



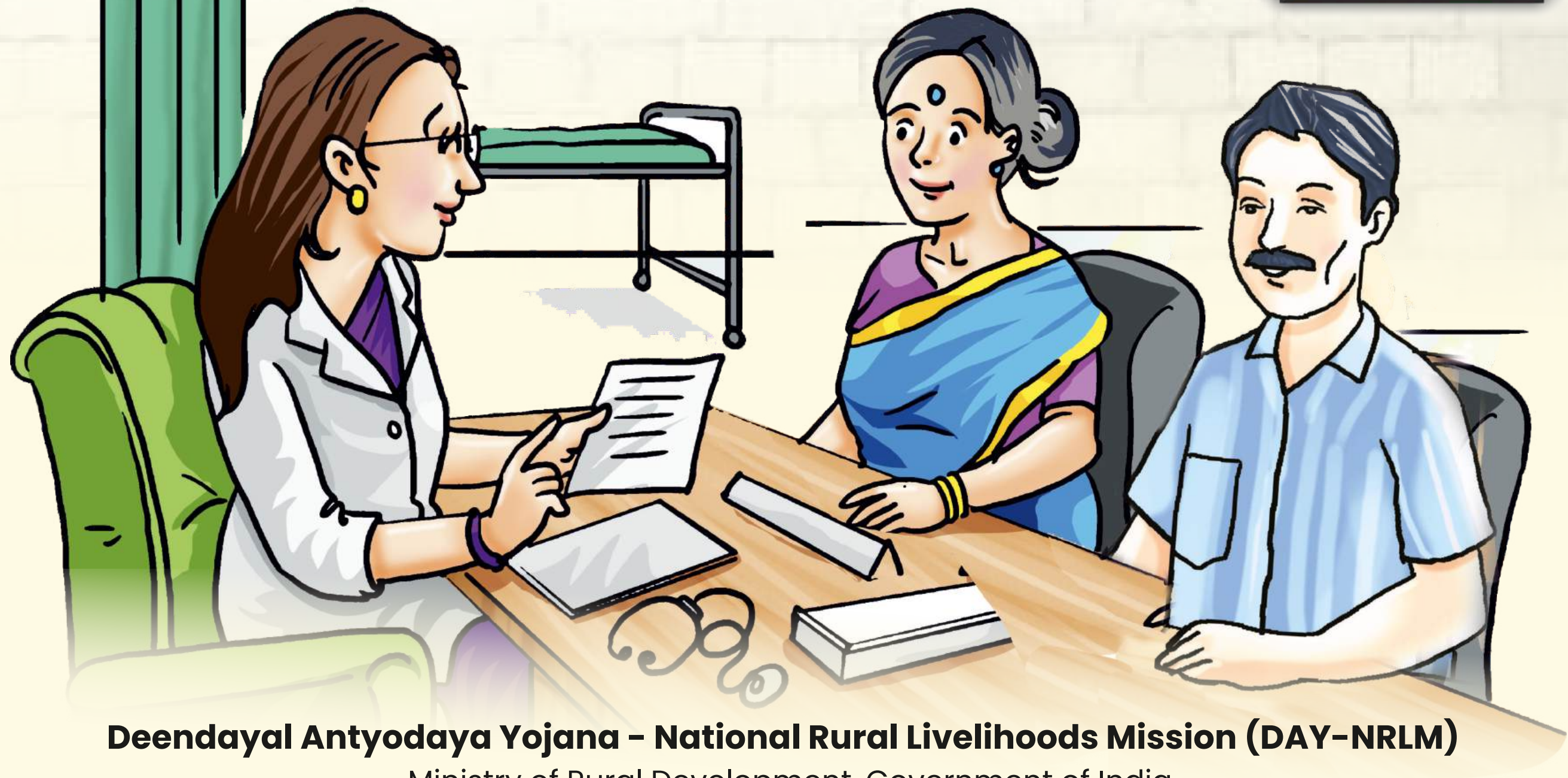
सत्यमेव जयते

ग्रामीण विकास मंत्रालय
भारत सरकार



WOMEN'S HEALTH ISSUES

Flipbook for SHG Meetings



Deendayal Antyodaya Yojana – National Rural Livelihoods Mission (DAY-NRLM)

Ministry of Rural Development, Government of India

INSTRUCTIONS FOR THE FACILITATOR



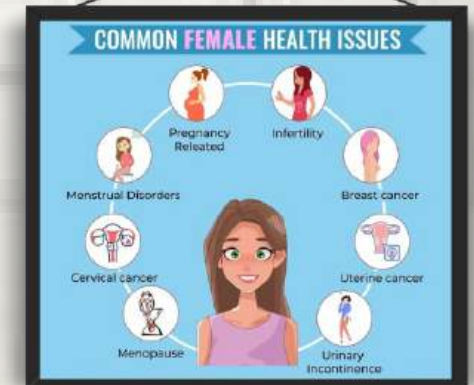
- Each Flipbook has a facilitator guide attached, please read the guide thoroughly to familiarize yourself with the contents of the session.
- The facilitator guide provides additional information on the topic so that the facilitator is equipped to address any questions, doubts raised by participants while the session is rolled out.

Start the session by greeting the participants and informing them about this session

- Each card has two sides. The front pictorial side is illustrated for the participants.
- The back with descriptive messages, is for the facilitator to read, understand and explain to the participants.
- The facilitator must display the pictorial side to the participants first and ask what they understand. The Flipbook should be passed around the group members, if the pictures are small and difficult to see from a distance.
- After that, the facilitator should explain the message related to the picture.
- In case a participant has any query, the facilitator must patiently try to listen, understand and address the query.
- After a detailed explanation of the flipbook content, the facilitator should check understanding among the participants by asking questions and re-iterating the key messages.



WOMEN'S HEALTH ISSUES

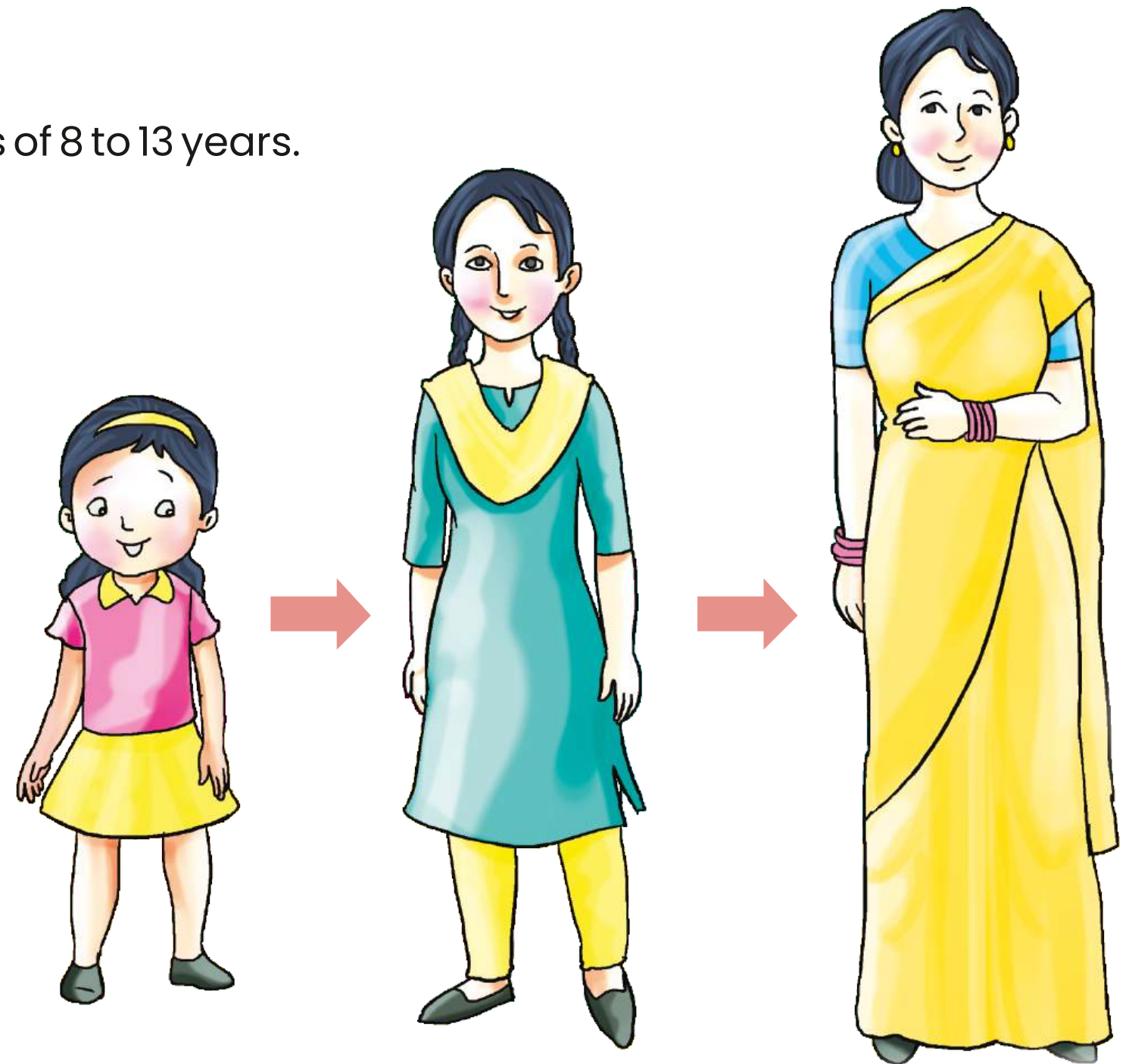


BODILY CHANGES IN GIRLS DURING ADOLESCENCE

Between the age of 10 to 19 years, a girl's body changes drastically. There are physical as well as emotional changes.

Changes in the body:

- In girls, sexual development starts between the ages of 8 to 13 years.
- There is an increase in height.
- The size of uterus and vagina increases.
- There is an increase in the size of breast
- Pubic hair begins to appear.
- Menstruation starts.

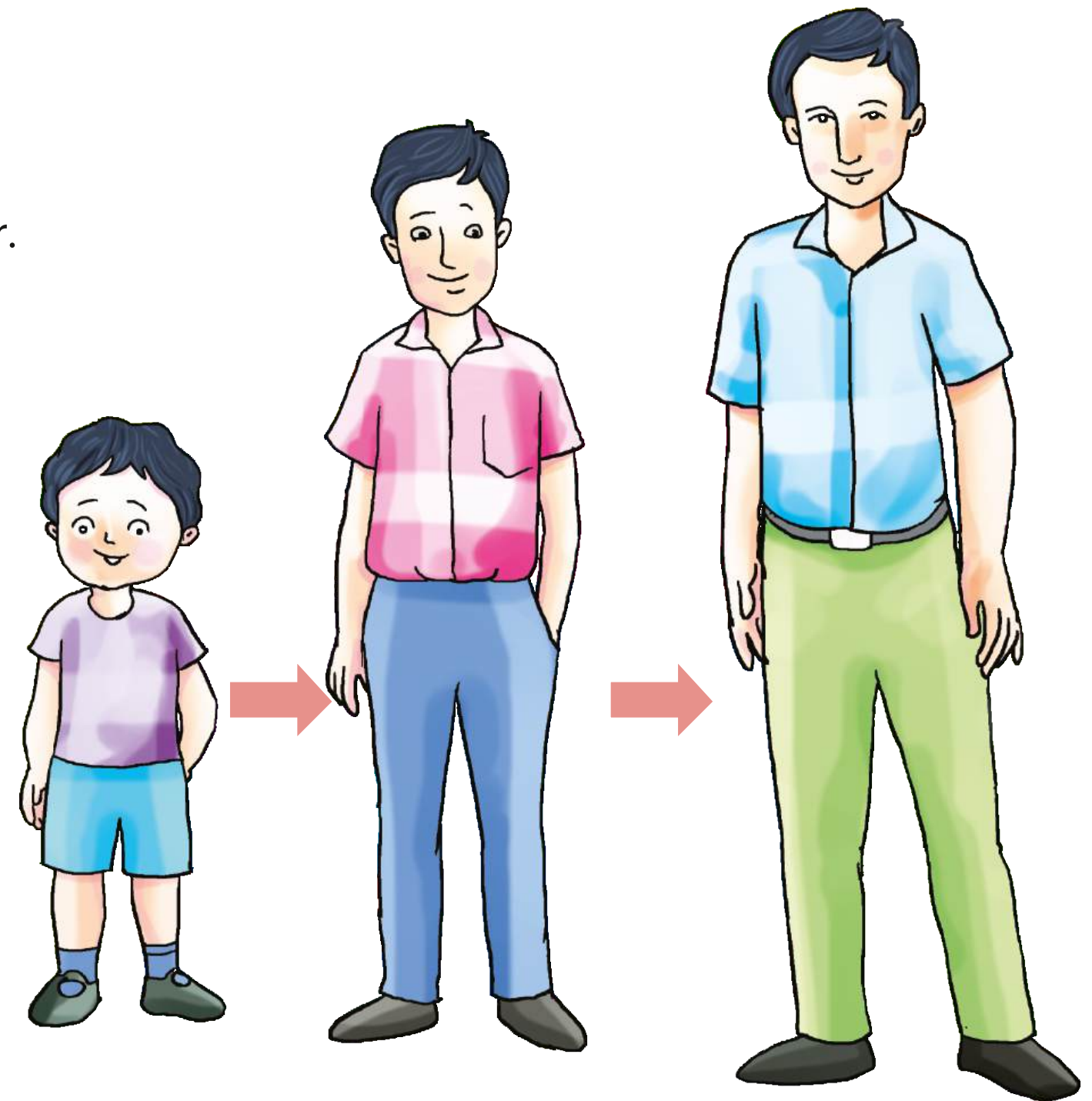


BODILY CHANGES IN BOYS DURING ADOLESCENCE

Boys show the first physical changes of puberty between the ages of 10 to 16 years.

Changes in the body:

- The size of penis and testicles increase.
- Pubic hair appears, followed by underarm and facial hair.
- The voice deepens and may sometimes crack or break.
- The Adam's apple gets bigger.
- Testicles begin to produce sperm.



MENSTRUAL PROBLEMS AND WHAT TO DO?

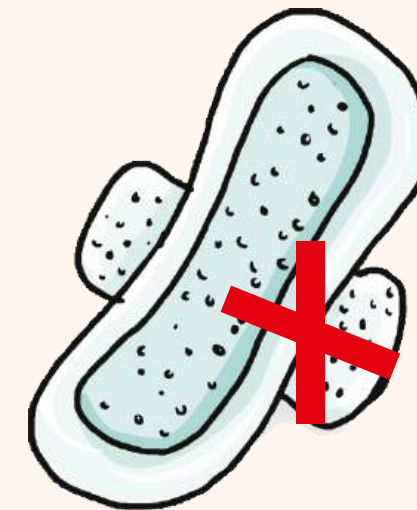
Problems during menstruation are very common, especially among girls and young unmarried women.



Pain in hips, legs,
lower abdomen,
back, dizziness



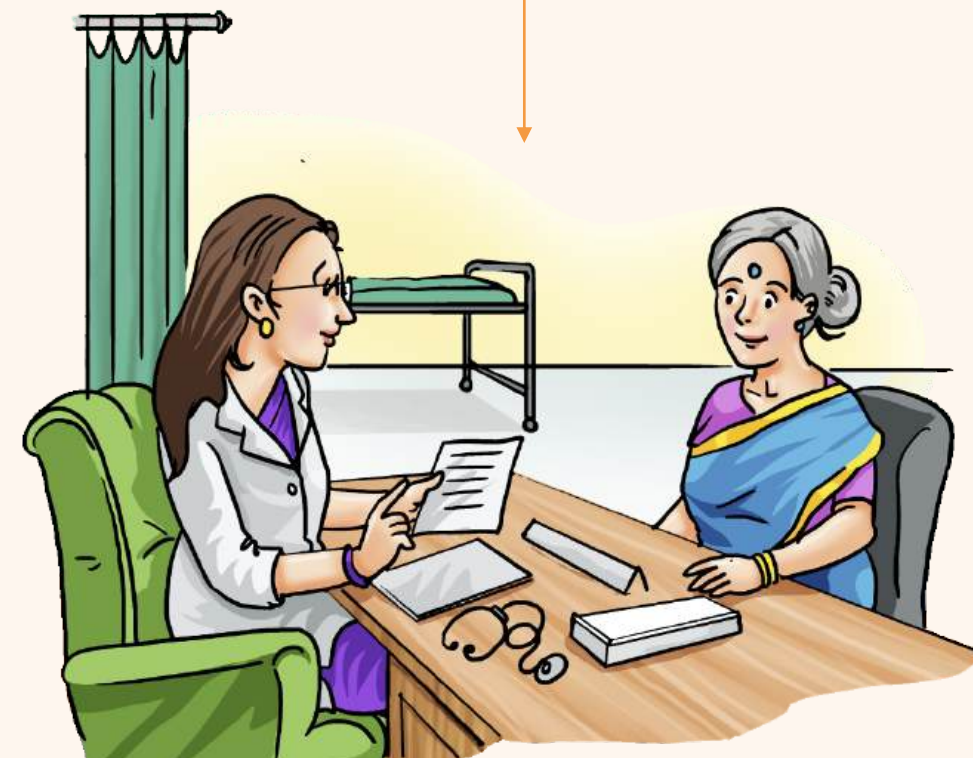
Bloating due to
water retention



Delayed or stoppage
of menstruation



Use a hot water bottle
on the areas where there is pain



Consult a Doctor



MENSTRUAL PROBLEMS AND WHAT TO DO?

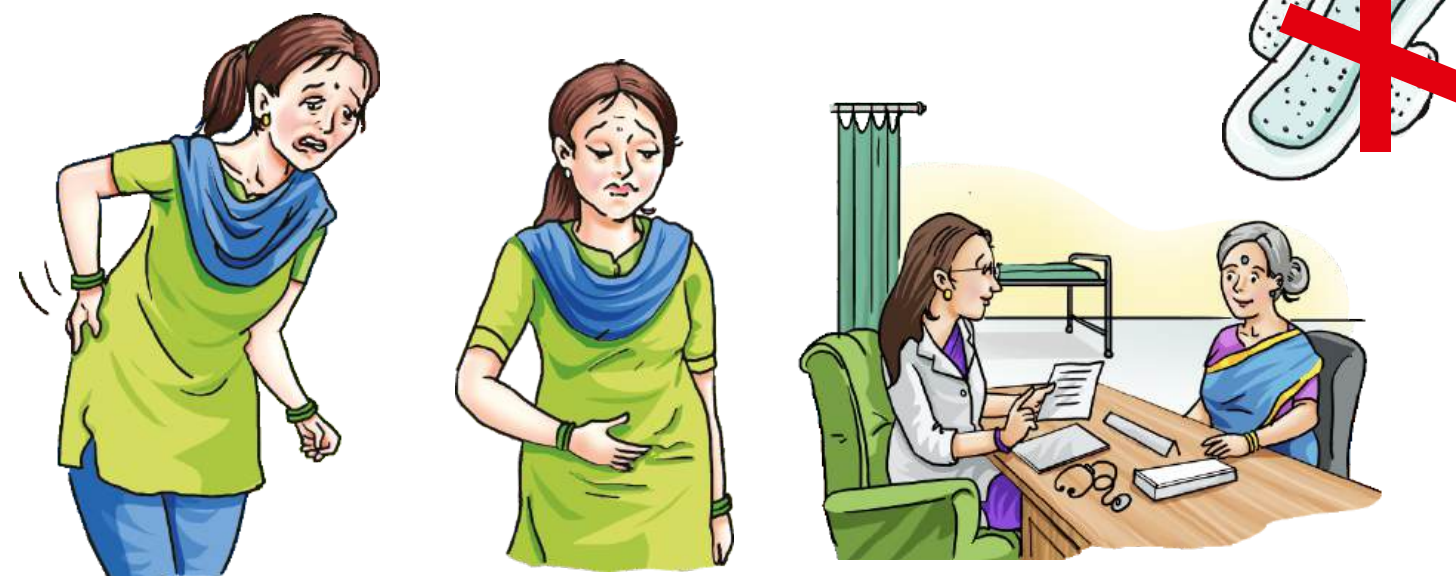
- **Problems during menstruation are very common, especially among girls and young unmarried women.**
- **Pain and discomfort**
 - Severe pain in the lower abdomen, hips, back and may be accompanied by dizziness or nausea.
 - Breast tenderness
 - Bloating, vomiting, and a feeling of tenseness
 - Weight gain upto 1 Kg about 7-10 days before the next period due to water retention in the body.
 - Emotional stress often contributes to the symptoms.
- **Lack of menstrual flow**
 - This can be a normal occurrence or a sign of malfunction or disease.
 - If menstruation is normal and then stops for 6 or more months, it may be due pregnancy, breastfeeding or menopause.

What to do at home?

- Stomach pain/cramps in single girls usually gets better or disappears after marriage.
- Hot water bottle on the area helps to relieve the pain.
- If pain is too much, pain killers may be taken after consultation with health worker.

When to consult a Doctor?

- If menstruation does not start till age 16 years
- If menstruation stops or is very abnormal for reasons other than pregnancy or menopause



WHITE DISCHARGE (VAGINAL DISCHARGE)



Normal – White, odourless discharge from the vagina during pregnancy and in girls who have just started menstruating

Not normal – Discharge is yellowish, green or fish-like smelly with or without Intense itching of the vulva and abdominal or back pain



WHITE DISCHARGE (VAGINAL DISCHARGE)

A white, odourless discharge from the vagina is normal during pregnancy and in girls who have just started menstruating

➤ There is infection if:

- Discharge is yellowish, green or fish-like smelly discharge
- Intense itching of the vulva
- Vaginal bleeding in between two menstrual cycles
- Severe pain in the abdomen or back.

➤ Causes of infection:

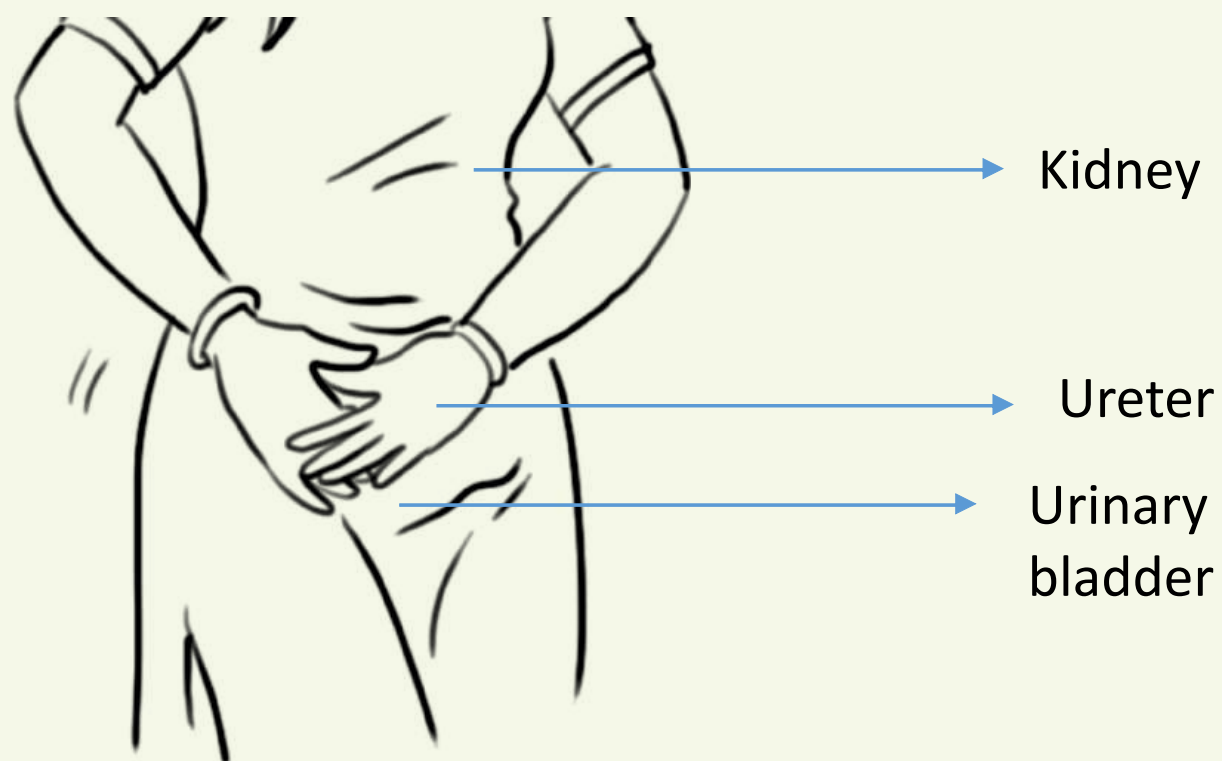
- Sexually transmitted
- Poor hygiene
- Use of the same pad or tampon for a long duration

➤ What to do?

- Talk to a health care worker/Doctor as soon as possible.
- Avoid sexual contact with anyone till fully treated.
- Both husband and wife must receive full treatment
- Clean your genital area properly
- Change pads every 3-4 hours during heavy flow



URINARY TRACT INFECTION



Infections in the organs that produce and store urine in the body are called Urinary Tract Infections.



URINARY TRACT INFECTION

Infections in the organs that produce and store urine in the body are called Urinary Tract Infections.

Why it happens:

- Retention of urine for too long: Women in areas without toilets suffer from UTIs because they cannot use the field whenever they want.
- Drinking very less water
- Injury to the urinary tract during sexual intercourse or during a medical procedure

Symptoms:

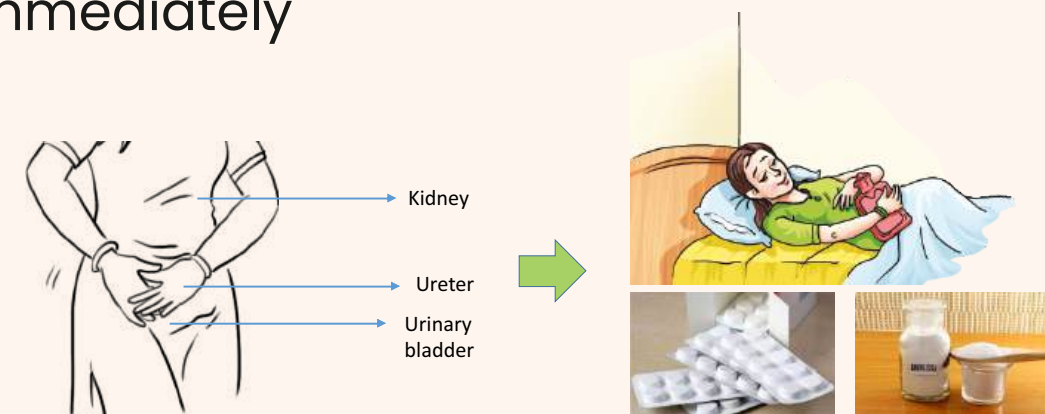
- Burning sensation and pain while passing urine
- Feel like urinating constantly, but the flow of urine is limited. Urine is passed minimally, in drops.
- An uncontrollable feeling to pass urine urgently.
- Sometimes this may be accompanied by fever, pain in the lower abdomen or lower back.
- The urine appears cloudy.
- At times urine may appear bloody.

What to do:

- Keep drinking water continuously - Drink at least 8 glasses of water in the day preferably warm
- Hot water massage if there is too much pain
- If necessary, pain killers can be taken
- Lie down and take rest.

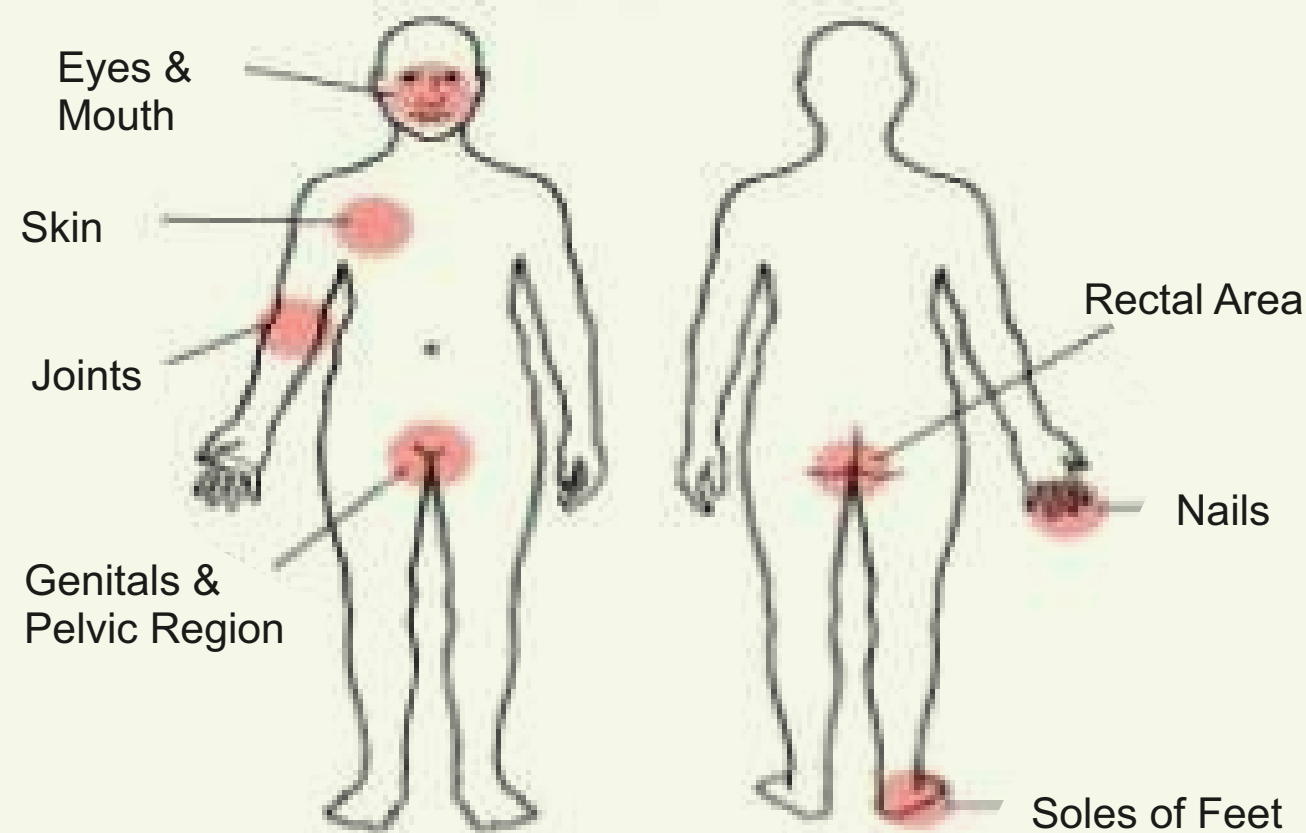
When to consult a Doctor?

- If UTI continues for more than a day
- If you are pregnant
- If blood is mixed in urine
- Men and children get UTI rarely. In case of infection, they should be taken to the doctor immediately



SEXUALLY TRANSMITTED DISEASES/REPRODUCTIVE TRACT INFECTIONS

Areas of Infection



These are infections that affect the reproductive system. They may spread during sexual intercourse or by other means.



SEXUALLY TRANSMITTED DISEASES/REPRODUCTIVE TRACT INFECTIONS

These are infections that affect the reproductive system. They may spread during sexual intercourse or by other means.

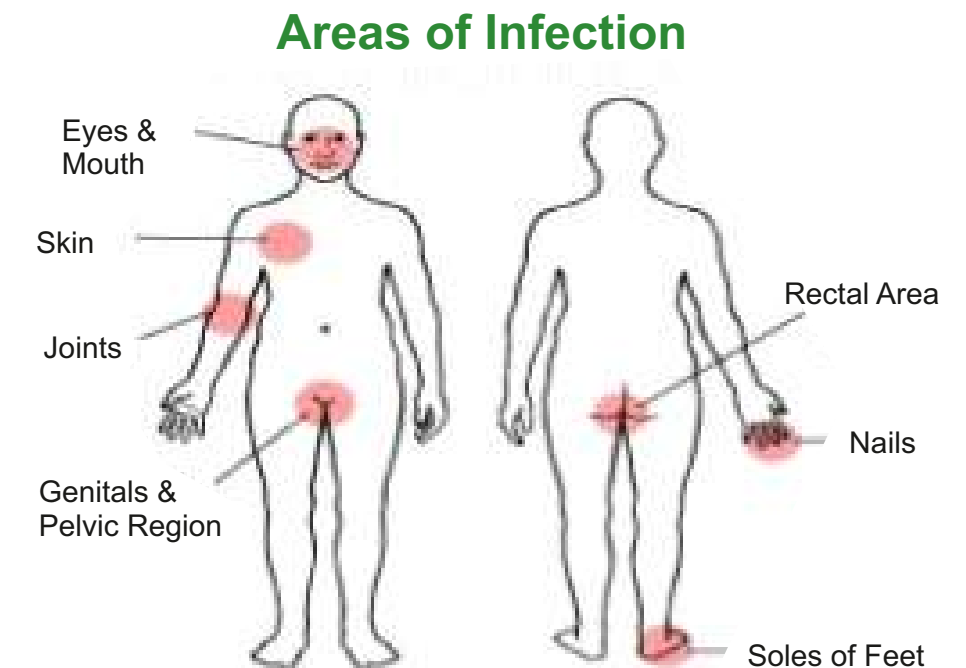
► Most common symptoms of STI/RTI are:

- Abnormal discharge or with genital sores or swelling.
- Sores may also occur in eyes, mouth, skin, joints, soles of feet and skin of palms
- RTIs may lead to serious complications—especially in women—if they are left untreated.
- RTIs increase the risk of acquiring or transmitting HIV, the virus that causes AIDS.

Remember: many women and men who have an RTI, do not experience any symptoms at all.

► What to do?

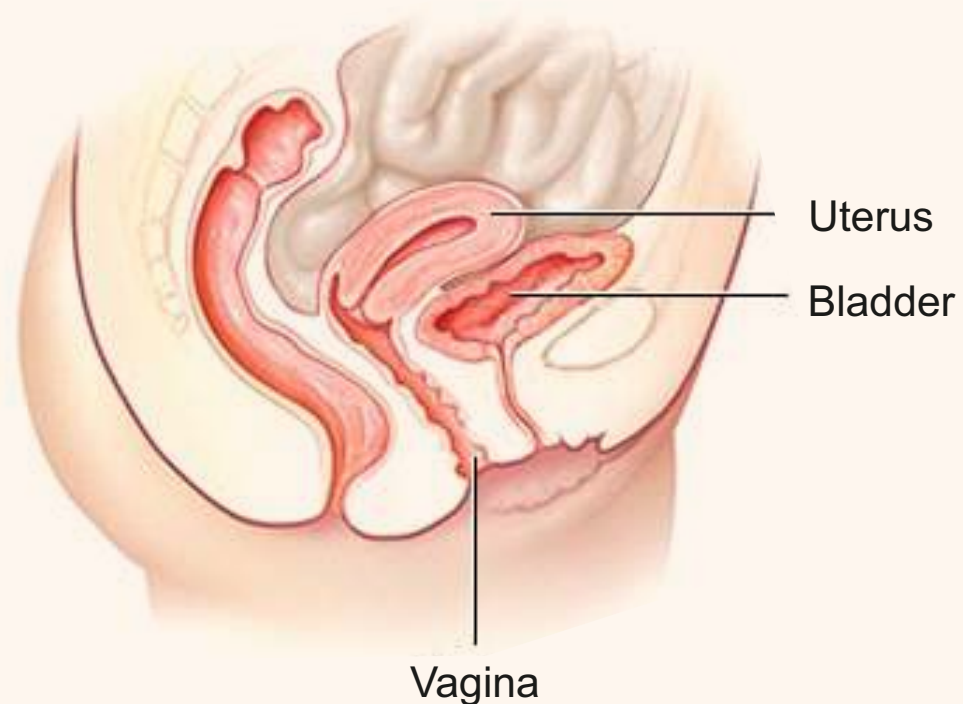
- Talk to a health care worker or Doctor as soon as possible.
- Avoid sexual contact with anyone till fully treated.
- Both husband and wife must be receive full treatment



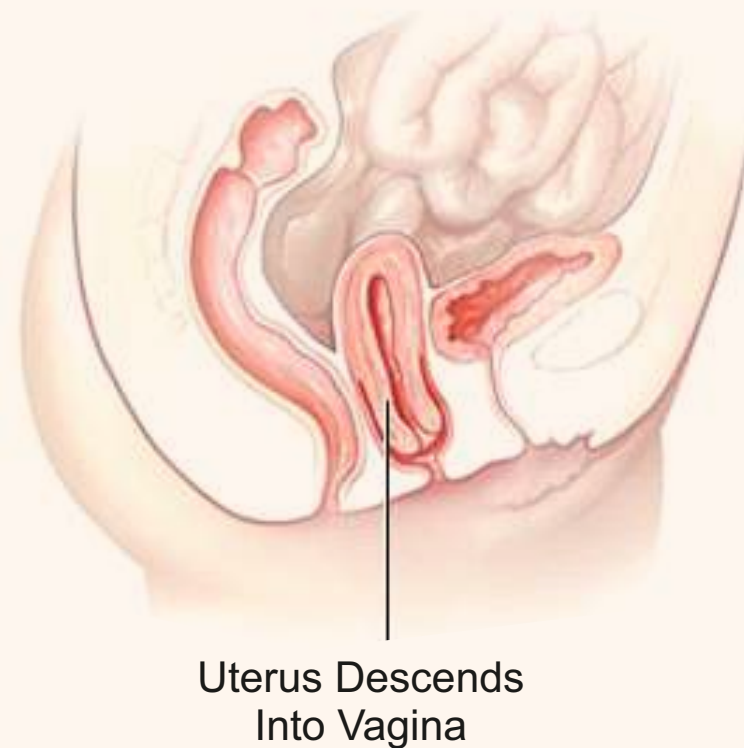
UTERINE PROLAPSE



Normal Uterus



Prolapsed Uterus



**Uterus descends down into
the vaginal canal**

**Consult a doctor to learn pelvic
exercises & other treatment**

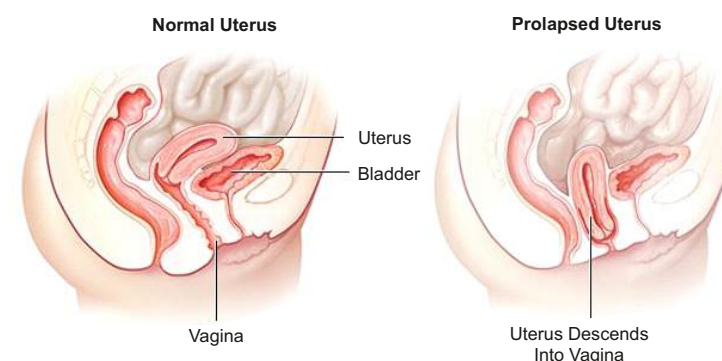


UTERINE PROLAPSE

This is when the uterus moves down into the vaginal canal.

Why it happens?

- This happens to older, post-menopausal women because of the weakening of the muscles and ligaments.
- It may occur in the early twenties among chronically malnourished women who perform heavy manual labour soon after their first or second deliveries.
- Prolapse may also be caused by violence against women.
- Following surgery, or trauma to the pelvic floor.
- First delivery at a young age.
- Frequent childbearing.



What to do?

- Consult a doctor to learn pelvic exercises
- In case of severe prolapse, surgery may be needed

How to prevent prolapse?

- Use contraceptives to avoid frequent pregnancies
- Rest for at least 6 weeks after delivery, avoid lifting heavy weights

Symptoms

- Difficulty in standing and sitting due to an obstructed and blocking feeling
- Obstruction while passing urine and motion
- Back ache, lower abdominal pain, profuse and smelly or itchy white discharge
- Urinary tract infection
- Heavy menstrual bleeding
- Pain during intercourse



INFERTILITY



Infertility is the condition when pregnancy does not take place for a couple even after 2 years of trying. It affects men and women equally.



INFERTILITY

- Infertility is the condition when pregnancy does not take place for a couple even after 2 years of trying.
- It affects men and women equally.
- But, in our society, men are reluctant to go for testing and the woman is blamed and suffers emotional trauma within the family because of this.

Causes of male infertility

- Abnormal sperm production or function or delivery of sperm
- Overexposure to certain environmental factors, such as:
 - Cigarette smoking
 - Alcohol
 - Ganja/Charas consumption
 - pesticides and other chemicals
 - High blood pressure
 - Depression
 - Anabolic steroids –body building medications
 - Radiation

Causes of female infertility

- **Difficulty in ovulation** – release of eggs from the ovaries sometimes due to Poly Cystic Ovarian Disease (PCOD)
- Uterine or cervical abnormalities
- Fallopian tube damage or blockage – Due to inflammation of the fallopian tube due to a sexually transmitted infection, Tuberculosis or other diseases.
- Early menopause

What to do?

- **Consult a qualified doctor**
- Both husband and wife should be investigated
- Follow doctors advise and treatment



MENOPAUSE

Menopause is a stage in life when menstruation / periods stop. This is a normal sign of ageing and this process marks the end of reproductive years for a woman. Menopause usually occurs at the age of 45 – 55 years.

If one has not had periods for at least 12 months, then the woman may be going through the period of menopause.



Family should be sensitive to the needs of a woman experiencing menopause



Flushing of skin, feeling of extreme heat in the face, neck, chest and back, Mood changes, Vaginal dryness



Bone weakness and easy fractures



Take Calcium tablets and calcium rich foods such as milk and milk products



MENOPAUSE

What is Menopause?

- Menopause is a stage in life when menstruation/periods stop. This is a normal sign of ageing and this process marks the end of reproductive years for a woman. Menopause usually occurs at the age of 45 – 55 years.
- If one has not had periods for at least 12 months, then the woman may be going through the period of menopause.

Why does this happen?

- After a certain age women's ovaries stop the production of eggs and there is a lack of hormone "estrogen" in the body and symptoms of menopause are experienced.

What are the symptoms/discomfort women feel due to menopause?

- Irregular periods
- Hot flushes
- Disturbance in sleep
- Weight gain
- Hair loss
- Vaginal dryness
- Mood swings
- Changes in the skin like dry, patchy skin

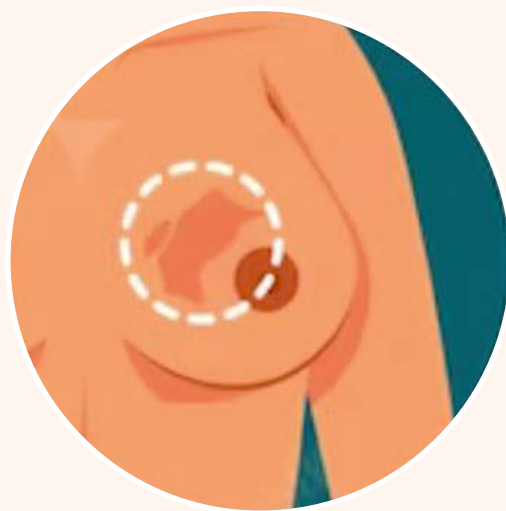
What to do?

- Family should be sensitive to the needs of the woman undergoing menopause.
- Woman should consume balanced diet with more milk and milk products.
- Keep active but avoid excessive physical activities.



BREAST CANCER

- Breast cancer is malignant abnormal cell growth in the breast.
- If left untreated the cancer spreads to other areas of the body.



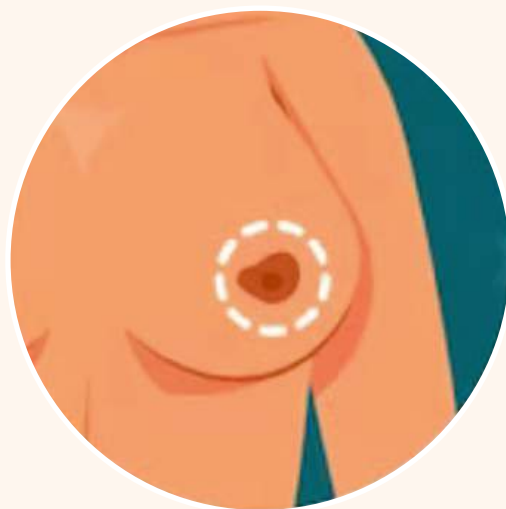
**Breast skin
irritation**



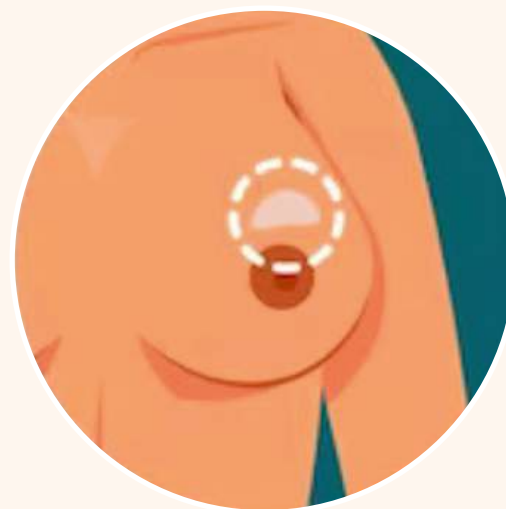
**Breast or
Nipple pain**



**Bloody
Discharge**



**Nipple
Deformation**



**a lump on the
breast**



**Change of
Breast size**



BREAST CANCER

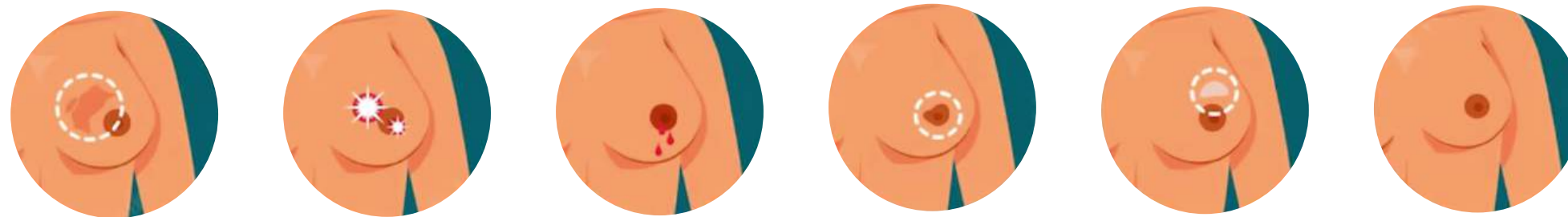
- Breast cancer is the most common cancer among women in India
- Cancer is not caused by a virus or bacteria.
- It can affect women of any age
- It can affect women of any breast shape or size
- If left untreated the cancer spreads to other areas of the body.


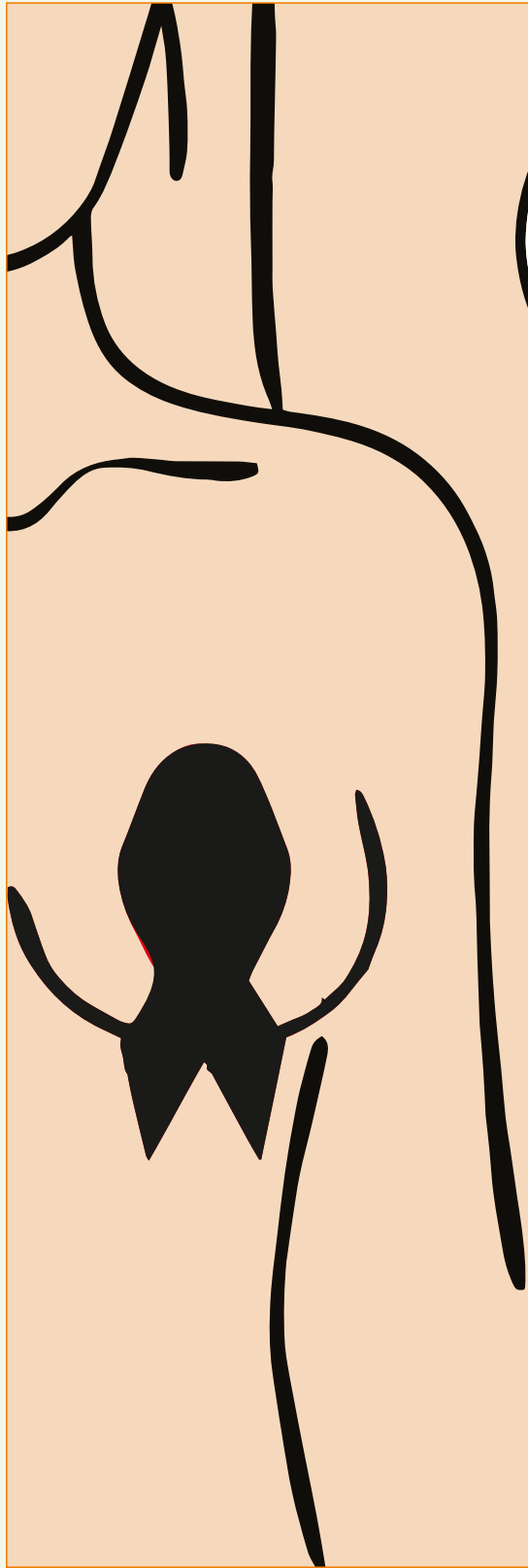

Signs and Symptoms:

- Breast skin irritation
- Breast or Nipple pains or turns inwards
- Abnormal discharge from the nipple
- Lump or mass in the breast.
- Dimpling of the breast
- Lump in the underarm
- Change in breast size

Risk factors are:

- Family history of the disease (mother or sister with breast cancer)
- Age over 50 years
- First pregnancy after age 30
- Long-term (more than 5 years) hormone replacement therapy (HRT)
- Start of Menstruation before age 12
- Moderate alcohol use (2 to 5 drinks daily)
- Obesity
- Women with a history of breast cancer are 3 to 4 times more likely to have a recurrence



A simple line drawing of a female torso and head, enclosed within a thick black circular border. The figure has long, straight hair and is shown from the waist up. The drawing is minimalist, using only black outlines on a white background.

A black and white line drawing of a woman's upper body, enclosed within a thick black circular border. The woman is facing forward, with her arms crossed over her chest. A solid black dot is positioned on the right side of her chest, representing a breast lump. The drawing is minimalist, using only outlines and a single solid shape to convey the message.

Diagnosis is done in 3 steps

1.



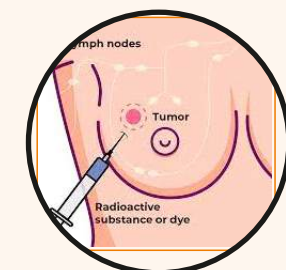
Examination by Doctor

2.



Mammogram

3.



Taking a bit of tissue of the affected area with a needle (biopsy)



BREAST SELF EXAMINATION AND STEPS FOR DIAGNOSIS OF BREAST CANCER

Breast self examination can help identify signs of breast cancer early. All women should do self-examination once a month

Step 1: Examine your breasts in the mirror. Keep the shoulders straight with arms on the hips. If you notice any swelling, dimpling, soreness, rash, puckering, unusual shape, and colour then report it to the doctor.

Step 2: Raise the arms and look for unusual changes like tenderness, redness, or pain in the breasts.

Step 3: Press breast and nipple to see if there is any discharge.

Step 4: Lie down and examine your your left breast with your right hand and vice versa. For breast examination use flat palm and finger pads and go firmly in circular motion . Cover the whole breast right from the collarbone to the top of the stomach. Do not forget the armpit and cleavage. Move the nipple in circles, use light pressure or medium pressure for tissue in the middle of your breasts.

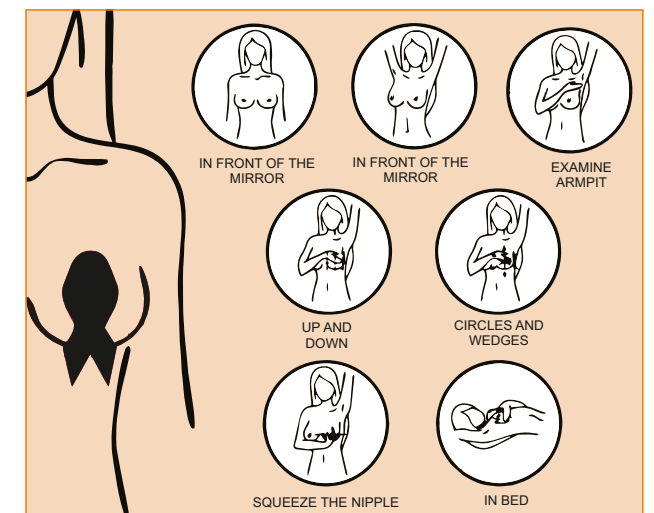
In case you spot any symptoms, contact a Doctor Immediately.

Diagnosis will be done in 3 steps:

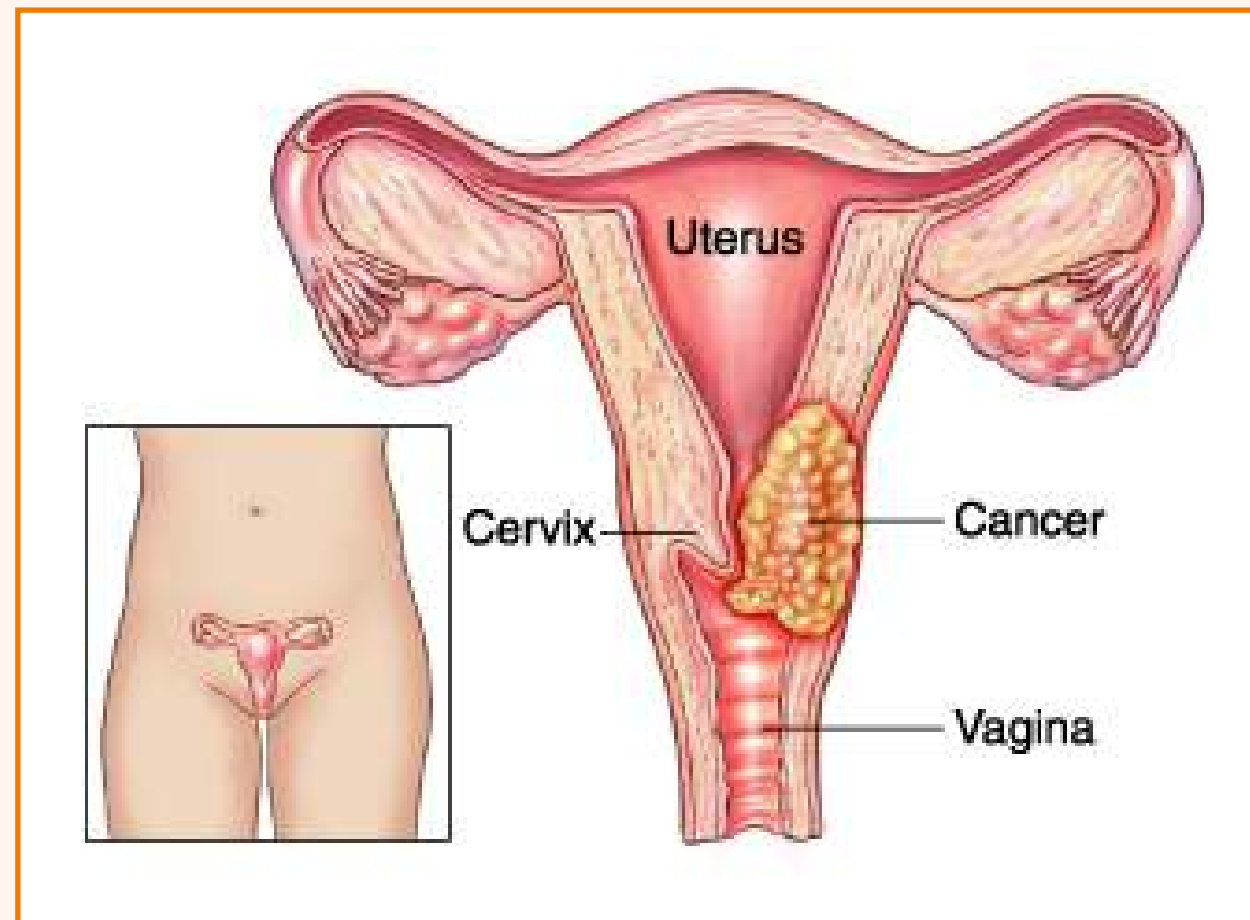
1. Breast examination by a doctor
2. Ultrasound or mammogram of breast
3. Taking a bit of tissue of the affected area with a needle (biopsy)

Treatment depends on the extent of the disease and is managed by:

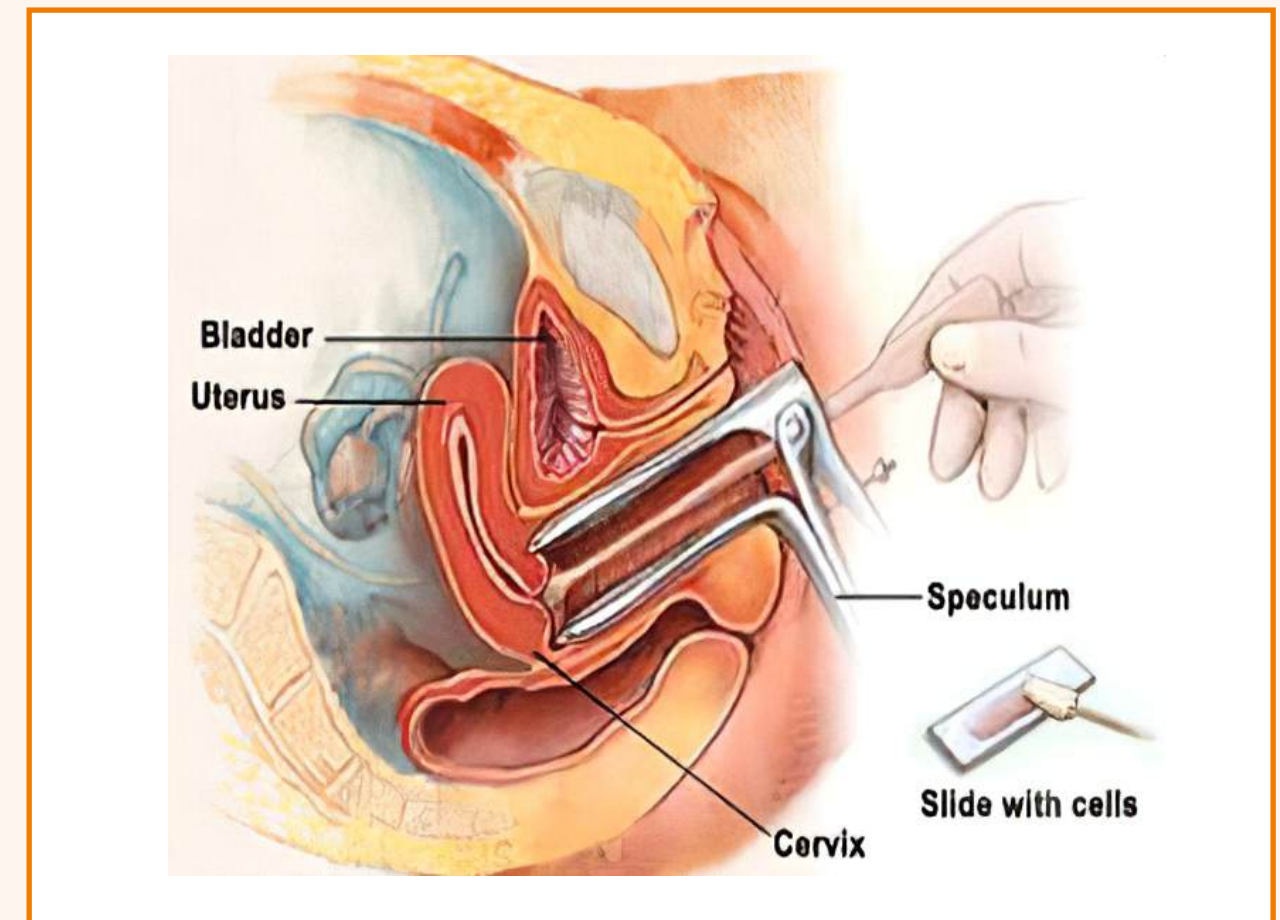
- Medicines
- Radiation
- Surgery



CERVICAL CANCER



Abnormal growth at the entrance of the Uterus



PAP Smear test



CERVICAL CANCER

- Cervical Cancer is the second most common cancer among women in India.
- There is often no cause.
- Early cervical cancer often does not produce symptoms.

Some activities increase the chances of getting it:

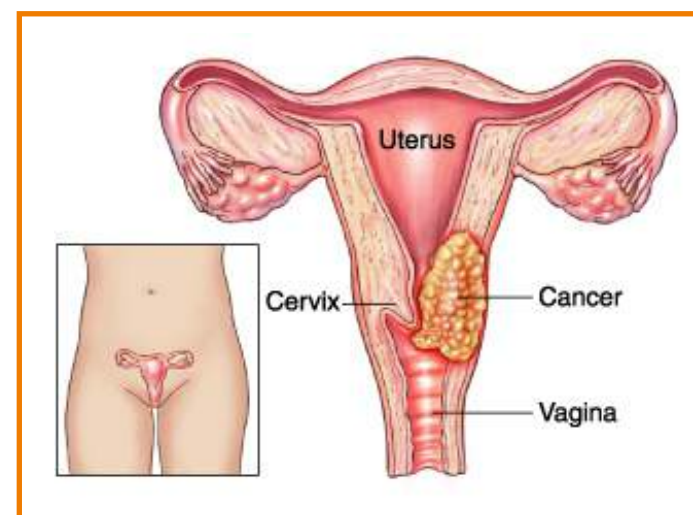
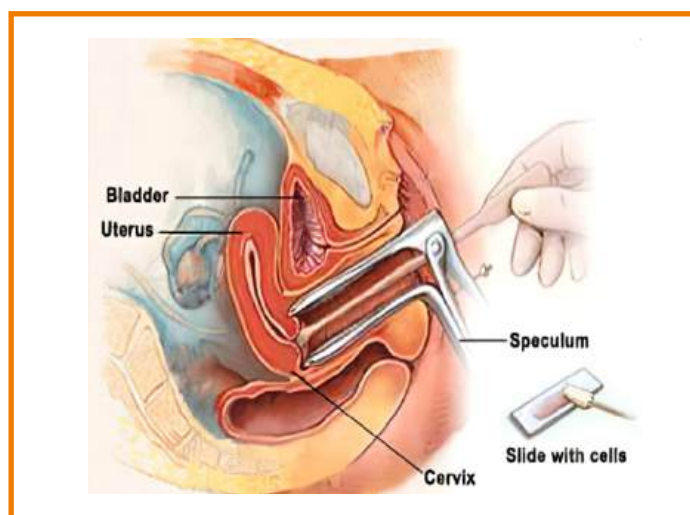
- Having multiple sexual partners or having sex with a promiscuous partner.
- History of sexually transmitted disease (STD).
- Sexual intercourse at a young age.
- High number of deliveries.

Symptoms:

- Abnormal vaginal bleeding (e.g., spotting after sexual intercourse, bleeding between menstrual periods, increased menstrual bleeding).
- Abnormal (yellow, odourous) vaginal discharge.
- Low back pain.
- Painful sexual intercourse.
- Painful urination.

PAP SMEAR – Women between age 21 – 65 years should get it done every 3 years

- A procedure to test for cervical cancer in women.
- Sample is collected from the uterus.
- Early detection of cancer increases chances of cure.



KEY MESSAGES AND ROLE OF SELF HELP GROUPS

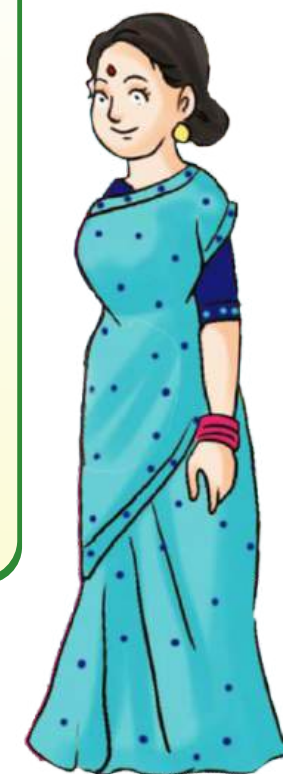
Key Messages

- There are normal and biological changes in the bodies of girls and boys from young adolescence to adulthood. Boys and Girls should be made aware of these changes.
- Menstruation is a natural process in adolescent girls and women, there is nothing to fear or be ashamed of it. Similarly white discharge is normal before menstrual cycle but one must be aware of normal and abnormal symptoms.
- There are a number of health issues that women may face in their lifetime. Some of them are UTI, RTI, STD, Infertility, Uterine Prolapse, Breast Cancer and Cervical Cancer.
- Women should be aware of the causes, symptoms and what should be done for each of these.

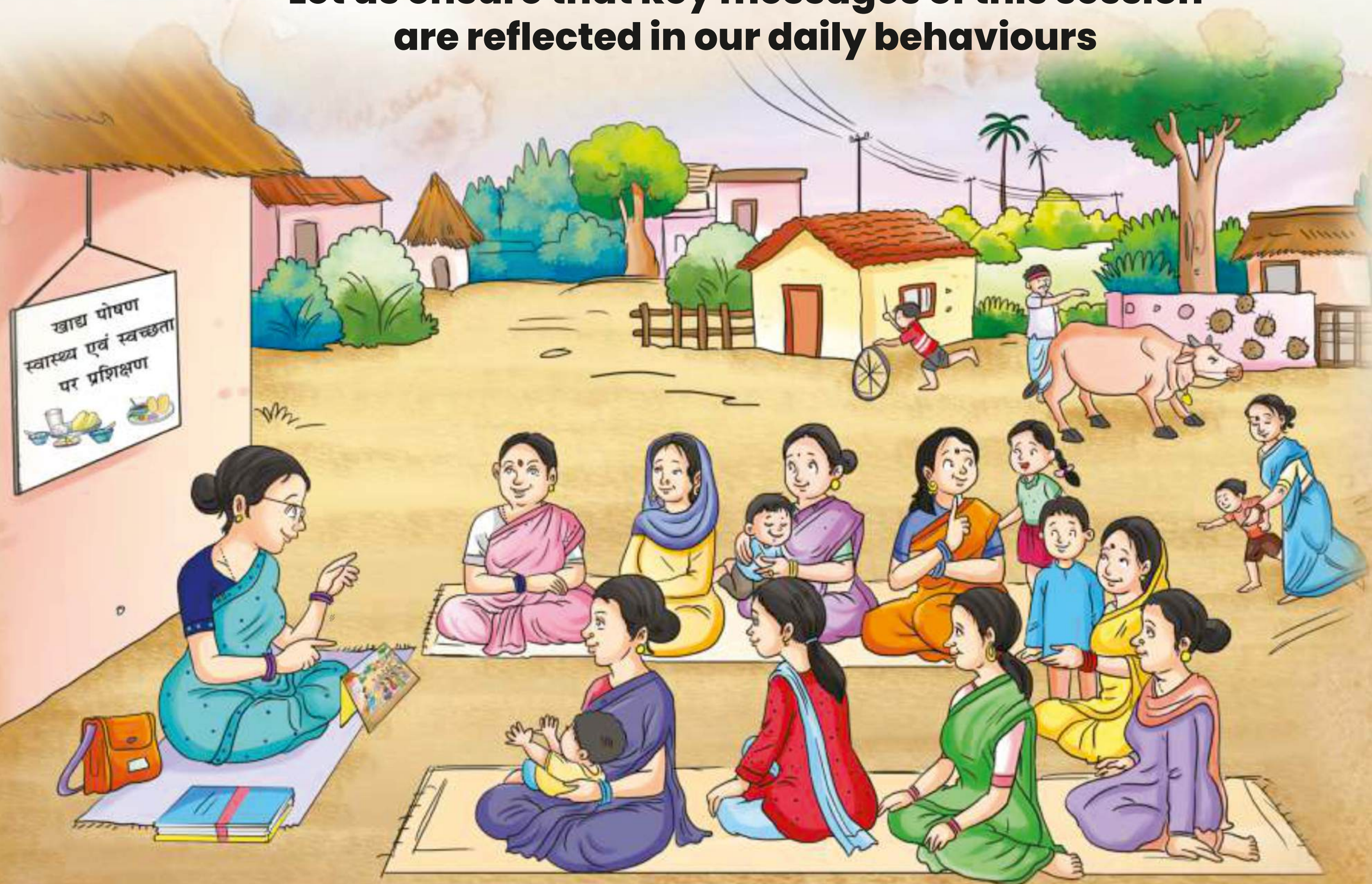
Role of Self Help Groups

- The group should ensure that family members including adolescents, men, and the elderly understand that women at various ages are affected by many health issues which may be serious and even fatal if left unnoticed and untreated.
- The group members should ensure that all girls and women in their families know the health risks, are aware of the symptoms and remain watchful regarding their own health.
- The group members should hold awareness generation sessions with support from ASHA/ANM and create an enabling environment to encourage women to talk about such issues and seek medical help, if required.
- The SHG members should also ensure that their family members be aware of women-related health issues and have regular monitoring of their family girls' and women's health, keeping alert of their symptoms when expressed.

The self help group should be ready to support those members who face problems or find it difficult to convey these messages and convince their families.



**Let us ensure that key messages of this session
are reflected in our daily behaviours**



The Food, Nutrition, Health and WASH (FNHW) Toolkit has been developed by the National Mission Management Unit (NMMU) with support from Technical Assistance agencies–TA– NRLM (PCI, India) and inputs from ROSHNI–Centre of Women Collectives led Social Action, National Institute of Rural Development (NIRD), State Institutes of Rural Development (SIRDs), National Resource Persons (NRPs), State Rural Livelihood Missions (SRLMs) of Bihar, Chhattisgarh, Jharkhand, Odisha, Uttar Pradesh, Andhra Pradesh, Telangana and Maharashtra, JEEViKA Technical Support Program–Project Concern International (JTSP–PCI) and UNICEF state teams from Odisha, Bihar and Chhattisgarh.

The standard materials of Ministry of Health and Family Welfare (MoHFW), Ministry of Women and Child Development (MoWCD), National Centre for Excellence & Advanced Research on Diets (NCEARD), Alive & Thrive, JTSP–PCI and UNICEF have been referred while finalizing the content.

Deendayal Antyodaya Yojana – National Rural Livelihoods Mission (DAY–NRLM)

Ministry of Rural Development, Government of India
7th Floor, NDCC Building-II, Jai Singh Road, New Delhi – 110001

website: www.aajeevika.gov.in



सत्यमेव जयते
ग्रामीण विकास मंत्रालय
भारत सरकार

