



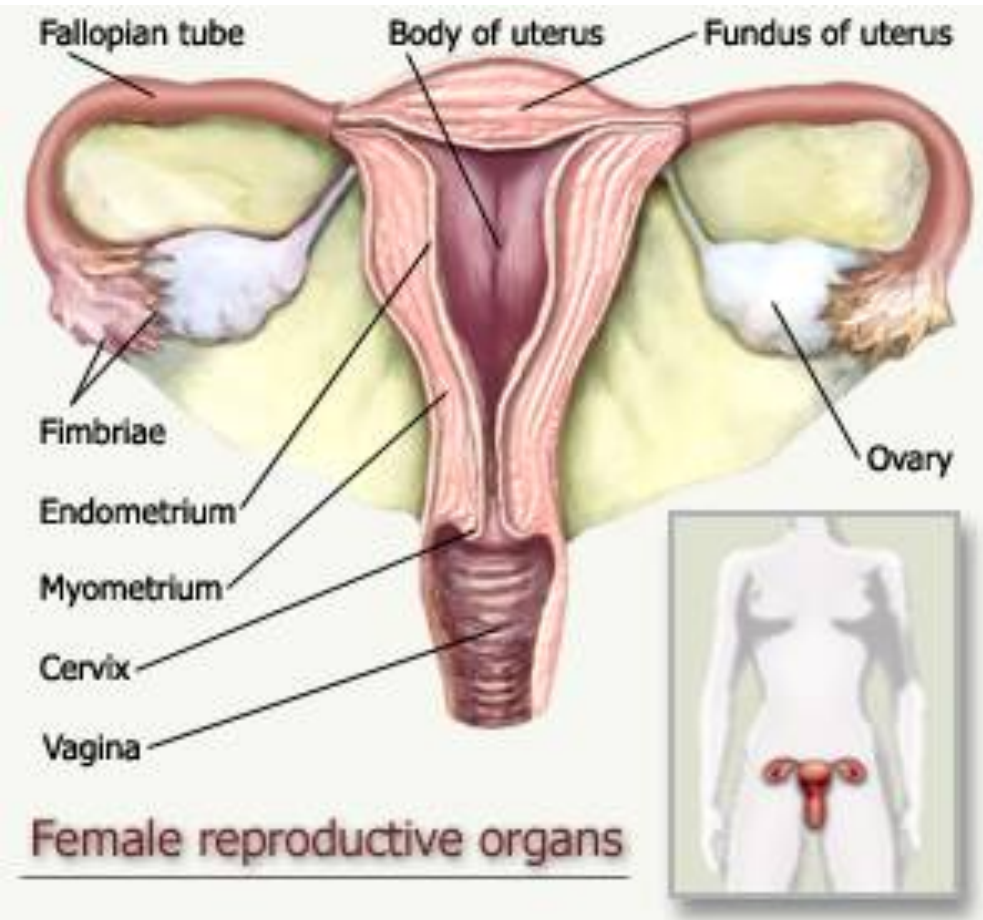
# Women's Health

**Mrs Nitu Bajekal**

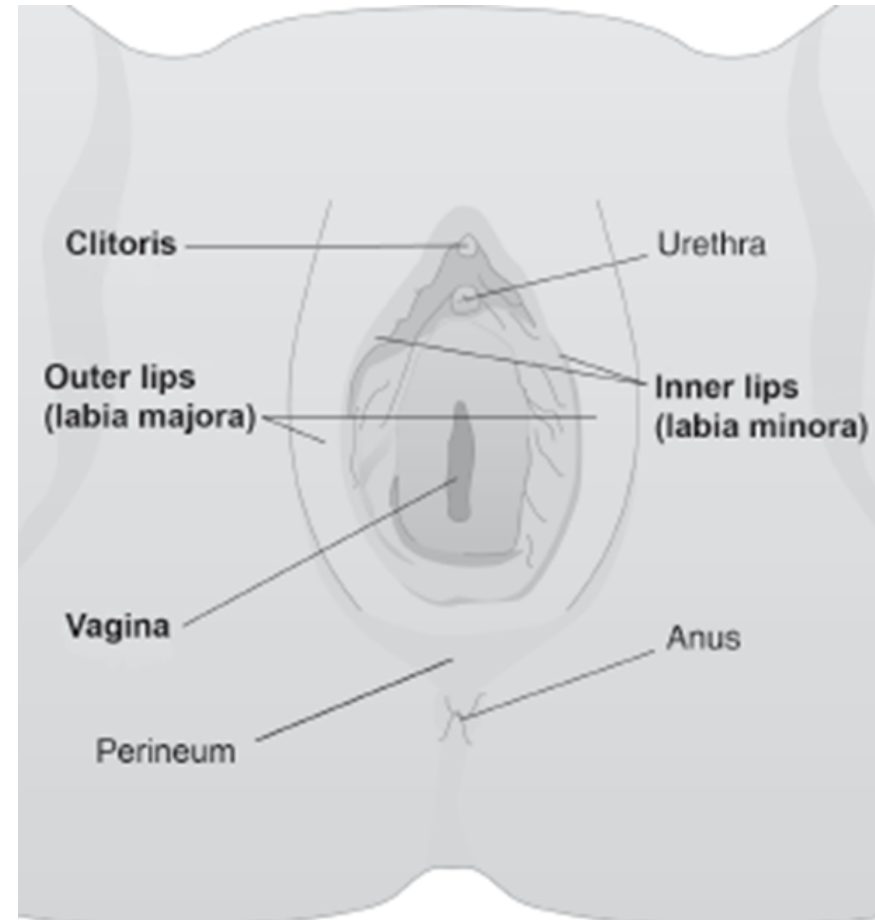
***MD FRCOG***

**Consultant Obstetrician & Gynaecologist**

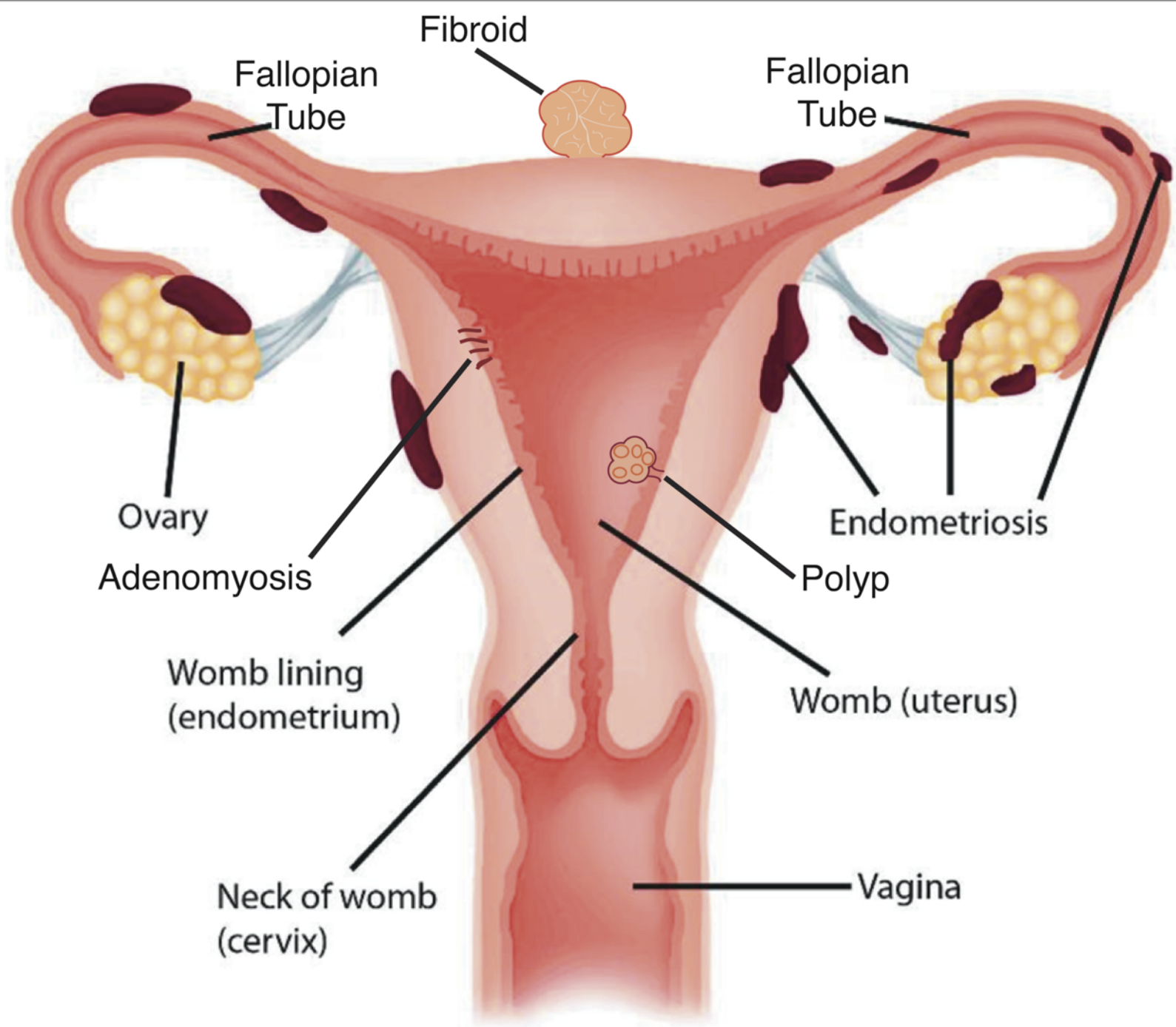
# Know your body



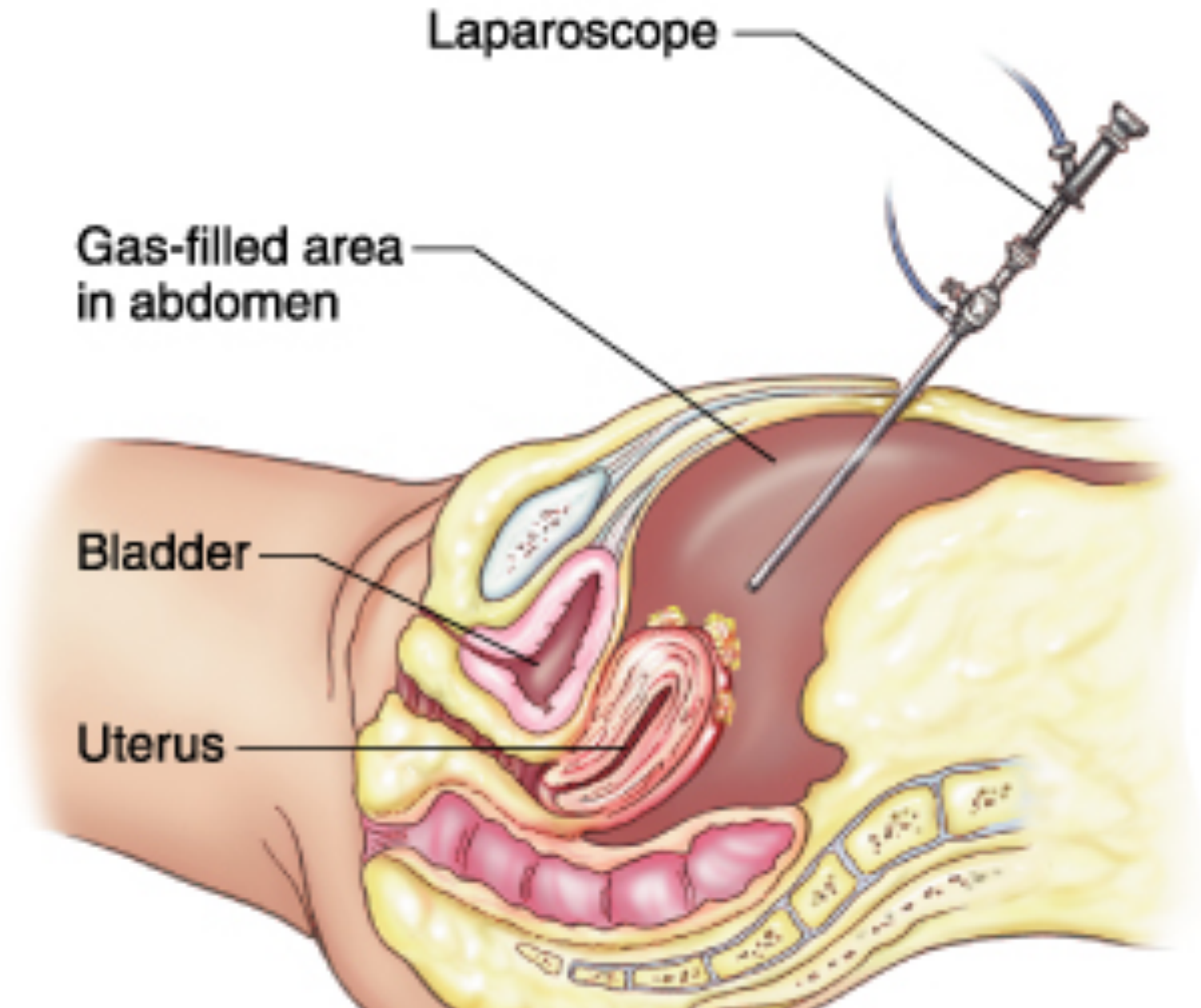
*Uterus, cervix, fallopian tubes, ovaries*



*The Normal Vulva*

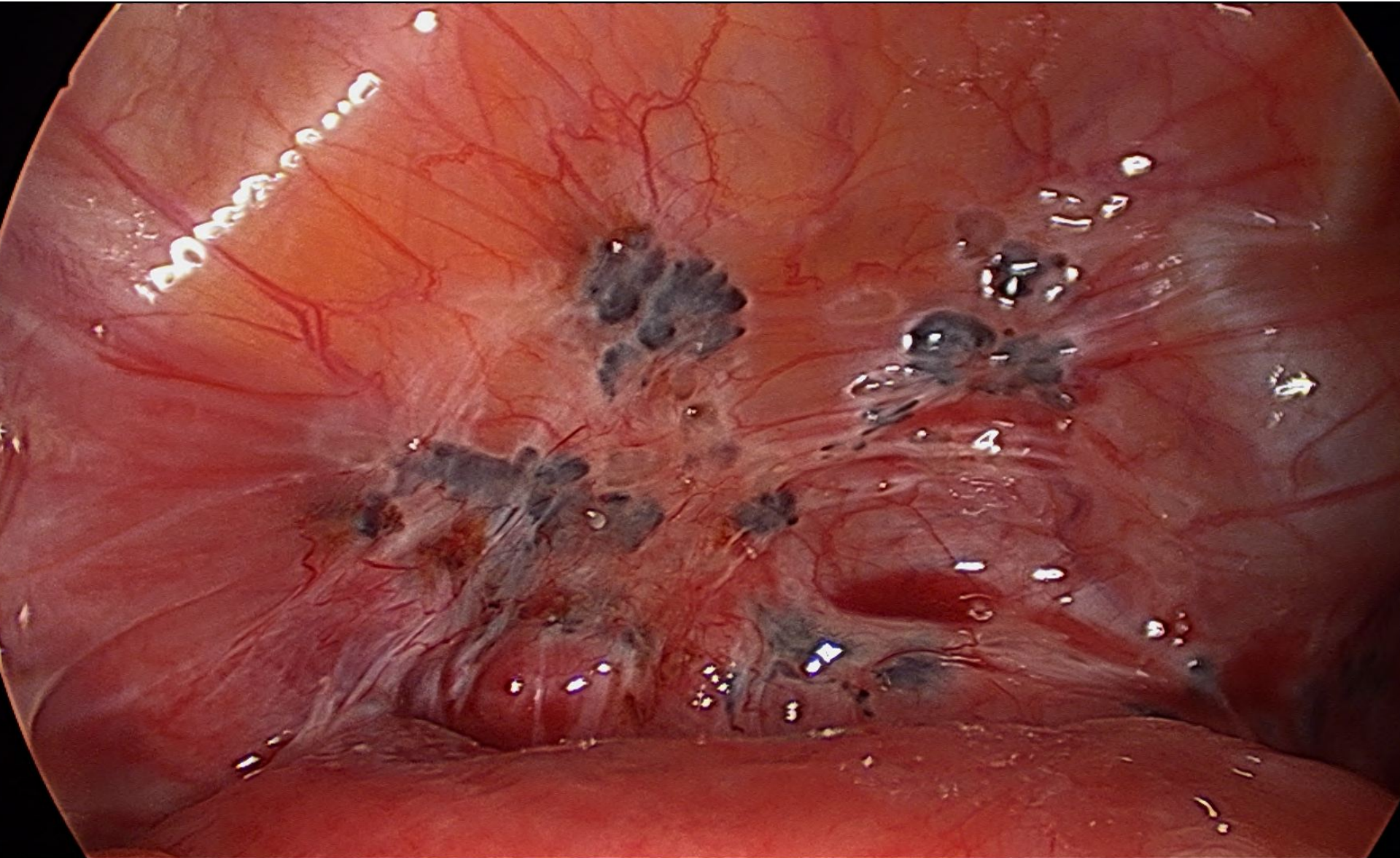


# Endometriosis





# Endometriosis



# Keeping Hot Flashes/Night Sweats at Bay

- ❖ Diet
- ❖ Regular exercise – Yoga, walking
- ❖ Meditation/Hypnosis
- ❖ Avoid High Impact Exercise
- ❖ Avoid caffeine/alcohol/TV
- ❖ Have camomile tea/read a book
- ❖ Turn central heating down
- ❖ Layer clothes /thin sheets
- ❖ Red Clover/Phytoestrogens
- ❖ HRT

# Five a day

**The following statements are true:**

One adult portion of fruit or vegetables is 80g.

One portion is 2 plums, 2 satsumas, 1 apple or pear

One portion is one slice of papaya or melon.

Carrots are a rich source of Vitamin B12.

Omega-3 fatty acids suitable for vegans: flaxseed, soya  
tofu & walnuts

Edamame beans (soy) can protect from osteoporosis

# Phytoestrogens

Plant substances that have similar effects to estrogens

❖ Isoflavones: genistein & daidzein

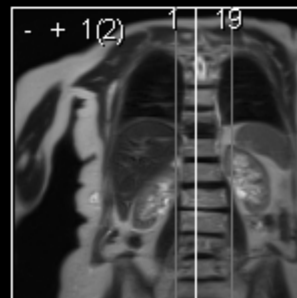
- ✓ soy beans,
- ✓ chick peas,
- ✓ red clover,
- ✓ dals,
- ✓ beans.

❖ Lignans: enterolactone & enterodiol

- ✓ Flaxseed,
- ✓ whole cereals,
- ✓ fruit.



# Osteoporosis



# Vitamin D

The following statements are true.

- ☐ Mushrooms are a good source of Vitamin D.
- ☐ Mushrooms if exposed to ultraviolet light manufacture their own Vitamin D.
- ☐ Exposing your face to sunlight for 20 minutes per day is a good way of getting your Vit D supply.
- ☐ People over 65 & Asian women are at risk of Vit D deficiency

# Prevention

## Exercise

- 150min moderate intensity aerobic exercise/wk
- Weight bearing and resistance exercises improve bone density
- Muscle strengthening to include; Legs, hip, back, abdomen, chest, shoulders arms

## Diet – FOODS ONLY 10%

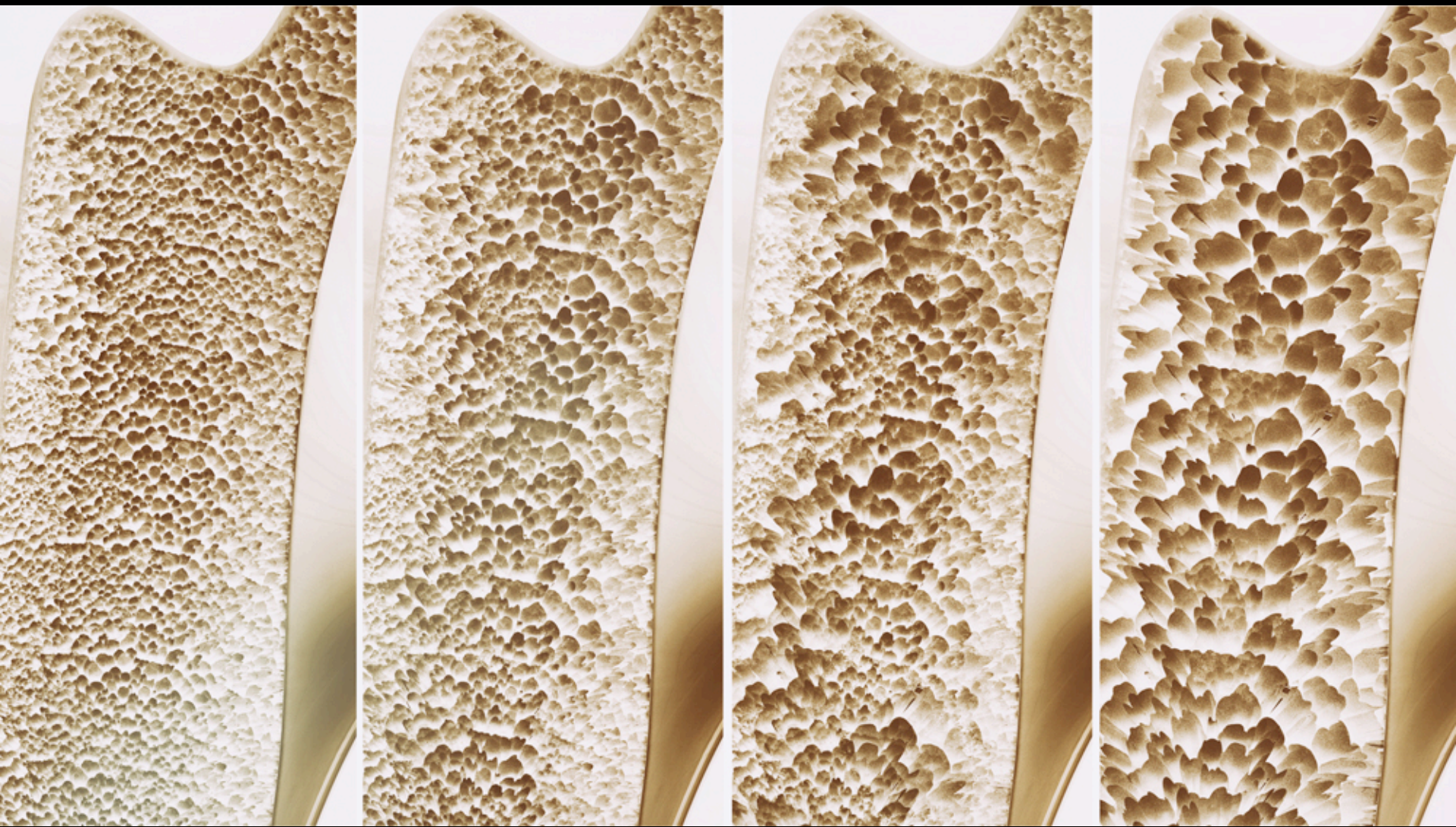
Avoid animal protein and dairy in particular. ( Harvard study)

## Sunlight

- Calcium / Vit D

Avoid smoking / alcohol





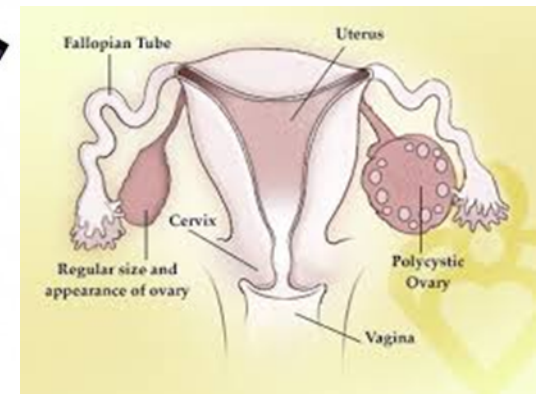
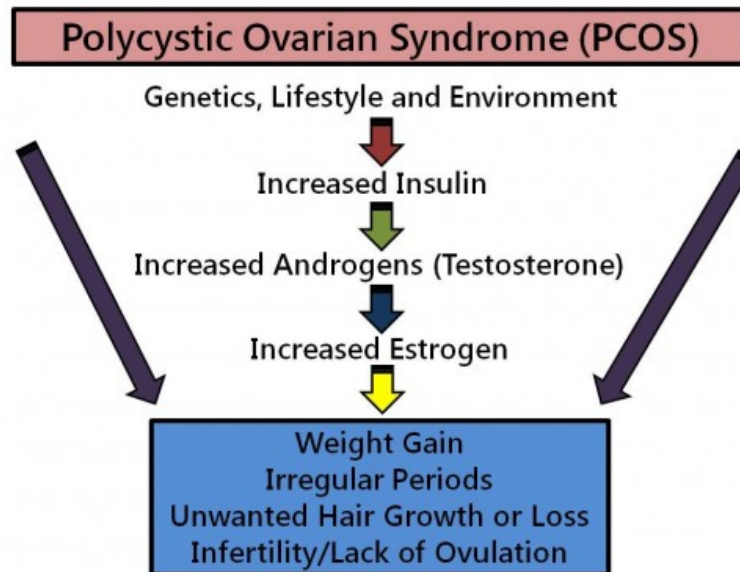
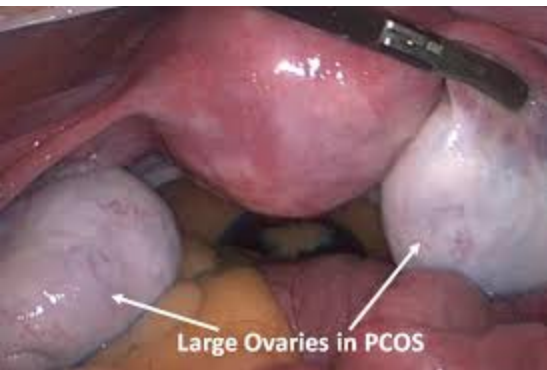


# Calcium Content of Foods

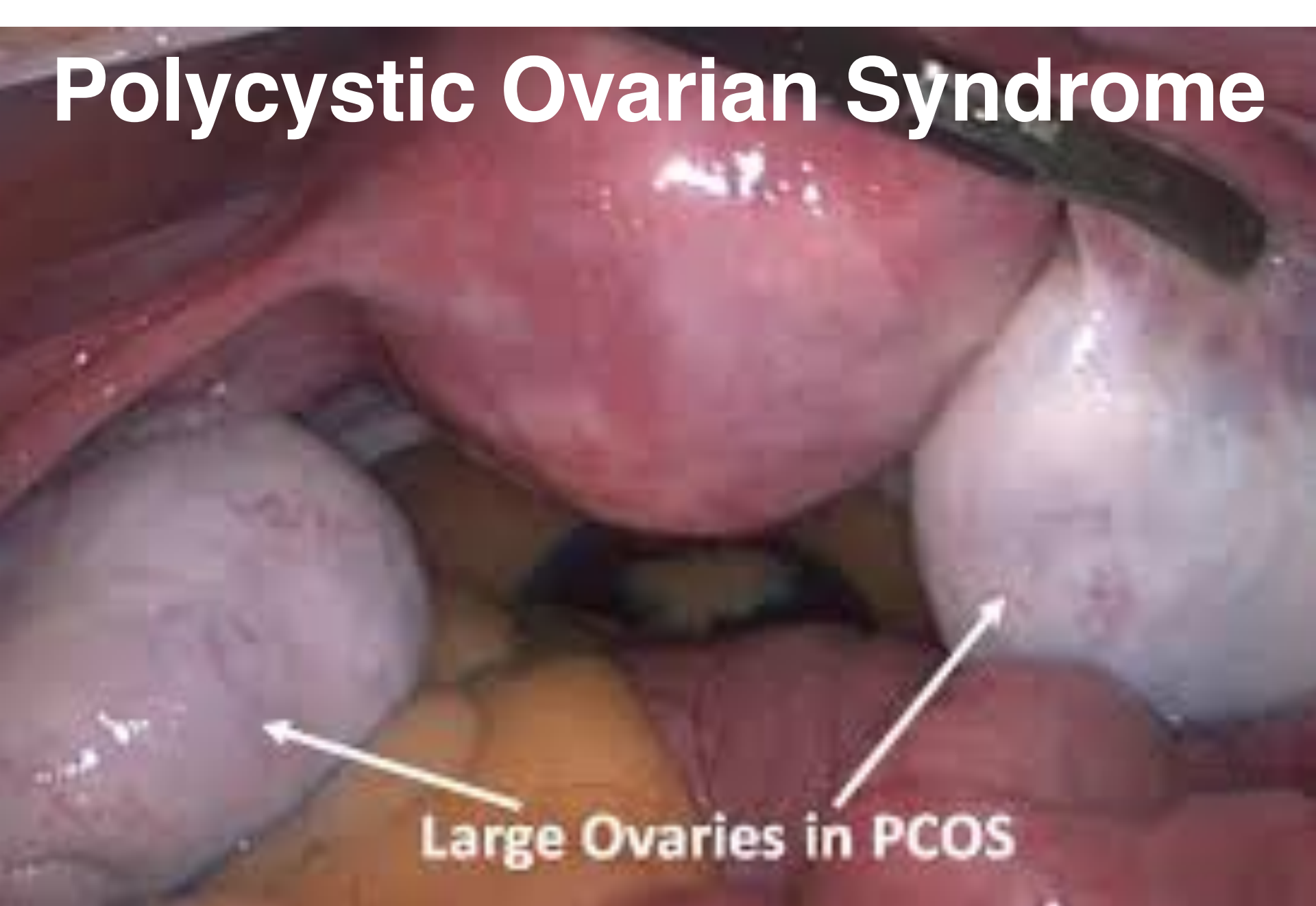
FOOD	AMOUNT	CA CONTENT (mg)
Soya milk	250 ml	310
Full fat milk	250 ml	295
Semi/Skimmed	250 ml	300/305
Soya yoghurt	100g	200
Low-fat yoghurt	100g	150
Cheddar Cheese	50 (>sat fats)	360
Boiled spinach	100g	159
Brazil nuts	100g	170
Tinned salmon	100g	93
TOFU	100g	480

# Polycystic Ovarian Syndrome (PCOS)

- ❖ 1 in 10 in general population, 2 in 10 when fertility issues.
- ❖ Endocrine disorder with a wide spectrum. Can cause fertility problems



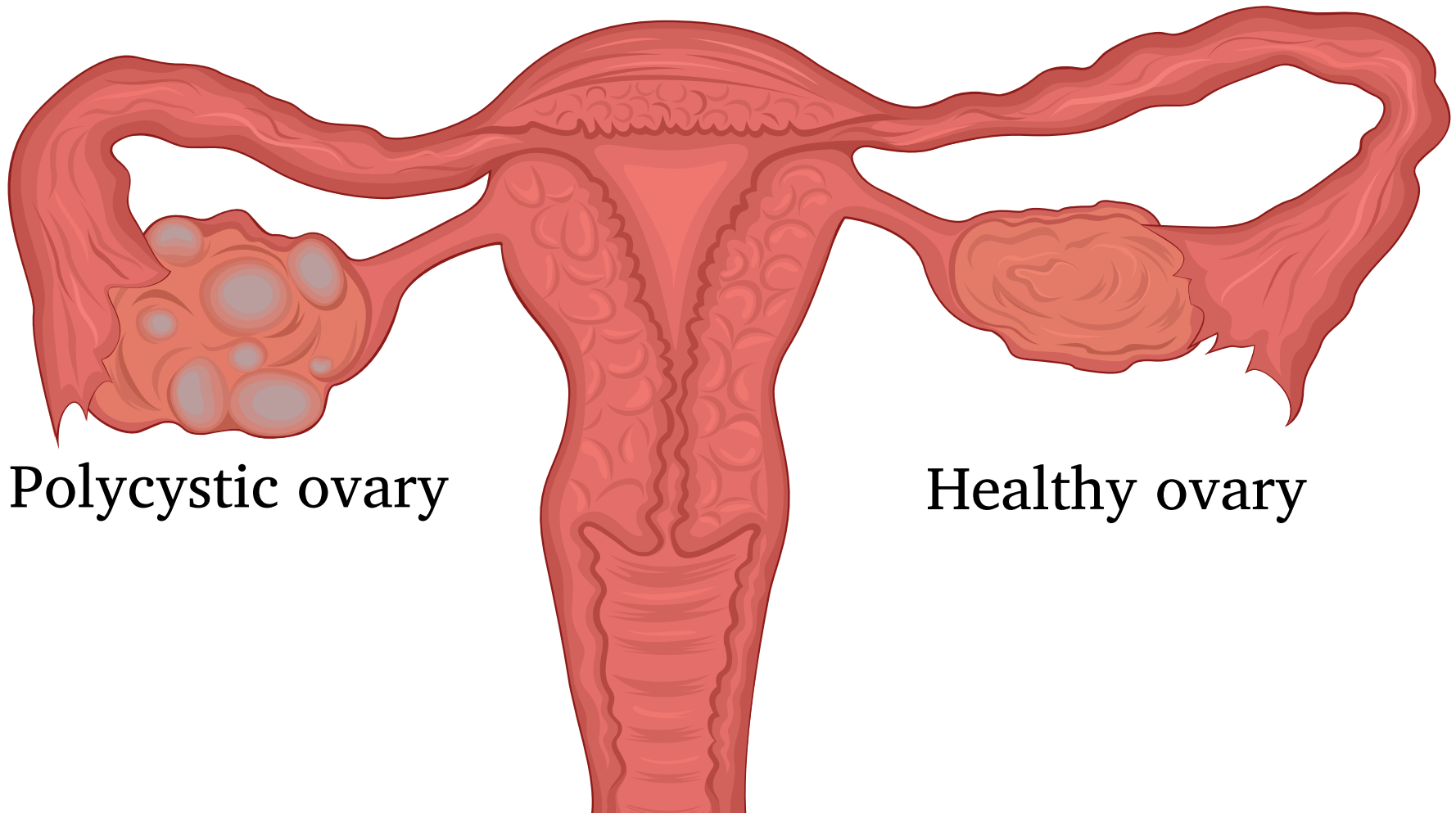
# Polycystic Ovarian Syndrome



Large Ovaries in PCOS

# Polycystic ovary

Uterus



Polycystic ovary

Healthy ovary



# Signs of PCOS

1. Irregular periods
2. Increased facial/body hair
3. Acne
4. Weight Gain
5. Scalp hair loss
6. Fertility problems
7. Excessive daytime sleepiness
8. Depression and Anxiety

**Pain and big cysts are not features of PCOS**



