







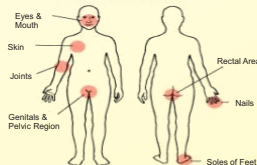



सत्यमेव जयते
ग्रामीण विकास मंत्रालय
भारत सरकार

WOMEN'S HEALTH ISSUES

There are a number of health issues that women may face in their lifetime, and there should be awareness on their causes, symptoms and treatment.



ISSUES & CAUSES	SYMPTOMS	WHAT TO DO
Menstrual issues Problems/discomfort during menstruation are very common	<ul style="list-style-type: none"> Severe pain in the lower abdomen, hips, back and may be accompanied by dizziness or nausea Bloating, vomiting, and a feeling of tenseness 	<ul style="list-style-type: none"> Use hot water bottle Pain killers may be taken after consultation with health worker/doctor 
White discharge A white, odourless discharge from the vagina Causes are: Transmitted sexually, poor hygiene	<ul style="list-style-type: none"> Yellow smelly discharge with itching Some times vaginal bleeding between menstrual cycles Severe pain in the abdomen or back 	<ul style="list-style-type: none"> Maintain hygiene Consult health worker/doctor 
Urinary Tract Infections (UTI) Causes are: Holding on to urine, drinking less water, urinary tract injury	<ul style="list-style-type: none"> Burning sensation Pain while passing urine Constant feeling of wanting to urinate 	<ul style="list-style-type: none"> Drink more water, hot water massage Consult doctor if pregnant or if this continues for more than 1-2 days 
Sexually Transmitted Diseases (STD) Reproductive system infection, spreads through intercourse	<ul style="list-style-type: none"> Abnormal discharge Swelling or soreness in genitals Sores may also occur in eyes, mouth, skin, joints, soles of feet and skin of palms 	<ul style="list-style-type: none"> Consult a health worker/doctor immediately Avoid sexual contact Both husband and wife must receive treatment
Infertility <ul style="list-style-type: none"> In men, it is due to abnormal sperm production or excessive alcohol, tobacco usage, high BP, depression and related factors In women it is mainly due to difficulty in ovulation or damage/blockage in fallopian tubes 		<ul style="list-style-type: none"> Consult a qualified doctor Both husband and wife should be investigated Follow doctor's advise and treatment

For more information, contact Self Help Group member of your area.

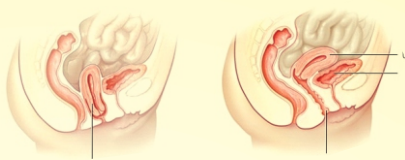



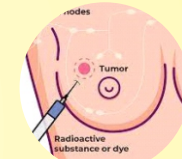
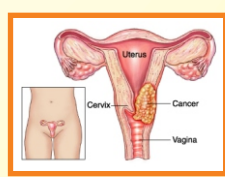
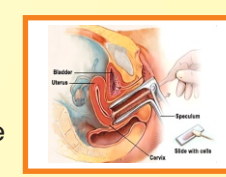





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Uterine Prolapse Uterus moves down into the vaginal canal Causes are: Weakening of muscles, malnutrition, frequent pregnancies, injury in the abdominal area	<ul style="list-style-type: none"> Difficulty in standing, sitting, passing urine or stool Lower abdominal pain UTI, heavy bleeding 	<ul style="list-style-type: none"> Pelvic exercise Surgery for severe cases 
Breast Cancer Malignant abnormal cell growth in the breast	<ul style="list-style-type: none"> Abnormal discharge from the nipple Lump in the breast or underarm Dimpling or change in breast size  	<ul style="list-style-type: none"> Examination by doctor Mammogram Diagnosis and treatment 
Cervical Cancer Multiple sexual partners, history of STD, sexual intercourse at a young age or high number of deliveries	<ul style="list-style-type: none"> Abnormal vaginal bleeding and discharge Painful sexual intercourse or painful urination 	<ul style="list-style-type: none"> PAP SMEAR test should be done every 3 years Early detection of cancer increases chances of cure 
Menopause Normal sign of ageing, end of reproductive years for a woman	<ul style="list-style-type: none"> Flushing of skin, feeling of extreme heat in the face, neck, chest and back Mood changes Vaginal dryness 	<ul style="list-style-type: none"> Consume balanced diet with more milk and milk products Keep active but avoid excessive physical activities 