many women are deficient in calcium, iron, vit D, Vit B12 and folate. Deficiencies in essential nutrients cause symptoms like fatigue, weakness, weak bones, muscle pain and cognitive impairment. The best way to prevent nutritional deficiency in woman is to eat balanced nutrient rich diet that include variety of foods. Regular blood tests, check- ups can help identify and treat potential nutritional deficiencies early, ensures optimal health and well-being for woman of all ages.

**'If you check health of a woman, you check health of society!'**

Warm Wishes!  
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