



HEALTH COMMUNITY WORKERS



FACT SHEET

Module: Women's Health

Introduction

- It is clear that **women's health are different from men's**. There are a lot of factors that determine the health concerns of women. These factors vary from country to country or in different cultures. The most important are:
 - Social disadvantages
 - Restrictions in health care
 - Pregnancy and child birth

Anatomy

- Genital external organs
 - The **vagina, urethra and anus are very close together**, which is a focus of possible **infections**, so it's very important to take care of the **hygiene**.
- Genital external organs:
 - The uterus, or womb. It can expand up to 50 cm in length during pregnancy. If there is no pregnancy then the uterus sheds this lining (menstruation).
 - The cervix connects the vagina to the uterus and produces mucus, stretches open (dilates) during childbirth.
- Breast There are lots of glands in our breasts; there are changes in different part of life.

Contraceptives

- There are different groups of contraceptive methods, depending on how they avoid pregnancy. **All methods** of contraception **have percentage failure and have side effects**
- The most important Hormonal Methods is the **Anti-Baby Pill**.
 - It's very important **to take** the Anti-Baby pill **every day** for their effectiveness.
 - The **percentage of failure is very low 1-2 %**.
 - But there can be some side effects such as changes in menstrual periods, changes in mood, weight gain, acne and headaches.
- **Male condoms** are barriers methods
 - That are **easy to use**, and have **few side effects**.
 - They have eleven percent of failure.
 - **They protect against Sexually Transmitted Infections**.

- Diaphragm which is also the Cervical Cap
 - Failure depend the correct use from 17 % to 23 %.
 - Use may increase the risk of bacterial vaginosis and infections.
 - If left in the vagina for more than 24 hours Toxic Shock Syndrome may occur.

- The **Intra-Uterine Device (IUD)**
 - **Prevents the pregnancy in more than 98%.**
 - The disadvantages are that it does **not prevent the Sexual Transmitted Diseases**. And the risk of Pelvic Inflammatory Disease increases.

- **Natural Family Planning** is a natural way of contraceptives:
 - They **need a regular menstruation cycle of 28-32 days.**
 - It has a **25% of failure.**

- Withdrawals have 27% of failure.

Sexually Transmitted Diseases STDs

- It's very important to prevent by **having safe sex.**
- **The transmission is more frequent when the people don't use condoms.**
- **The women's anatomy makes it easier for bacteria and viruses to penetrate.**
- Human papilloma virus (HPV), is the cause of cervical cancer ,and is the most frequent in women.
- The problem of these diseases is that many **don't have symptoms** and therefore are more difficult to diagnose in women.
- It's possible to **affect future reproductive plans.**
- **Pregnant women can pass the diseases to their babies.**

Breast cancer

- It's the most common cancer in women.
- Also increase the risk for breast cancer:
 - Early menstruation (before age 12)
 - Late menopause (after 55)
 - Having first child at an older age
 - Never having given birth

- It's important to Prevent
 - Keep Weight in Check
 - Be Physically Active
 - Eat Fruit & Vegetables – and Avoid Too Much Alcohol
 - Don't Smoke
 - Avoid Birth Control Pills, Particularly After Age 35
 - Avoid Menopausal Hormone Therapy
 - Don't Forget Screening