

July 2022

તમારી સ્વાસ્થ્ય

Your Health

Women's Health



Women look after everyone else, but they also need some looking after too. As well as reducing the risk of diabetes, heart disease and stroke, there are many things you can do as a woman to take care of your health and general wellbeing.

Feel

It's not something we Indians like to talk about a lot but it's the easiest thing we can do - it takes minutes and its free! All women should regularly look at and feel their breasts for any changes, whether that's skin changes, lumps or nipple changes, ideally every month. Not all lumps are cancer so do not panic but if any changes are noted, book an appointment with your GP.

Here is a link to a video demonstrating how to examine your own breasts by Jennifer Rusby, a breast surgeon from The Royal Marsden Hospital:

<https://www.bbc.co.uk/news/av/health-44384499>

Get Screened

There are national screening programs for breast cancer and cervical cancer open to all women over the age of 25 as follows:

1. Breast screening – called a mammogram, which is an x-ray of your breasts

- You will be invited for a mammogram every 3 years from the age of 50 till 71.
- After 71, you will not automatically be invited but can request a mammogram every 3 years.

2. Cervical screening – a small sample of cells from your cervix (opening to the womb) is taken

- You will be invited for a smear test every 3 years from the age of 25 till 49.
- Then every 5 years from 50 till 64.
- After this, you cannot get a smear test.

These tests have been shown to detect cancer before it progresses and at a time when it may be curable. It has also been shown that South Asian women are less likely to attend for a mammogram or smear test meaning that more die from these cancers.

These tests can be slightly uncomfortable but are not normally painful, so it is very important to make sure you attend them or make an appointment at your local centre. Speak to your GP about it if you have any concerns or go online.

Kegel Exercises

Kegel exercises are those which help strengthen the muscles in the pelvis which help hold everything in the right places. These apply to all women, whatever your age, and can prevent weakening of the pelvis after giving birth. It can also prevent leakage of urine – called incontinence, when you sneeze, cough or laugh, as you grow older.

These exercises can be done whilst doing other activities and just requires you to squeeze your pelvic floor muscles for 3-5 seconds and then relax for a few seconds. The aim is to do it 10-15 times, at least 3 times a day.

Here is a link to a video by from the NHS on how to perform these exercises:

<https://healthandcarevideos.uk/bladder?videoid=4353>

We hope this has helped!
Tame 100 varus na sukhi thav - May you live
happily to 100 years!

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Tamari Tabiyat - Your Health