WOMEN’S HEALTH AND
THE CLINICIAN

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It is a catchphrase...

• And brings up pictures of happy women with a good diet, lifestyle and eternal youth and happiness

• And it is a good political slogan too
Women’s health...

• While in reality it is a stern reminder that all is not well
• Morbidity and mortality remains a huge problem purely by being a woman!
• Every age of woman carries risk
Take a look at the ages of women and the risks

• Starting with the girl child
  – The future mothers of the nation
  – Often there is neglect and malnourishment
  – Also abuse of all kinds
  – Genital mutilation
  – Needs a special level of care
    • safety, diet, medications, vaccines, safety again
  – Schooling for growth in leadership and for the future
Adolescence: The age of experimenting

- Menstruation
  - “Keep a girl child in school” campaign
- STIs
  - SAFE SEX campaign
- (Un)planned pregnancy
  - LARC
- Female child headed households
- Depression
- HPV vaccine
  - Protect against future drama and cervical cancer
Younger reproductive years: The pregnancy group

• Highest reasons for mortality
  – Bleeding, hypertension, non-pregnancy-related infections, pregnancy infections, medical conditions

• Obstetric solutions
  – Prevent unplanned pregnancy
  – Better antenatal care
  – Obstetric protocols
  – Caesarean section techniques and indications
  – Obstetric audits
MATERNAL MORTALITY IS HIGHEST IN COUNTRIES OF SUB-SAHARAN AFRICA AND SOUTH ASIA

Maternal mortality ratios (MMR) per 100,000 live births (2005)

Legend:
- Low MMR (less than 100)
- Moderate MMR (100–299)
- High MMR (300–549)
- Very high MMR (550 or more)
- Data not available
Audits

• Confidential Inquiry into Maternal Deaths
  – Government driven Profession-led every 3 years
  – As inclusive as possible
  – Identify causes of deaths as a lesson for improvement of care

• Saving Mothers Report
• Saving Babies Report
Women’s health for young people

• Screening for cervical malignancies
  – Policy: screen at ages 35, 45, 55

• Contraceptive care
  – LARC, IUCD, hormonal contraception

• Avoidance of
  – obesity, smoking, illicit drug use, drinking problems

• Safe sex

• Avoidance and reporting of intimate partner violence!
Older reproductive years

- Menstruation management
  - Hormonal control
  - NICE guidelines for heavy menstrual bleeding
  - Hysterectomy 2015
- Contraception
  - LARC, Sterilisation
- Keep active in the workplace
- The healthy lifestyle
Essential testing for women

- Pap smears
- Mammography
- BMD
- Cholesterol
- Organ functions
What is the healthy lifestyle?

- Diet
- Exercise
- Safe sex
- Sleep
- Family structure
- Career development
- Avoidance of risk behaviour
Perimenopause: 45+

• The cancers
  – Breast: screening, diagnosis, genetics, therapy, family risks
  – Cervix: preventable! Treatable in early stages
  – Endometrium, ovary

• Depression

• The bladder
  – Leaking ladies: Stress- or urge incontinence
7 DWARFS OF MENOPAUSE

- Itchy
- Bitchy
- Sweaty
- Sleepy
- Bloating
- Forgetful
- All Dried Up
Postmenopause: Life is not over!

• Hormone deficiencies
  – Hot flushes, anxiety and sleep disorders
  – Osteoporosis

• Medical disorders
  – Cardiac/stroke: Highest causes of death in this age of women
  – Non-communicable diseases including skeleton fails
Older patients

• Osteoporosis
  – Of hip # after a fall about half will not walk again

• Prolapse
  – Lifestyle detriments

• Cancers

• Chronic incontinence
  – Needs a diagnosis and sometimes therapy can be very successful
Inevitabilities moving towards the end of life

• Loneliness
• Physical weakness
• Immobility
• Mental health care
• Dependency
  – Elder abuse
• Supportive management
• Palliative care
thank you!