

# Woman Vs Health...

Busy women always neglect their health. But how do you lead your life when you're not healthy? For women as a caregiver, her health has always been 'less important' issue but it is important to take care of her health first, before she can take care of others.

Be healthy, and you can carry your day as you want. Here are some very common problems in women.



## Osteoporosis

**What is Osteoporosis?** It is a condition characterized by a decrease in the density of bone, decreasing its strength and resulting in fragile bones.

**Symptom :** Aches and pains, loss of height, fractures of the hip, spine, wrist.

**Risk Factor :** Age > 45 yrs in Females.

**Lifestyle :** Lack of exercise, low vitamin D intake, low calcium intake.

**Precaution & Remedies :** Take calcium and vitamin D everyday preferably through natural sources. Exercise at least three hours per week.

## Menopause

**What is Menopause?** Menopause, the time when a woman stops having menstrual periods, is not a disease or an illness. It is a transition between two phases of a woman's life.

**Symptom:** Many women experience a variety of symptoms as a result of the hormonal changes associated with the transition through menopause. Around the time of menopause, women often lose bone density and their blood cholesterol levels may worsen, increasing their risk of heart disease, heart pounding or racing, sweats skin, flushing, sleeping problems (insomnia), decreased interest in sex, forgetfulness (in some women), headache, irregular menstrual periods, mood swings including irritability, depression, and anxiety ,urine leakage, vaginal dryness and painful sexual intercourse ,vaginal infections, joint aches and pains, irregular heartbeat (palpitations).

**Risk Factor:** The most common age range at which women experience menopause is 48-55 years.

**Precaution & Remedies:** Control your blood pressure, cholesterol, and other risk factors for heart disease, eat a low-fat diet, regular exercise (exercises help strengthen your bones and improve your balance), take calcium and vitamin D. avoid caffeine, alcohol, and spicy food, practice slow & deep breathing whenever a hot flash starts to come on (try taking six breaths per minute), remain sexually active, try relaxation techniques such as yoga or meditation.

## Answer:



Did you roar lion Larry?  
Well done my friend.  
I normally roam at night? I can run up to 60 mile per hour! - I leap from ambush!  
I usually will not bother man. - My home is in Africa.

## Important Numbers

Mumbai Police	100
Fire Stations	101
Ambulances (Accidents)	102
Ambulances (Heart Attack)	105
Insurance and Investments	022-61396500



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