



Women's Health:

Challenges and Proactive Solutions

Maintaining optimal health is essential for women throughout the different stages of their lives, from childhood, to adolescence, and all the way into their old age.

Unfortunately, many women face various health challenges along the way that can significantly impact their physical and mental wellbeing.



Did you know?



Amongst women of reproductive age, 4%–20% are affected by **PCOS** and 10% are affected by **endometriosis**.



Every year around **11,500** women die from **breast cancer** in the UK.



Women are about **2x** more likely to be diagnosed with **depression** than men.

Taking proactive steps to address women's health challenges is essential for maintaining optimal mental and physical health throughout their lifespan.

Here are some practical considerations and implementation strategies that can help women prioritise their wellbeing:

- Set a routine to establish healthy habits
- Practice relaxation techniques to manage stress, such as meditation, yoga, or mindfulness
- Create a plan for healthy living, including exercise and healthy eating
- Schedule regular check-ups with healthcare providers
- Practice self-care regularly to manage stress and promote mental health
- Maintain a healthy weight through diet and exercise
- Manage reproductive health through contraception, tracking menstrual cycles, and regular gynecological check-ups
- Establish a healthy work-life balance by setting boundaries and evaluating priorities.
- Seek professional help for any mental health concerns



Remember, ladies, taking care of yourself is not only important, but fun too! From practising yoga to indulging in self-care, there are plenty of ways to prioritise your physical and mental wellbeing.

So, let's take charge of our health and show the world what we're made of! Here's to living our best lives and crushing our health goals, one step at a time.

Additional Reading

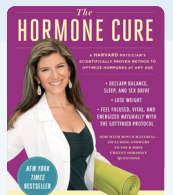
"The Women's Health Big Book of Yoga"

by Kathryn Budig and Editors of Women's Health



"The Hormone Cure"

by Dr. Sara Gottfried



"The V Book: A Doctor's Guide to Vulvovaginal Health"

by Elizabeth G. Stewart and Paula Spencer

