

# ***WOMEN 'S HEALTH ASSESSMENT***

*Dr.Wissam J. Qassim*

*Student :Marwa Jalil*

# Women's Health

- *Refers to health issues specific to human female anatomy. These often related to structures such as female genitalia and breasts or to condition caused by specific to females*
- *Women Health Issues Include:*
  - *Menstruation ;*
  - *Contraception ;*
  - *Maternal ;*
  - *Health;*
  - *Child birth and Menopause*

<b>Stage</b>	<b>Typical time frame</b>
Prepuberty	Birth to menarche
Menarche	Time of first menstruation (typically age 13 years )
Premenopausal	Reproductive years ,potential for childrearing
Per menopause	Transitional period 3-9years prior to menopause (typically begins about age 40)
Menopause	Achieved after 12 consecutive months menstruation (typically around age 50)
Post menopause	Menopause to death(may be as much as a third of life)

# The Causes of death among women

- Cardiovascular disease
- Malignant Cancer
- Cerebrovascular disease
- Chronic lung cancer
- Pneumonia
- Diabetes
- Osteoporosis
- Alcohol abuse
- Psychological disorders
- Violence

# ***Women's Health Assessment Screening***

- Screening should start within 3 years after first having vaginal intercourse or by age 21.
- Beginning at age 21, women should have a pelvic exam and pap smear every 2 years to check for cervical cancer.
- If you are over age 30 or your Pap smears have been negative three times in a row, your doctor or nurse may tell you that you only need a Pap smear every 3 years.
- Women who have had a total hysterectomy (uterus and cervix removed) may choose not to have Pap smears.
- Women who are sexually active should be screened for Chlamydia infection. This can be done during a pelvic exam. .
- Your provider will tell you how to prevent sexually transmitted infections (STIs) i

# ***Women's Health Assessment Screening***

✓ Mammograms: • Women over age 40 should have a mammogram done every 1-2 years, depending on their risk factors, to check for breast cancer.

✓ Osteoporosis screening:

- All postmenopausal women with fractures should have a bone density test (DEXA scan).

- Women under age 65 who have risk factors for osteoporosis should be screened

Health screening - women age 65 and older

All adults should visit their health care provider from time to time, even if they are healthy. The purpose of these visits is to:

- ✓ Screen for diseases

- ✓ Assess risk of future medical problems

- ✓ Help develop a healthy lifestyle

- ✓ Update vaccinations

- ✓ Maintain a relationship with a doctor in case of an illness

# ***Women's Health Assessment Screening***

## **✓ Blood pressure screening:**

- Have your blood pressure checked every year.**
- If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to be watched more closely.**

## **✓ Cholesterol screening:**

- If your cholesterol level is normal, have it rechecked every 3-5 years.**
- If you have diabetes, heart disease, kidney problems, certain other conditions, you may need to be monitored more closely**

## **✓ Dental exam:**

- Go to the dentist every year for an exam and cleaning.**

## Eye exam

- If you have vision problems
- Once you turn 45, make sure that you are health care provider checks for glaucoma

## ✓ Immunizations:

- You should receive a flu vaccine every year.
- You should have a tetanus-diphtheria booster vaccination every 10 years
- You may get a shingles or herpes zoster vaccination once after age 60.



## ✓ Colon cancer screening:

People between ages 50 and 75 should be screened for colorectal cancer. This may involve:

## ✓ breast self-examination

- Women may do a monthly breast self-exam.
- Women should contact their health care provider immediately if They notice a change in their breasts, whether or not they do breast self-exams.
- A complete breast exam should be done by a health care provider every 3 years for Women ages 20-40.