



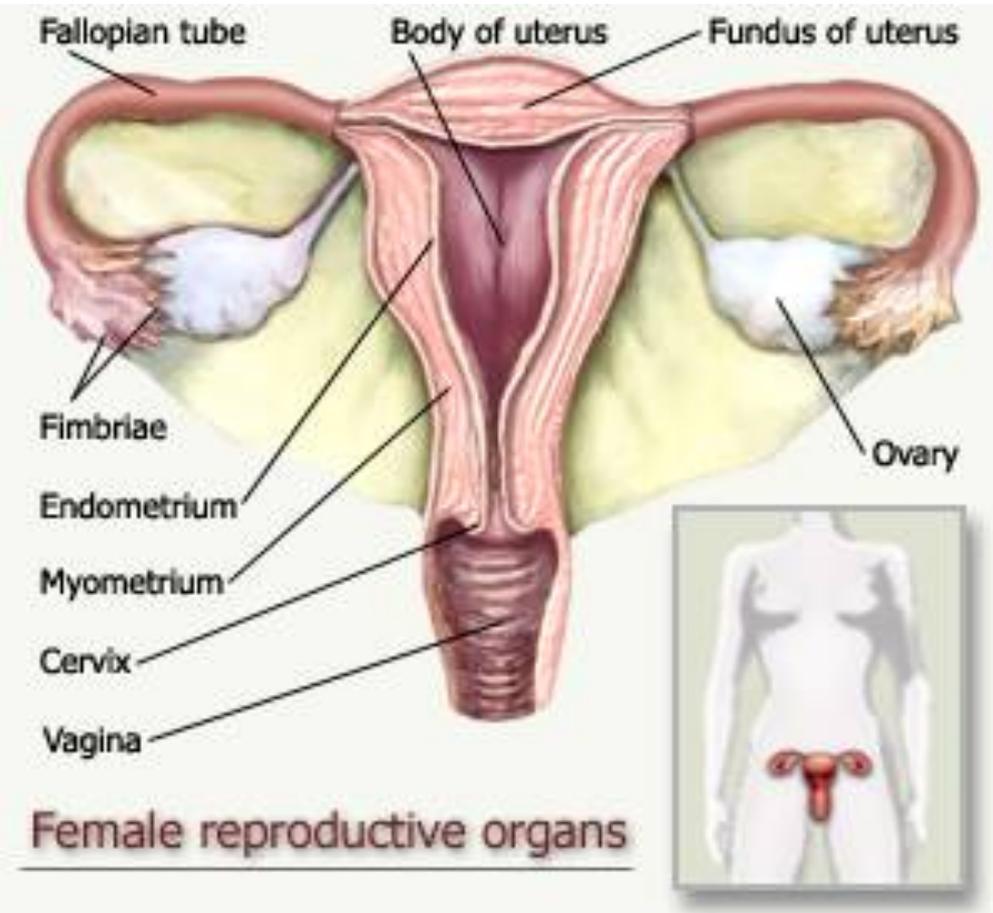
# Women's Health

**Mrs Nitu Bajekal**

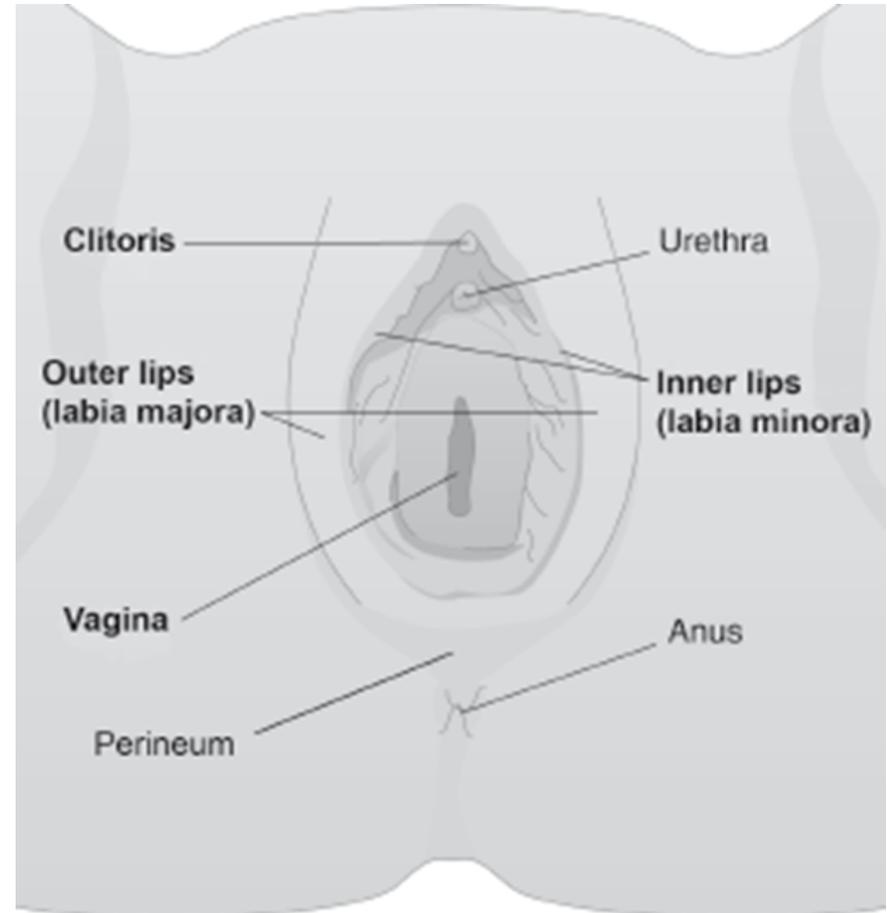
*MD FRCOG*

**Consultant Obstetrician & Gynaecologist**

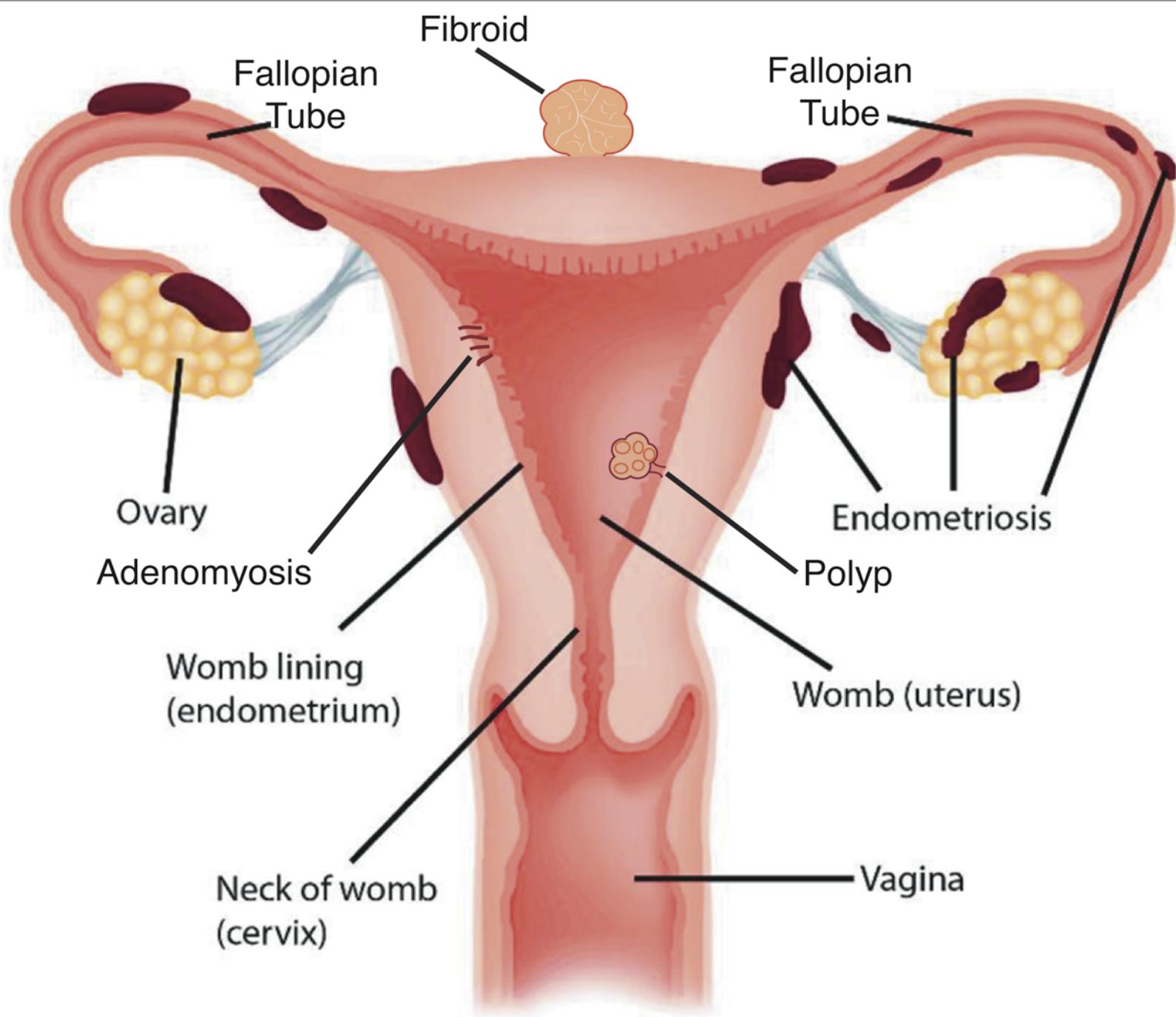
# Know your body



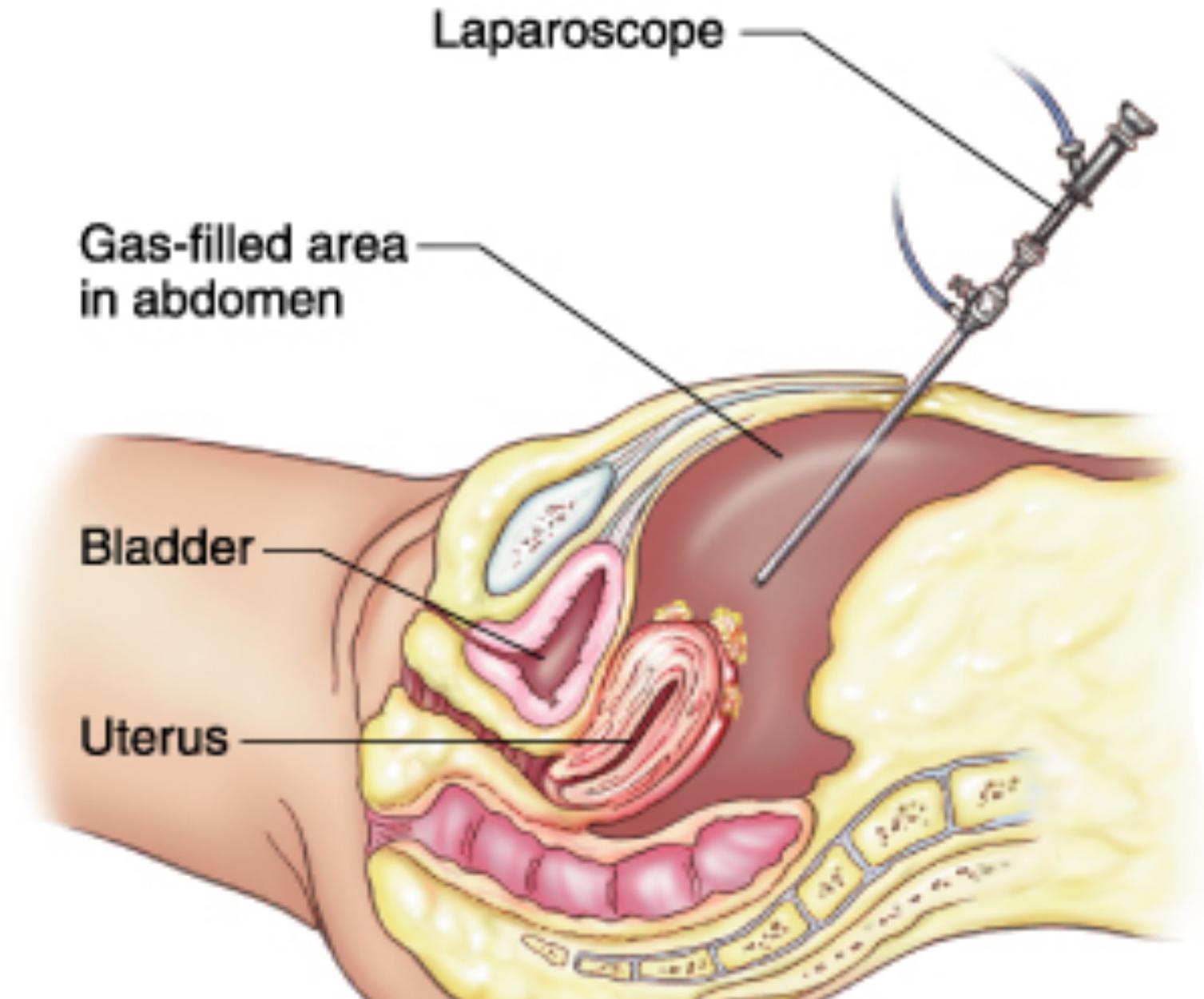
*Uterus, cervix, fallopian tubes, ovaries*



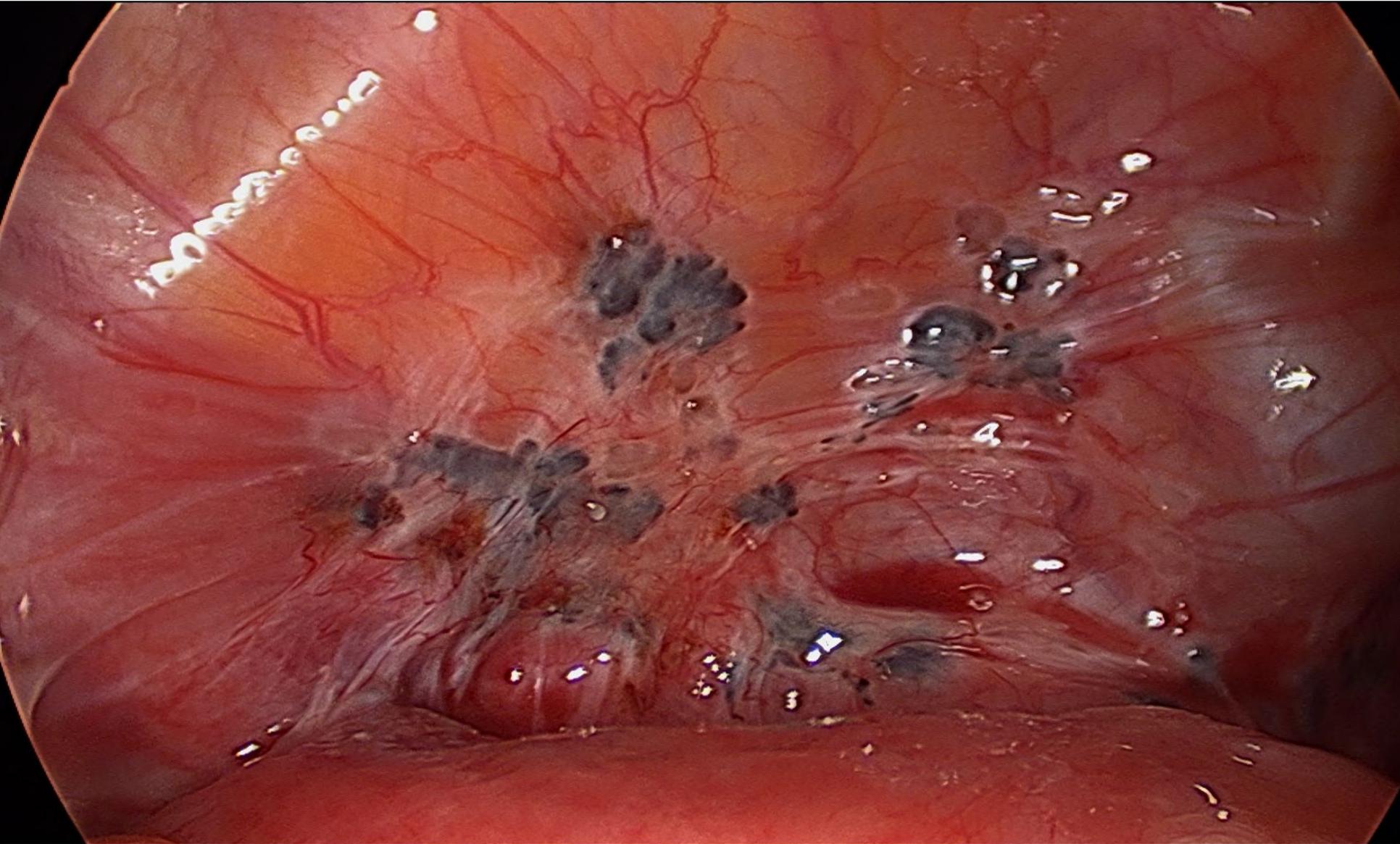
*The Normal Vulva*



# Endometriosis



# Endometriosis



# Keeping Hot Flushes/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

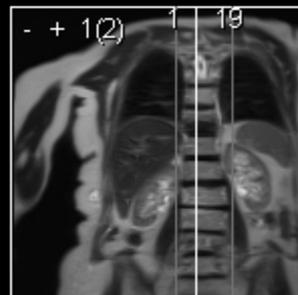
❖ Isoflavones: genistein & daidzein

- ✓ 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

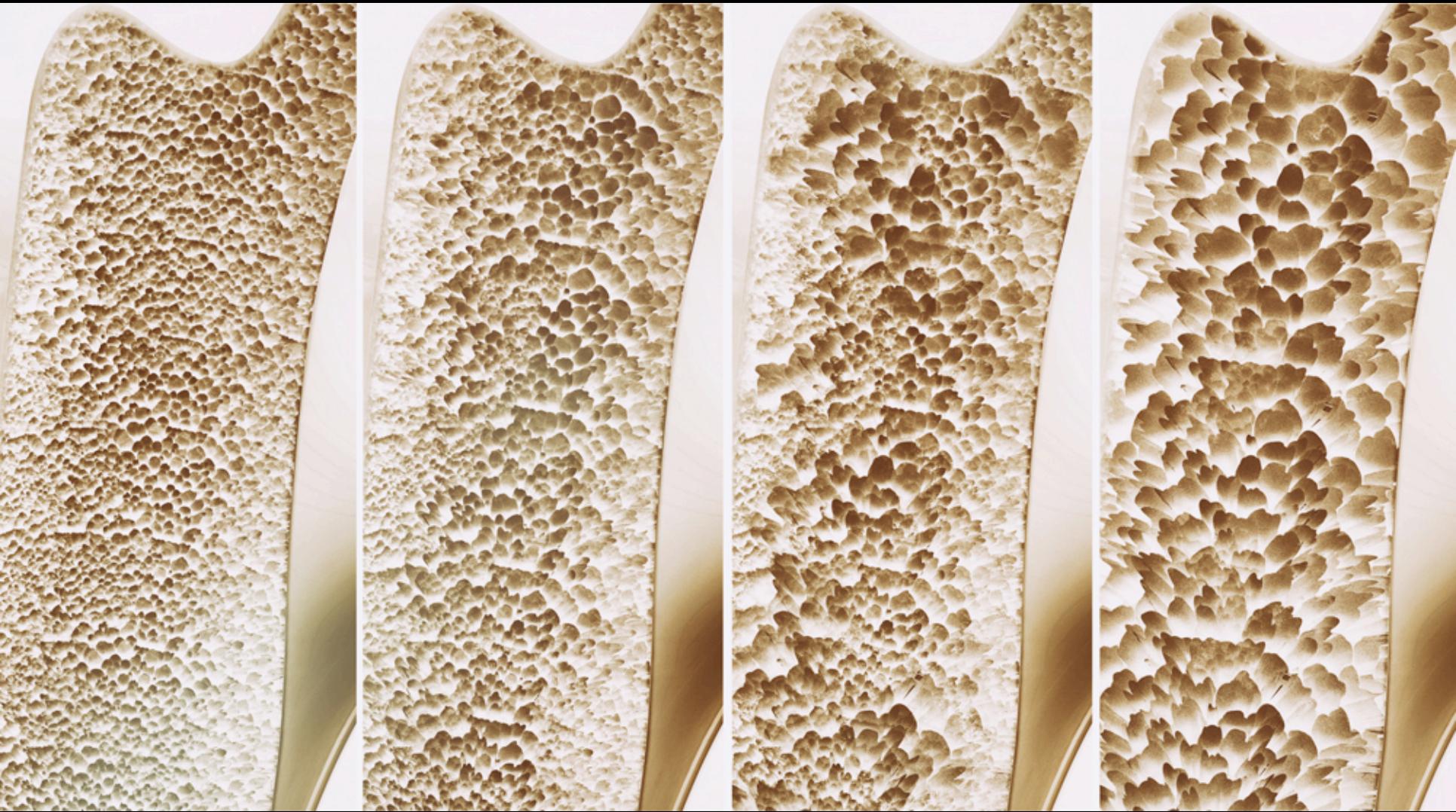
## Diet – FOODS ONLY 10%

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

## Sunlight

- Calcium / Vit D

Avoid smoking / alcohol

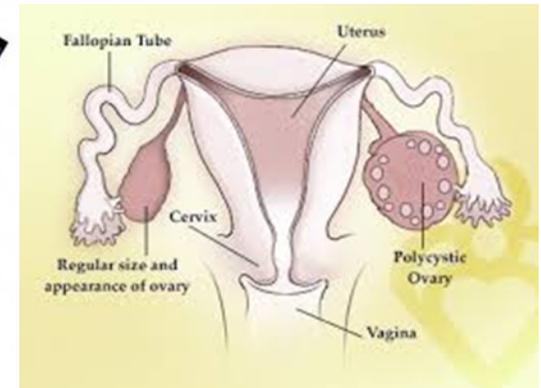
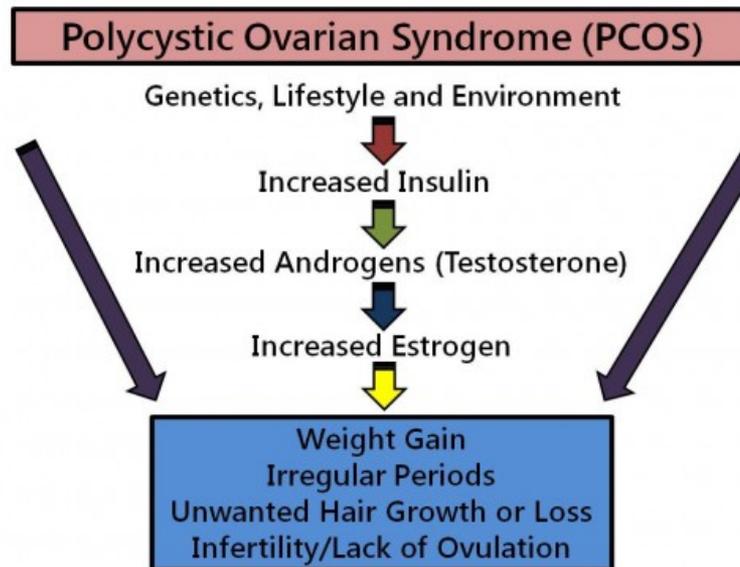
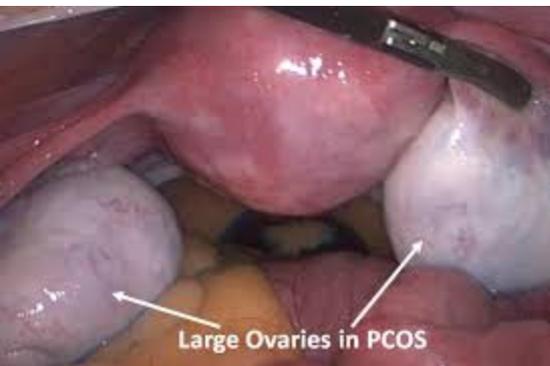


# Calcium Content of Foods

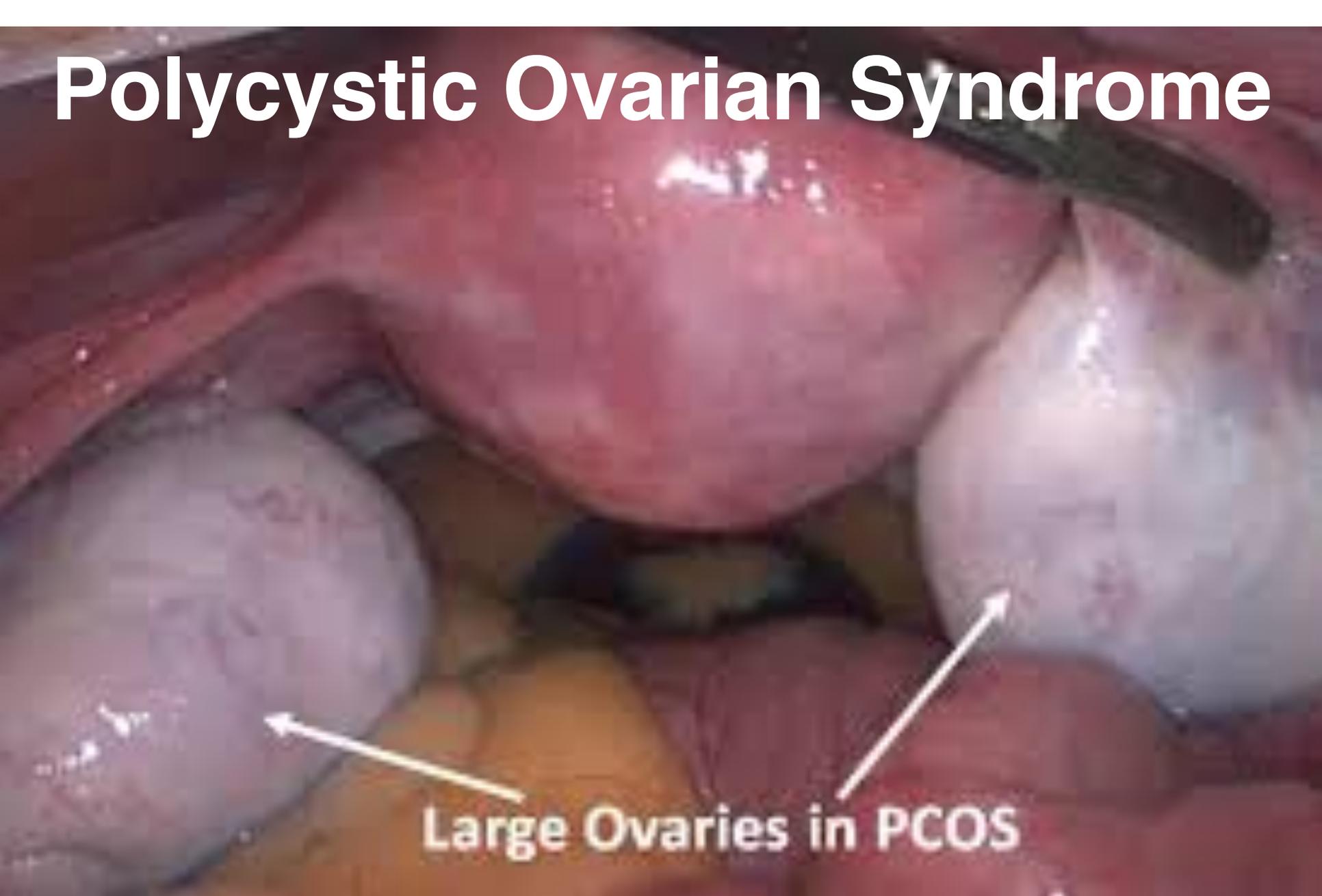
<b>FOOD</b>	<b>AMOUNT</b>	<b>CA CONTENT (mg)</b>
<b>Soya milk</b>	<b>250 ml</b>	<b>310</b>
<b>Full fat milk</b>	<b>250 ml</b>	<b>295</b>
<b>Semi/Skimmed</b>	<b>250 ml</b>	<b>300/305</b>
<b>Soya yoghurt</b>	<b>100g</b>	<b>200</b>
<b>Low-fat yoghurt</b>	<b>100g</b>	<b>150</b>
<b>Cheddar Cheese</b>	<b>50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

# 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



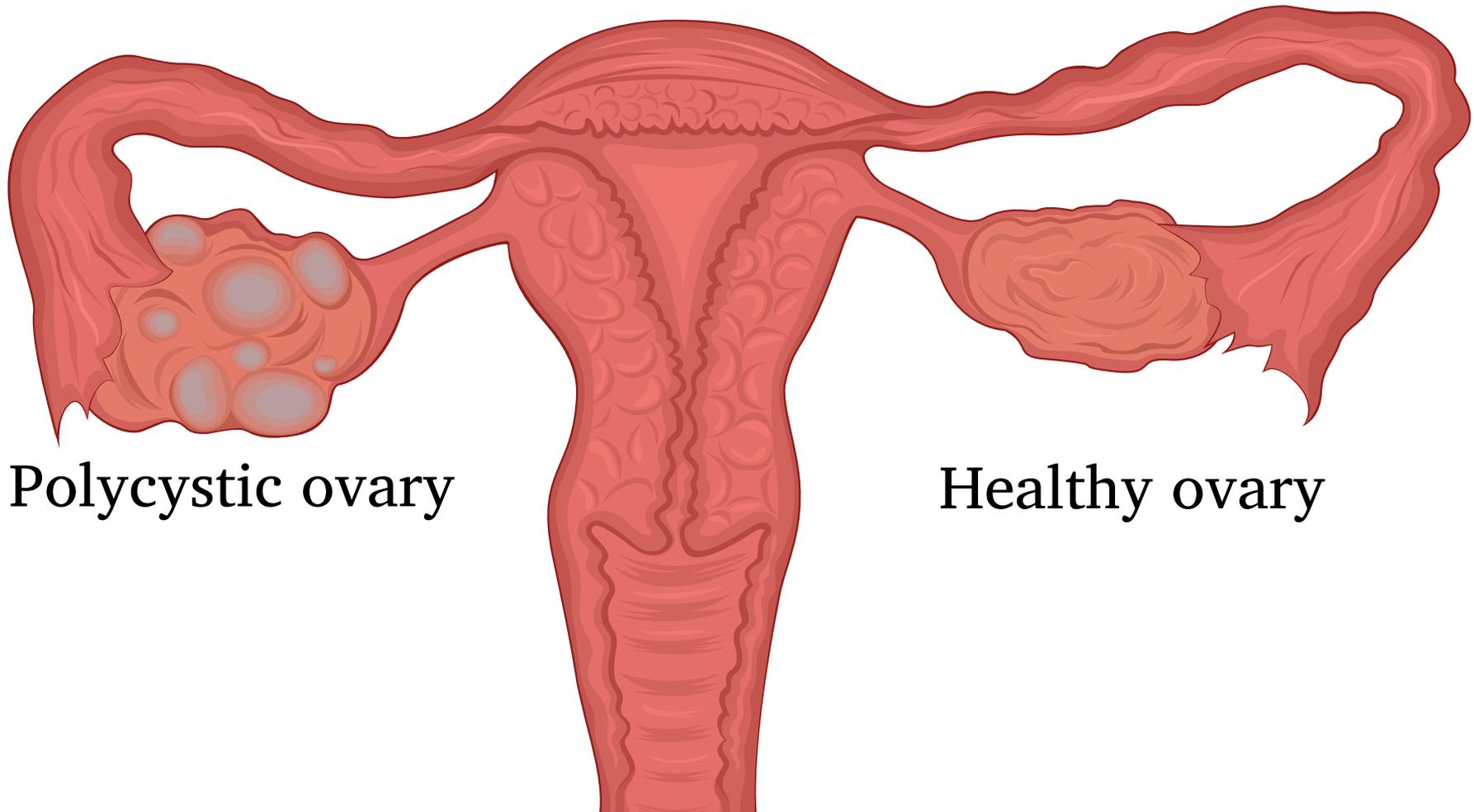
# Polycystic Ovarian Syndrome



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**



