Women health problems and remedies

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ABSTRACT
Women’s health refers to health issues specific to human female anatomy. It includes areas where biological sex differences between women and men exist. There are a variety of women’s health problems that require specific attention, specific treatment and action. The no. of problem is reproductive diseases, menstruation, menopause, breast cancers, child birth, contraception, polycystic ovarian disease, anaemia, cholesterol levels, heart diseases, diets, arthritis, weight management and mental health.

Keywords: Reproductive diseases, hormonal imbalance and age groups.

1. INTRODUCTION
India is one of the few countries in the world where women and men have nearly the same life expectancy at birth. The facts that the typical female advantage in life expectancy is not seen in India suggest there are systematic problems with women’s health. Indian women have high mortality rates, particularly during childhood and in their reproductive years.

Sexual and reproductive health has been defined by the international community as a state of complete physical, mental, and social well being, and not just merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes. It is an essential component of young people’s ability to become well-adjusted, responsible and productive members of society.

Reproductive health is a lifelong concern. A mother’s reproductive health status has an impact on her children and their health. As boys and girls grow up, adults treat them differently and establish different expectations for their behavior. The differences often determine life outcomes, and many are related to or have an impact on sexuality. In a wide variety of social settings, overtly or by insinuation, girls are conditioned from childhood to expect the role of wife and mother, and boys to expect the role of breadwinner and head of household. These matters are often difficult to discuss and hard for young people themselves to rise. But reproductive health is connected to many of their top-line issues, such as completing education, finding employment, securing their economic position, making secure relationships and eventually, founding a family of their own. Teachers, spiritual leaders, employers, governments and communities must help young people, and their parents, as they prepare to exercise the rights and responsibilities of adulthood.

Here we have considered of the most common reproductive health problems that women today are dealing with various physical problems.
2. MATERIAL AND METHODS
The study was conducted to determine the nature and extent of reproductive health problems of women. The data were collected from fifty ladies (35-50 age groups) from Tasgaon city of Sangli district by interviewing them with the help of an interview schedule developed for the purpose. The records available with the respondents in the form of OPD tickets, prescriptions etc. were also examined to determine their health problems. In most cases, there is a hormonal imbalance, which leads to the various symptoms experienced by women of all ages. By restoring the natural balance of female hormones, woman’s health can be restored and symptoms can be eliminated – permanently.

3. RESULT
Here some of reproductive problems are studied. They are as follows-

A. Anaemia:
Anemia is a condition in which the body does not have enough healthy red blood cells. Red blood cells provide oxygen to body tissues. Because a low red blood cell count decreases oxygen delivery to every tissue in the body. Hence prevention of anemia among women through nutrition, education and supplementation can be achieved by awareness programs. (Gutowska and Ellma 1946, Chaudhary S.M. and Dhage V.R, 2008, Manjeet Kaur et al., 2011). Anemia can cause a variety of signs and symptoms.
Symptoms of anemia may include the following:
• fatigue;
• decreased energy;
• weakness;
• shortness of breath;
• lightheadedness;
• Palpitations (feeling of the heart racing or beating irregularly); and
• Looking pale.
• Headaches
• Problems concentrating or thinking
• Dizziness
• Enlargement of the spleen with certain causes of anemia.

Diagnosis:
• Blood levels of iron, vitamin B12, folic acid, and other vitamins and minerals
• Red Blood Count and Haemoglobin Level
• Anemia is a medical condition in which the red blood cell count or hemoglobin is less than normal.
• For men hemoglobin level of less than 13.5 gram/100 ml and in women as hemoglobin of less than 12.0 gram/100 ml.
• Anemia can be detected by a simple blood test called a complete blood cell count (CBC).

B. Menopause:
Menopause is time in a woman’s life when her periods (menstruation) eventually stop and the body goes through changes that no longer allow her to get pregnant. It is a natural event that normally occurs in women age 45 - 55. During menopause, a woman’s ovaries stop making eggs and they produce less estrogen and progesterone. Changes in these hormones cause menopause symptoms. Periods occur less often and eventually stop. Sometimes this happens suddenly. But most of the time, periods slowly stop over time. Menopause is complete when you have not had a period for 1 year. This is called post menopause. Surgical menopause is when medical treatments cause a drop in oestrogen. This can happen if your ovaries are removed or if you receive chemotherapy or hormone therapy for breast cancer.

Common symptoms of menopause include: Symptoms vary from woman to woman.
1. They may last 5 or more years. Symptoms of surgical menopause can be more severe and start more suddenly.
2. The first thing you may notice is that your periods start to change. They might occur more often or less often.
3. Hot flashes, usually worst during the first 1 - 2 years.
4. Night sweats, Skin flushing, Sleeping problems (insomnia)
5. Decreased interest in sex, Forgetfulness (in some women), Headaches, Joint aches and pains, Irregular heartbeat (palpitations).
6. Mood swings including irritability, depression, and anxiety.
7. Urine leakage, vaginal dryness and painful sexual intercourse, vaginal infections

Tests that may be done include:
1. Blood and urine tests can be used to look for changes in hormone levels. Test results can help your doctor determine if you are close to menopause or if you have already gone through menopause.
2. Perform a pelvic exam. Decreased oestrogen can cause changes in the lining of the vagina.
3. A bone density test to look for bone loss related to osteoporosis.
4. It also includes lifestyle changes or hormone therapy.

C. Hysterectomy:
A hysterectomy is an operation to remove a woman's uterus. A woman may have a hysterectomy for different reasons, including:
- Uterine fibroids that cause pain, bleeding, or other problems
- Uterine prolapse, which is a sliding of the uterus from its normal position into the vaginal canal
- Cancer of the uterus, cervix, or ovaries, Endometriosis
- Abnormal vaginal bleeding, Chronic pelvic pain
- Adenomyosis, or a thickening of the uterus

Surgical Techniques for Hysterectomy
1. Traditional/ Open Surgery Hysterectomy
2. MIP Hysterectomy

Reasons for hysterectomy:
- Abnormal uterine bleeding vaginal bleeding.
- The most common reason hysterectomy is performed is for uterine fibroids
- Cervical dysplasia (pre-cancerous conditions of the cervix),
- Endometriosis and uterine prolapse (including pelvic relaxation).

Only 10% of hysterectomy is performed for cancer.

Treatments:
1. A woman must have a pelvic examination, Pap smear for diagnosis prior to proceeding with a hysterectomy.
2. Pelvic pain, exploratory surgery procedures (such as laparoscopy) to rule out other causes of pain.
3. Endometrial Sampling of the lining of the uterus (biopsy of the endometrium) or pelvic computerized tomography (CT) tests can be done to make a firm diagnosis.

D. Breast cancer:
One of the most growing problems among women, which are responsible for 1 per cent of deaths worldwide, is breast cancer. Breast cancer is definitely one of the most common problems with women today. While there’s no one cause but things like late marriage, delay in having the first child, less breast feeding, problems of over-weight and genetic factors, all make for a variety of reasons that heighten the risk of breast cancer in women.” Breast cancer is a malignant tumor (a collection of cancer cells) arising from the cells of the breast. Although breast cancer predominantly occurs in women it can also affect men. (E Cornford et al., 2009, Sheila N Garland et al., 2014).

The possible signs of breast cancer:
- The most common sign of breast cancer is a new lump or mass in the breast.
- Nipple discharge or redness
- Breast or nipple pain
- Swelling of part of the breast or dimpling

A) Breast cancer diagnosis:
Breast cancer is the most common cancer among women.
1. Breast cancer is diagnosed with physician and self-examination of the breasts, mammography, ultrasound testing, and biopsy.
2. The use of screening mammography to detect many of the cancers early before they cause any symptoms.
3. Women age 40 and older should have a screening mammogram every year for their good health.
4. Women should have a clinical breast exam (CBE) as part of regular health exams for every year.
5. Breast self exam (BSE) is an option for women starting in their 20s. Women should report any breast changes to their health care professional.

B) Surgery
The surgical therapies for breast cancer can be divided into breast conserving surgery and mastectomy.
1. Breast-conserving surgery
   This surgery will only remove part of the breast by the size and location of the tumor.
2. Mastectomy
   During a mastectomy all the breast tissue is removed but the overlying skin is preserved.
E. Polycystic Ovarian Disease:

Polycystic ovary disease is yet another issue that has come up to be one of the most common female endocrine disorders affecting about 5 to 10% of women of reproductive age, which is anything between 12-45 years. The disorder appears to be increasing especially in young and teenagers perhaps related to more sedentary life and eating habits leading to obesity. In this condition the ovary stops cyclic maturation of follicles (Water filled sacs containing egg) leading to an ovulation or non-production of mature eggs. This leads to increased production of male hormones and unbalanced production of oestrogen which is the principal female hormone. There is also absence of progesterone, the hormone which comes only after ovulation and balances the side effects of increased oestrogen production. It is a condition in which there are many small cysts in the ovaries, which can affect a woman’s ability to conceive.

Symptoms of polycystic ovarian syndrome (PCOS):
- Menstrual disturbances and elevated levels of male hormones (androgens).
- Delay of normal menstruation (primary amenorrhea).
- The absence of menstruation for more than three months (secondary amenorrhea).
- Elevated androgen levels include acne, excess hair growth on the body and male-pattern hair loss.
- Obesity and weight gain.
- Elevated insulin levels and insulin resistance, oily skin, dandruff, infertility.
- High cholesterol levels, elevated blood pressure, multiple, small cysts in the ovaries.

Diagnosis:
1. Diagnosis depends mainly on ultrasound appearance of ovaries, an ovulation and features of increased male hormones.
2. Blood tests are also helpful to find out any association thyroid disorder, diabetes or increased prolactin secretions.
3. If infertility is the main concern then induction of ovulation with ovulation triggering medicines can help.
4. Sometimes laparoscopic ovarian drilling can sometimes restore ovulation. IVF or test tube technique can also help if all other treatments fail.
5. Regarding the PCOD Weight reduction is the single most important factor which can help to restore and correct PCOD. Almost 60-70% of PCOD women are obese. If the weight is controlled, sooner the problem may be corrected.

4. DISCUSSION
1. Women in India face many serious challenges to their health.
2. The study suggests that many of the health problems of Indian women are related to or exacerbated by high levels of fertility.
3. Reducing fertility is an important element in improving the overall health of Indian women.
4. Increasing the use of contraceptives is one way to reduce fertility.
5. Malnutrition is another serious problem found among all segments of the population; poor nutrition among women germinates in childhood and continues throughout their lives, without full physical development.
6. It is also notable that one of the reasons for the poor health of Indian women is the discriminatory treatment that girls and women receive as compared to boys and men in their families.

5. CONCLUSION AND REMEDIES
1. Regular check-ups could help to avoid any health issue.
2. Improve your health, wellness, and fitness levels through exercise, healthy eating, and regular health screenings.
3. A change in lifestyle is recommended. Like breast feeding should be promoted regarding breast cancer.
4. Menopause is a natural and expected part of a woman’s development and does not need to be prevented. You can reduce your risk of long-term problems such as osteoporosis and heart disease.
5. Control your blood pressure, cholesterol, and other risk factors for heart disease.
6. Do not smoke. Cigarette use can cause early menopause.
7. Get regular exercise. Resistance exercises help to strengthen your bones and improve your balance as well keep your weight under control.
8. Take tablets containing calcium and vitamin D3 like Tab. Triple A. Calcium., Tab. Calcium Sandbz, Tab. Calcimax.
9. Healthy food selection: Eat fruits that produce antioxidants, Whole grains, high fiber cereal, vegetables, Fish, especially oily fish, at least twice per week. a low fat diet and low fat dairy products can reduce blood pressure.

REFERENCES


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