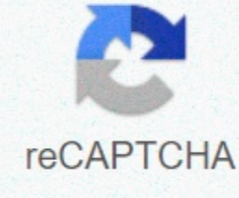




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# Womens health pdf

Everyone copes with changes as they age: wrinkles, memory lapses, body aches and pains. While some of these things are universal regardless of sex, women over 40 face unique health challenges all their own. Knowing what to expect is important, as is learning how to prevent serious illness and health complications to keep looking and feeling good for as long as possible. After age 40, most women enter perimenopause, when hormones begin to fluctuate as the body prepares to transition into menopause. Changes in estrogen and progesterone, in particular, cause sleep disturbances, acne, headaches, weight gain, hair growth, dry skin, hot flashes, and more. There are emotional symptoms, too, like anxiety, short term memory loss, and mood swings. These symptoms can appear up to eight years before the onset of menopause. fizkes / Getty Images According to the Centers for Disease Control (CDC), women between the ages of 40 and 44 face a 30% chance of infertility when trying to get pregnant. In contrast, women under the age of 34 have a 9% chance of infertility. Why? As a woman ages, she has fewer eggs, and those that she does have aren't as healthy. Plus, she's more likely to have other health conditions that could impact fertility. yacobchuk / Getty Images Fluctuations in estrogen and insulin combine with decreasing thyroid levels in women over 40, which can cause increased hunger. Muscle mass also begins to decline, leading to decreased mobility and strength and burning fewer calories. The good news is that a healthy diet, adequate sleep, and a regular exercise routine can help counter some of these metabolic changes or ease their side effects. kali9 / Getty Images Advanced maternal age has its own complications, too. Women over 40 who are pregnant are more likely to develop gestational diabetes, pregnancy-induced hypertension, and preeclampsia, and have a miscarriage. A study by the University of Wuerzburg in Germany concluded that women over 40 have a greater chance of requiring a cesarean section and prolonged hospital stays after delivery. JPWALLET / Getty Images A 2017 study from UCLA found that mental processing declined by 5% in the decade following the onset of menopause, indicating that cognitive decline could begin as early as the 50s. There are several ways to keep the mind sharp, though, including reading, drawing, and other activities that promote mental stimulation such as learning a new language, getting plenty of exercise, and eating a healthy diet. Having a strong social network helps, too. Eva-Katalin / Getty Images Mammogram recommendations vary by age. The American Cancer Society recommends women between the ages of 40 and 44 be given the choice to begin annual testing. From 45 to 54, women can continue with yearly screenings but having a mammogram every two years is recommended. Women 55 and older should continue to have them every two years as long as they are in good health. kali9 / Getty Images Bone loss or osteoporosis affects ten million Americans, and about 80% of them are women. Why are women significantly more likely to develop osteoporosis than men? Their bones tend to be smaller and thinner. Falling estrogen levels are also a big contributor. To counter the effects of osteoporosis, it's important for women to get enough calcium and Vitamin D, exercise, and avoid smoking and drinking. Steve Debenport / Getty Images Heart disease is the leading cause of death in women. It tends to show up later in life when a woman is in her 70s, but a lot of things can be done early on to lessen the risk: eat healthily, don't smoke, exercise, manage stress, and treat depression. Monitoring cholesterol levels, body mass index, and blood pressure are important as well. Drazen Lovric / Getty Images Women are about twice as likely to develop osteoarthritis as men and symptoms start to appear when they're in their 40s and 50s. Weight, anatomy, and hormonal changes are all contributing factors. To minimize the risk of developing osteoarthritis, women should maintain a healthy weight, exercise daily, and see a doctor regularly to manage symptoms. Ijubaphoto / Getty Images A lot of dramatic skin changes happen after age 40 due to the number of hormonal changes that occur. Skin can be dry, and age spots, wrinkles, and broken capillaries can start to appear. To prevent discomfort and keep skin looking as healthy as possible, stay hydrated, apply moisturizer, and always use sunscreen. Hormone therapy is also an option if recommended by a physician. Tinpixels / Getty Images Two out of every three caregivers in the United States are women. This means they provide daily or regular support to children, adults, or people with chronic illnesses or disabilities. Women caregivers have a greater risk for poor physical and mental health, including depression and anxiety. Our Johns Hopkins Interventional Radiology Center (IRC) team of interventionalists have dedicated their professional lives to providing women's health services. Our services range from routine diagnostic exams, to in-depth consultations for women with pelvic and vein disorders. Women's Health: Why Choose Johns Hopkins? We offer women access to a special place created specifically for them, where you can obtain highly specialized interventional services using state-of-the-art equipment in a compassionate, caring environment. Our minimally invasive image-guided treatments effectively treat patients with minimal discomfort. At Johns Hopkins, we commit to continuously advancing radiological services for women and do research to help improve women's services in many ways. A nurse, physician assistant or medical affairs coordinator will work closely with your referring physician to coordinate your care and will provide instructions before your appointment. Fibroid tumors are noncancerous (benign) growths that develop in the muscular wall of the uterus. Uterine fibroid embolization involves cutting off blood flow to the fibroid, causing it to shrink. Pelvic pain (chronic) is defined as "non-cyclic" pain lasting greater than six months. A multidisciplinary team approach is needed to treat this often complex medical condition. Ovarian vein embolization is used to treat chronic pelvic pain. The most common cause of female infertility is a blockage of the fallopian tube through which eggs pass from the ovary to the uterus. Interventional radiologists can diagnose and treat a blockage in the fallopian tubes with a nonsurgical procedure known as selective salpingography. Vascular arterial disease occurs in various forms that damage the arteries, which deliver blood from the heart throughout the body. Varicose veins are enlarged, twisted veins. Varicose veins can happen anywhere in the body, but are more common in the legs. Sclerotherapy is a minimally invasive treatment used to treat varicose and spider veins. The procedure involves the injection of a solution directly into the affected veins, causing them to shrink and eventually disappear. Our Experts Play Video: Patient Resources If you are experiencing issues viewing the video, you may need to download Microsoft Silverlight, which is a software program that will allow you to view these types of files. If you receive a notification to download this, please click "accept" or "OK" and install the free software. À Women's Health Learn from urologic surgeon, Armine Smith and urologic oncologist Jean Hoffman-Censits as they discuss the diagnosis and treatment of bladder cancer in women, and specific challenges that women face when dealing with this disease. Watch Video Women's Health Can I get cancer from my breast implants? Women were stunned last year by the media coverage surrounding breast implant-associated lymphoma. During this webinar, experts, including surgical oncologist Dr. David Euhus, put those risks in perspective while reviewing recent advances in implant surgery for breast reconstruction. These recent advances are speeding recovery and improving outcomes with fewer doctor visits. Watch the video Women's Health Breast cancer is one of the most common, yet one of the most treatable cancers in women. Director of Breast Imaging Susan Harvey, M.D. and breast surgeon Lisa Jacobs, M.D. discuss Johns Hopkins' latest perspectives on mammography guidelines and the trend toward more limited surgery for breast cancer. Watch the video Women's Health Uterine fibroids are non-cancerous growths that develop from the muscle tissue of the uterus. They are most common in women aged 30–40 years but they can occur at any age and can vary in size and shape. Interventional radiologist, Brian Holly, M.D., and gynecologist, Khara Simpson, M.D., will host an interactive webinar to discuss a non-surgical alternative for uterine fibroids called uterine fibroid embolization (UFE). Find out if you are an ideal candidate for this treatment and the benefits of the procedure. Women's Health Menopause is a natural part of aging in women. It affects each woman differently, and the symptoms associated with menopause can be difficult for some. Learn from Wen Shen, M.D., director of the Menopause Consultation Clinic, about menopause symptoms and the latest treatment options. Knowing what to expect can help you stay as healthy as possible during this phase of your life. Women's Health In this informative session, Pamela Ouyang, M.D., director of the Johns Hopkins Women's Cardiovascular Health Center, covers the key differences between men and women, including risks for and development of heart attacks and heart failure. Watch Video Women's Health Fertility preservation is an option for women who face infertility due to medical treatments or who want to delay conception for personal reasons. Endocrinologist Mindy Christianson discusses the services and resources for fertility preservation at the Johns Hopkins Fertility Center. Watch Video Women's Health Physicians and specialists from the Johns Hopkins Women's Center for Pelvic Health discuss the causes, symptoms and treatment of pelvic floor disorders. Watch Video Women's Health Are you at risk or have you been diagnosed with Hepatitis C? Infectious disease specialist Dr. Mark Sulkowski discusses the treatment, management and cutting edge therapies that can cure patients with Hepatitis C. Watch Video Women's Health Gynecologic oncologists Rebecca Stone, M.D. and Edward Tanner, M.D. discuss how genetic testing can help assess your risk for gynecologic cancers and provide personalized care to women needing treatment. Watch Video Women's Health Women facing breast cancer have many decisions around their treatment and care, including breast reconstruction if mastectomy is part of their treatment plan. Breast reconstruction surgeons Michele Manahan and Gedge Rosson will discuss all options for breast reconstruction, including breast implants and free flap transfer, and considerations that should be made for each. Delayed reconstruction will also be discussed for women who had breast cancer in the past and chose to not receive breast reconstruction at the time of their treatment. Watch Video Women's Health Johns Hopkins surgical oncologist and genetics expert David Euhus will discuss the benefits of genetic testing and what to consider before deciding to be tested. Watch Video Women's Health Do you suffer from bladder or bowel incontinence? You're not alone and this prevalent condition can be treated effectively. Join gynecologist Victoria Handa, M.D. and colorectal surgeon Susan Gearhart, M.D. to learn more about treatment options, including nonsurgical therapies and surgical procedures, and what to expect afterward. Watch Video Women's Health Did you know that up to one-third of cancer deaths in women are attributed to excess body weight? During this interactive webinar, Director of Gynecologic Oncology, Amanda Fader, and oncology dietician, Mary-Eve Brown discuss the correlations between excess weight and the risk of certain women's cancers. Watch Video Women's Health Women's Health Director of Gynecologic Oncology, Amanda Fader, M.D. discusses risk factors for women's cancer and what you can do now to help minimize the risk. Watch Video Women's Health Women's Health Two-time breast cancer survivor, Lillie Shockney, R.N., discusses a range of breast cancer topics, from statistics and risk factors to detection, diagnosis, treatment options and survivorship. Watch Video Women's Health Sleep experts discuss how sleep apnea differs in men and women, risk factors for women and treatment options. Watch the video Women's Health Men aren't the only ones who suffer from hernias. Listen to Dr. Hien Nguyen as he describes the most effective treatment options for women who suffer from hernias. Watch Video Women's Health Women's Health Women's Health Dr. Lili Barouch explains key differences between men and women's heart health. Women often present different risk factors and symptoms than men. Watch the video Women's Health Learn about the various cosmetic options available for women after breast cancer. Breast cancer survivor Lillie Shockney, RN shares insight on newer forms of reconstruction. Watch video Women's Health Learn about the impact of obesity on pregnancy. Learn from Dr. Janice Henderson how you can positively change your and your baby's health by making smart food choices. Watch the video Women's Health Connie Ziegfeld, MS RN shares age-specific breast health concerns. Find out what women of all ages should be aware of. Watch the video Women's Health Chronic pelvic pain affects 30% of all women. Learn about this condition and its treatment options. Watch the video Women's Health Drs. Catherine Sewell and Kelvin Hong explain uterine fibroids and which treatments are available for women who suffer from them. Watch the video Women's Health Want a cheat sheet for healthy living? Our expert serves up their pointers. Reviewed by Traci C. Johnson, MD on December 01, 2015 Let's face it, ladies: Doctor visits are short. And they're getting shorter. What if your doctor had more time? They might tell you the same things that OB-GYN Alyssa Dweck, MD, co-author of V Is for Vagina, wants you to know. Consider Dweck's tips your prescription for a lifetime of wellness. 1. Zap your stress. "The biggest issue I see in most of my patients is that they have too much on their plates and want to juggle it all. Stress can have significant health consequences, from infertility to higher risks of depression, anxiety, and heart disease. Find the stress-reduction method that works for you and stick with it." 2. Stop dieting. "Eating healthy doesn't mean you have to forgo your favorite glass of wine or a piece of chocolate cake now and then. The key is moderation. Get a mix of lean proteins, healthy fats, smart carbs, and fiber." 3. Don't "OD" on calcium. "Too much absorbed calcium can increase the risk of kidney stones and may even increase the risk of heart disease. If you're under 50, shoot for 1,000 milligrams per day, while over-50 women should be getting 1,200 milligrams per day mainly through diet -- about three servings of calcium-rich foods such as milk, salmon, and almonds." 4. Do more than cardio. "Women need a mix of cardio and resistance or weight-bearing exercise at least three to five times a week to help prevent osteoporosis, heart disease, cancer, and diabetes. Exercise also promotes good self-image, which is really important to a woman's mental health." 5. Think about fertility. "While many women have no problem getting pregnant in their late 30s and even into their early 40s, a woman's fertility may start to decline as early as 32. So if you want to have kids, talk to your doctor about options, like freezing your eggs." 6. Appreciate birth control. "Birth control gets a bad rap, but not only can it keep you from getting pregnant before you're ready, studies show it can lower the risk of uterine and ovarian cancer as well as regulate your cycle." 7. See your doctor every year. Make sure you get a Pap test to check for cervical cancer every 3 years if you are 21 or older. If you are 30-65, you can get both a Pap test and HPV test every 5 years. Older than that, you may be able to stop testing if your doctor says you are low risk. If you are sexually active and have a higher risk for STDs, get tests for chlamydia, gonorrhea, and syphilis yearly. Take an HIV test at least once, more frequently if you're at risk. Don't skip your yearly checkup. Your doctor needs to annually assess many other issues such as potential infection, your need for contraception, and sexual complaints." 8. Have good sex: "Sex reduces stress and may lower the risk of chronic disease -- but only if you enjoy it. If anything prevents you from sexual fulfillment, such as dryness or pain, talk to your doctor to find a solution." 9. Get more sleep. "Sleep needs differ, but if you have trouble getting out of bed, tire easily, or have trouble concentrating, you likely aren't getting enough. Recent studies suggest this can put you at greater risk of heart disease and psychological problems." 10. Consider genetic testing. "Doctors can now screen people with a family history of breast cancer, ovarian cancer, and chronic diseases to assess their risk -- and then consider preventive measures. Talk to your doctor." Find more articles, browse back issues, and read the current issue of "WebMD Magazine." SOURCES: Alyssa Dweck, MD, OB/GYN in Westchester, N.Y.; co-author, V is for Vagina. American Cancer Society: "American Cancer Society Guidelines for the Early Detection of Cancer." American College of Obstetricians and Gynecologists: "New Cervical Cancer Screening Guidelines Announced." "Cervical Cancer Screening." July, 2014. Cancer.gov: "Physical Activity and Cancer." Centers for Disease Control: "Preventing Diabetes." Duke University Medical Center: "Poor Sleep More Dangerous For Women." Harvard Health Publications. Press release. Health.com: "14 Non-Dairy Foods High in Calcium." Mayo Clinic: "Nutrition and Healthy Eating," "Osteoporosis: Prevention," "Heart Disease: Prevention," and "Strategies to Prevent Heart Disease." MD Anderson Cancer Center: "The Pill and Cancer: What You Should Know." Medical News Today: "What Causes Anxiety?" National Center for Biotechnology Information: "Can Stress Cause Depression?" ScienceDaily. Press release. 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