

সচেতনতার প্রয়াস

**WELCOME TO THE WORLD OF
WOMEN'S WELLBEING
A TRAVELOGUE FROM MENARCHE
TO MENOPAUSE & BEYOND.....**

- Dr. Nandini Chakrabarti

How to stay fit?

All of us have 24hrs in a day it is prudent to plan the day before, keeping aside “Me Time”. Despite hectic schedule breakfast should not be missed. A balanced diet with adequate fluid intake, avoidance of alcohol & smoking along with participation in group activity, motivate healthy lifestyle. Password of fitness is time management.



How to safeguard mental health?

By staying relaxed & happy, sporting a smile that remains the most marvelous make-up.



How important is REPRODUCTIVE HEALTH?

It encompasses Safe Sex Practice & Contraceptive Use, Menstrual Hygiene, Pregnancy Care, MTP (Medical Termination of Pregnancy) and Cancer Awareness.

When to break the complacency about periods?

It is imperative to consult Gynaecologist when menses are as following

IRREGULAR	PAINFUL
HEAVY	SCANTY

How to maintain MENSTRUAL HYGIENE?

By learning how to shun all taboo of period, encouraging proper shower and genital care, frequent change of napkin and avoidance of overzealous use of antiseptics for vaginal cleansing menstrual hygiene is safe guarded.



What is ABNORMAL VAGINAL DISCHARGE?

It should be distinguished from normal mid-cycle surge in terms of accompani-

ment with genital itching, foul odour, cottage cheese, yellowish or greenish appearance, blood stained discharge.

How to promote AWARENESS about CONTRACEPTIVES?

Self administration of OCP should be strongly discouraged and peer pressure should motivate for Gynaecologist's opinion.

What is the Myth about single dose Emergency Contraception?

It is the only contraception available as it is an OTC drug.

What is the FACT about EMERGENCY CONTRACEPTION?

It should be used only with proper counselling in inadvertent cases and regular combined low dose cyclical contraceptive comprising of “21days pill pack with 7 days interval” is the drug of choice.

What is MTP & Do's & Don'ts?

MTP is Medical Termination of Pregnancy. Selfadministration of abortifacient is risky & illegal. MTP should be done as per MTP Rules & Regulations in consultation with registered Gynaecologist.

What is Pregnancy Care?

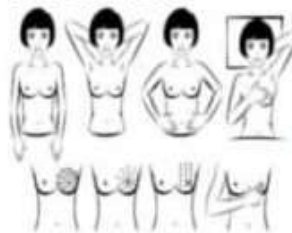
It includes Pre-conception Counselling with systematic supervision regarding Pregnancy Booking, Regular Antenatal Visits with health care & nutrition advice, pre-requisite in-

vestigation vaccination against Tetanus, Diphtheria, Whooping Cough & Flu. Motivation for Normal Delivery along with psychological preparation for LSCS if & when required, remains the gold standard for confinement. Encouragement for exclusive breast feeding, post-partum exercise & pregnancy spacing or sterilization, goes a long way in paving the path for healthy motherhood.



How to propagate cancer awareness across the age?

BREAST SELF EXAMINATION can be demonstrated to notify at the earliest in case of any suspicious lump or nipple discharge to detect breast cancer in early stages amenable to treatment.



Significant family history of breast CA, endometrial, ovarian & colon CA to be noted. Post-coital or inter menstrual bleeding P/V should be addressed to Gynaecologist. Periodic PAP stain of Cervical & Vaginal smear is done to screen Cancer Cervix.

HPV vaccination is advocated between 12-26 years to prevent cancer cervix.

Let us cherish womanhood while juggling between home and workplace!!

Woman's Age	How often should a woman have a Pap test?
under 21 years old	No testing needed
21-30 years old	Pap test every 3 years
30-65 years old	Pap test every 3 years or Pap and HPV every 5 years
65 years old or older	No testing needed

