

Madras School of Social Work

Annual Celebration of International Women's Day 2020

Topic - Managing women's health & lifestyle diseases in today's age

Facilitator – Dr. Joni Patricia James

Time – 02 PM to 03 PM

Health is merely not absence of a disease. It is a state of a complete physical, mental & social wellbeing.

Health issues not only include tumours & other big complications. It necessarily doesn't need to have external signs all the time. Internally, organs tend to have developing issues which could be dormant for a period of time.

There are two kinds of people. Some people carelessly ignore the signs & symptoms paving way for the illness to grow exponentially whereas some people are over careful who could consult a doctor even if they get a small pimple.

Being healthy means being precautionous & preventive.

Women have huge responsibility as they grow up in life. Hence, it is quintessential to look after ones' health on a periodic basis. If lady of the house collapses, it is a phase of turmoil for the entire family.

Usually women consult gynaecologist only during the time of pregnancy. At such time, different complications from minor to major are found. It would be of great risk to both the mother & the unborn baby.

1. Physical health is achieved by
 - Proper diet is always balanced diet
 - Physical exercises & workouts

Balanced diet comprises

Carbohydrates (any forms of sugar), Protein, Vitamins, Minerals

Non-vegetarian food - 2 to 3 days a week is advisable, Dal, vegetables & fruits, Curd, Water

Curd is too good for our intestines. A cup of curd after every meal is advisable except dinner

Fruits & water are enrichment for hair & skin

Not to consume too much of milk, exceeding 2 glasses per day

Exercises should be in line with the balanced diet

BMI – Height & weight match maintains proper health

30 – 40 mins, every day simple exercises are advisable. Sweating out contributes to good health.

Indulging in any sports or physical activities adds value to health.

Losing excess weight should be a self-made decision & determination, self-discipline, consistency. Never to starve for food in the name of diet. Should never skip food.

Physical exercises – 4-5 days a week & 30- 40 mins a day

Avoid junk foods, extra sugar, too much of spices. Early 20s is the right time for weight loss. Especially for ladies, it will help in the time of pregnancy. No nutrient deficiencies will be there.

Before getting married, it is advisable to undergo pre-pregnancy check up & general master check up for correcting any health issues at the earliest.

Screening – It is for everyone. Filtering the population with common test. It is done to find out early stage of cancer that could be cured.

Corono Virus – Not yet found the treatment. It is spread through air too indirectly. Universal screening protection could be followed. Best way is to keep ourselves clean all the time especially the hands, face, legs, etc

Gynaecology screening – could be for :

Cervical cancer – a type of cancer that occurs in the cells of the cervix — the lower part of the uterus that connects to the vagina.

Breast cancer – develops from breast tissue not always outwardly seen.

Endometrial cancer – a cancer that arises from the endometrium (the lining of the uterus or womb).

Ovarian cancer - a type of cancer that begins in the ovaries.

Self-examination during bathe.

Breast cancer is 100% treatable & curable in the early stage. Abnormal signs in breasts & armpits. Any unusal liquid discharge from the pores. Reporting to doctor in case of any fungal growth or strange coloration.

Cervical cancer – menstrual cycles less than 20 days or more than 50-60 days because of hormonal imbalance. More blood discharge with severe pain, blood clots are all abnormal signs. Spotting at regular intervals within a month's cycle is also a sign.

Mammogram after 40 years is advisable to find out breast cancer

Ovarian cancer would not have any signs.

Unhealthy periods are caused by temporary or continuous mental stress, lack of sleep, unhealthy food habits, etc Medicines like meftal spas could be used with doctor's prescription.

Hence, it is very important to undergo master health check-up after 40 years. Any abnormal bleeding & swelling with unusual coloration needs to be addressed with a physician. A regular check up every 2 years after 40 years.

Pap smear test for diagnosing cervical cancer could be done.

2. Mental health

Sexual health is a major concern.

To spend enough quality time with parents at least once a week

Mothers are the real, reliable best friends

To use less social media & practising peace of mind

Health issues in pregnancy happens at later ages.

Whatever mental or emotional issues one go through, never to keep ourselves in seclusion.

Q&A – Doubts

What would be your advice for people who don't want to get married at all? What would be your answer for people with different sexual orientation who get along, go outing, etc?

At extreme issues & cases, it is better to seek help from professional counsellors. It depends on person to person. Ultimately, the goal is to be happy. So, as long as one is happy about their life, being unmarried or married, nothing else comes into the picture.