

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



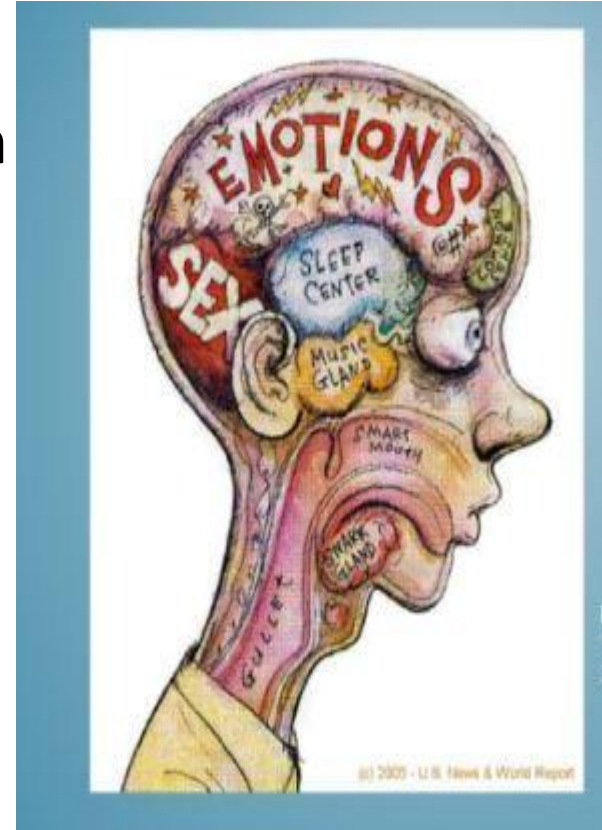
Take a look at the ages of women and the risks

- 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:

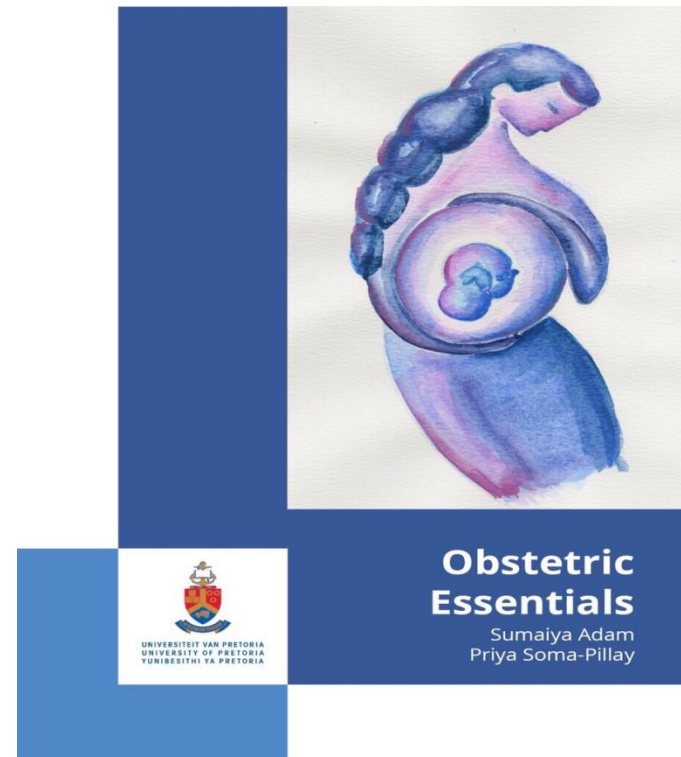
The age of experimenting

- 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



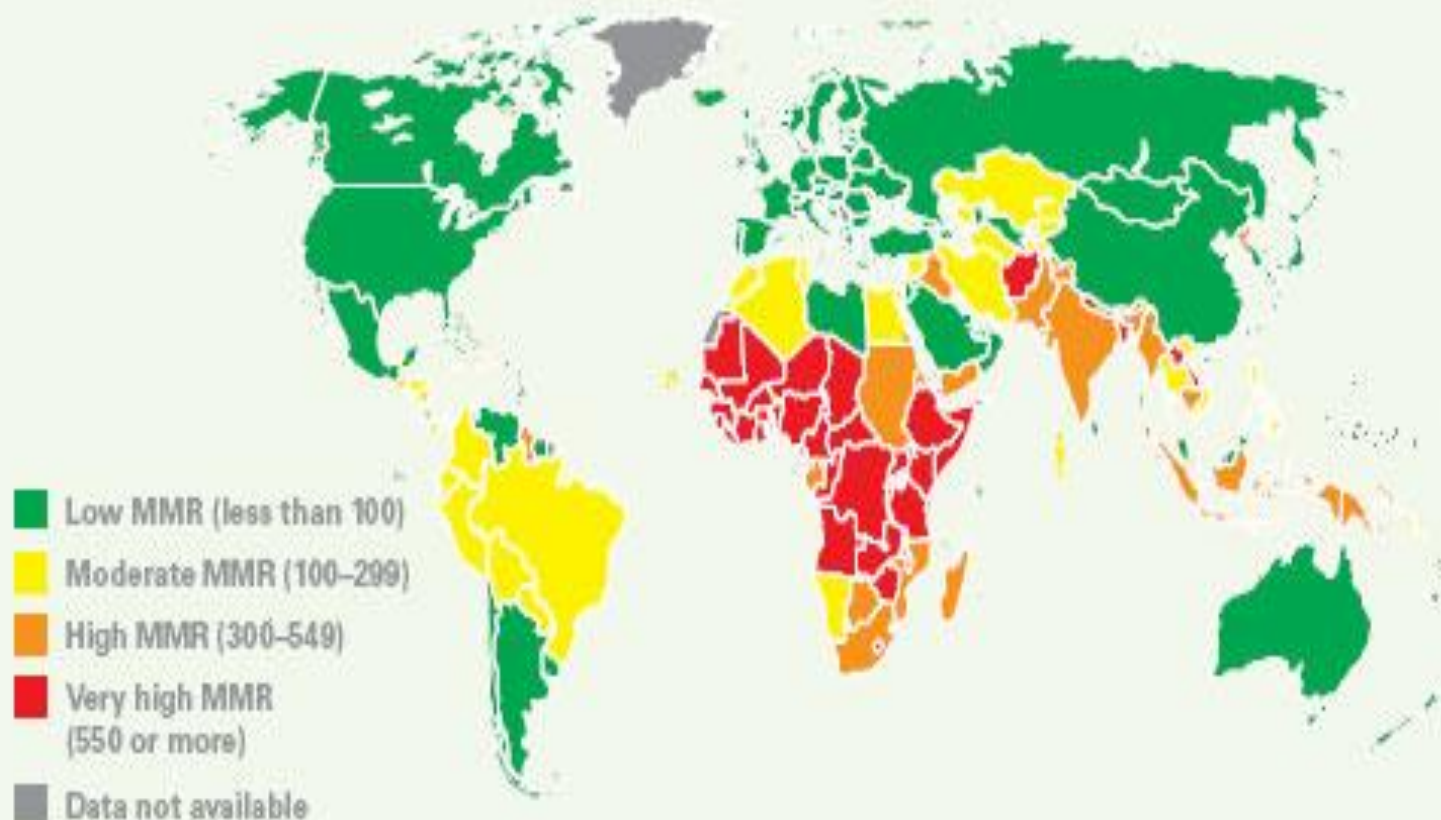
Younger reproductive years: The pregnancy group

- 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



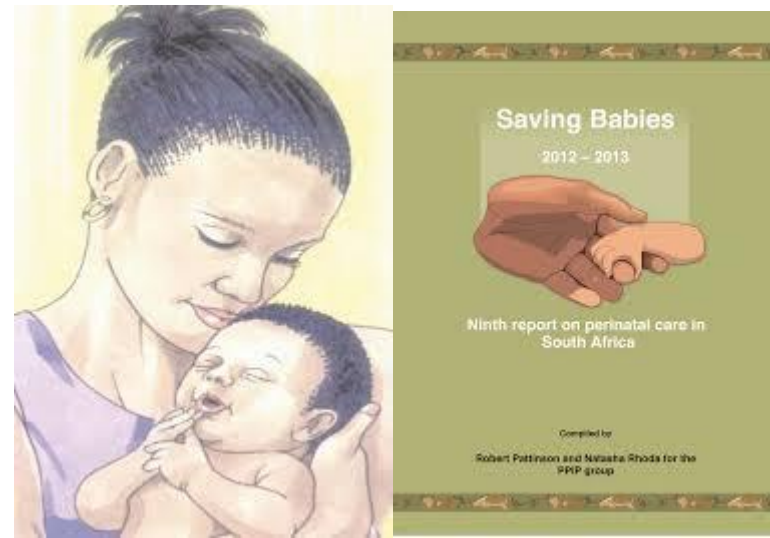
MATERNAL MORTALITY IS HIGHEST IN COUNTRIES OF SUB-SAHARAN AFRICA AND SOUTH ASIA

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



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

Schedule Your Well-Woman Visit



Did you know? Most health plans are required to cover an annual well-woman visit at no cost to you! Thanks to the Affordable Care Act, it's easier than ever for you to check up on your health.



Almost **1 out of 3** women reports not visiting a doctor because of cost.¹

More than **75%** of women 40 to 60 years old have at least **one risk factor for heart disease**, the most common cause of death in women in the United States.²



1 out of every 2 pregnancies is not planned.³ Women should talk to their doctor about family planning and birth control.

Tips

You can choose from any primary care provider or OB-GYN in your health plan's network without a referral. Before you go to your well-woman visit, remember to:

- ✓ Bring a list of your medications and know why you take them
- ✓ Use **My Family Health Portrait** to know your family's health history
- ✓ Make a list of your questions and concerns



Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, sexually transmitted diseases, and more
- ▶ Set health goals, such as being active and maintaining a healthy weight



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.....



Postmenopause: Life is not over!

"Women now live
a third of their lives
after menopause"

8th International Congress on Menopause, Sydney 1996



- 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!