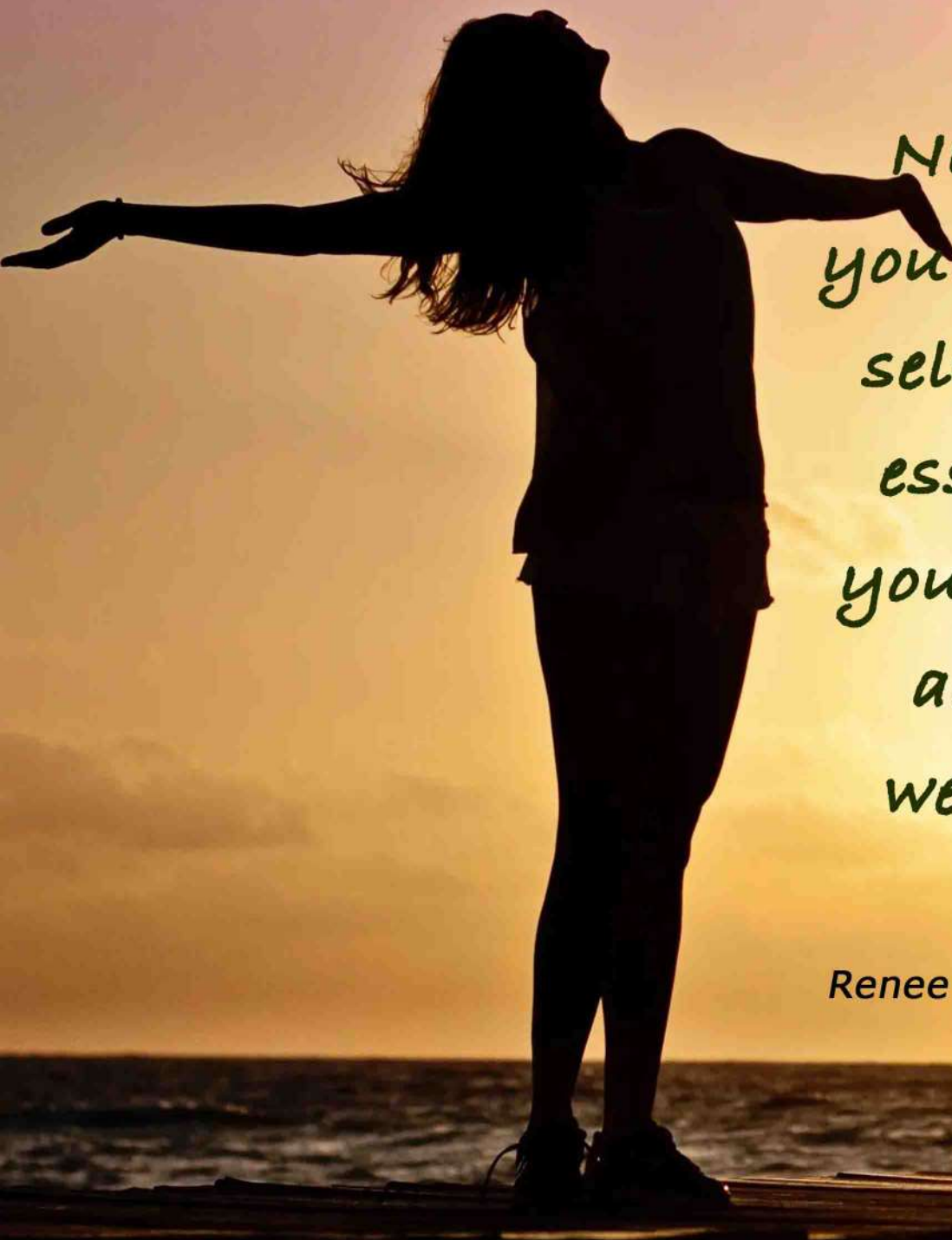


Edition: March 2022

# HEALTHLINE

Paramount's Monthly Magazine



“  
Nurturing  
yourself is not  
selfish – it’s  
essential to  
your survival  
and your  
well-being.  
”

*Renee Peterson Trudeau*

Women's Health



Maternal Health



Menstrual  
Hygiene



Breast  
Examination



# women's health

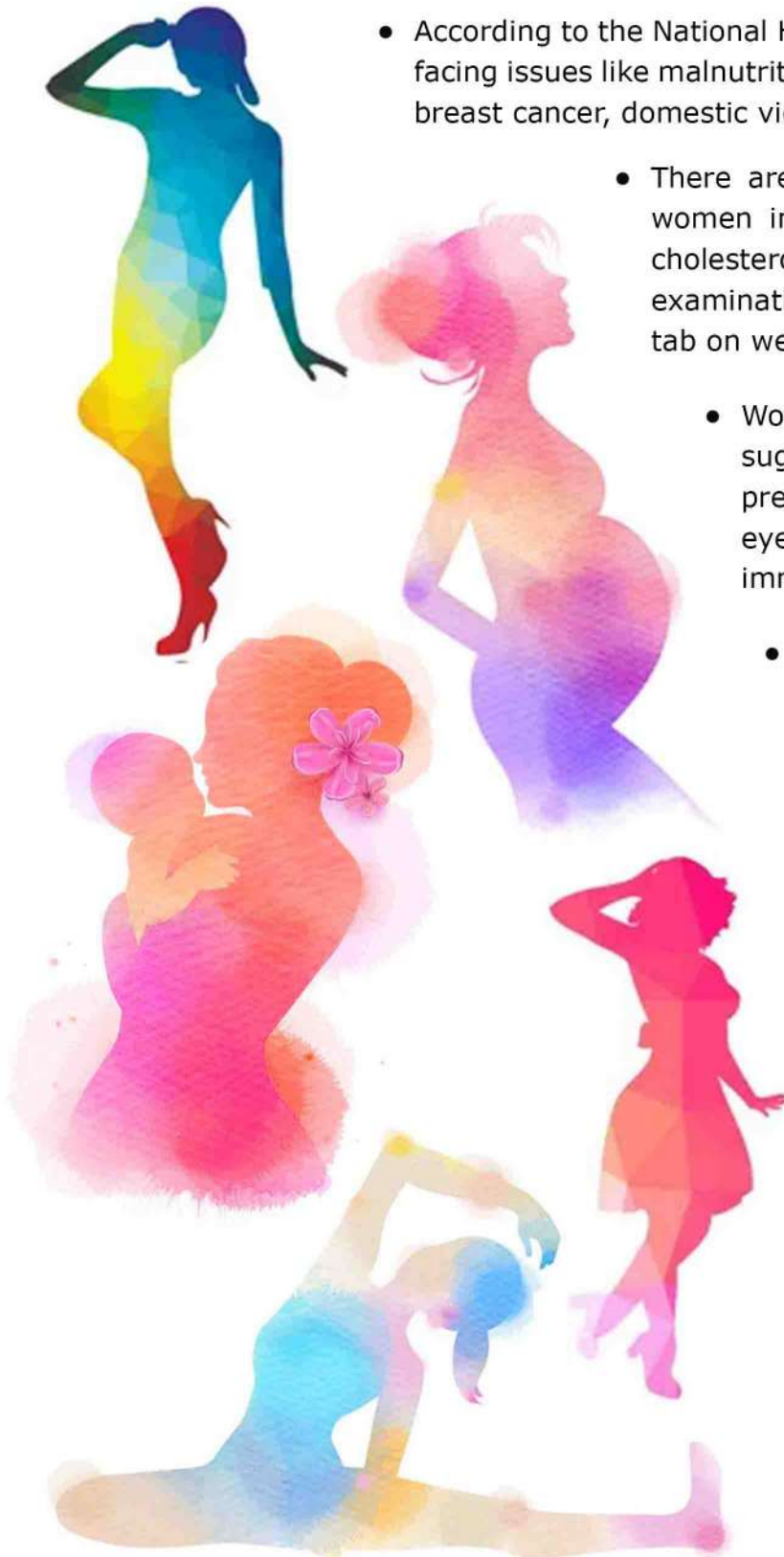
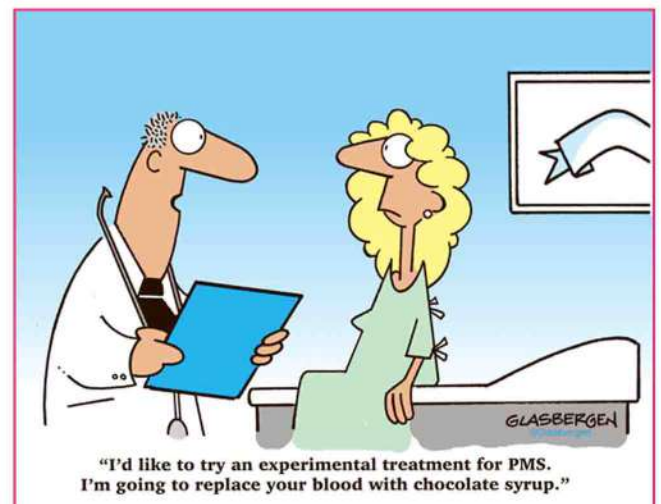


International Women's Day is just around the corner and we bring to you our latest issue of Healthline focusing on women's health this month!

Let's start with some basic insights related to women's health:

- According to the National Health Portal of India, women of the country are facing issues like malnutrition, lack of maternal health, diseases like AIDS, breast cancer, domestic violence, suicide.
- There are some basic medical tests recommended for women in their 20s and 30s like blood pressure test, cholesterol profile, breast exam, pelvic exam, pap, eye examinations and checking immunisations and keeping a tab on weight.
- Women in 40s should consider these tests: blood sugar, breast exam and mammogram, blood pressure, looking for moles, pelvic exam and pap, eye check up, weight check up and regular immunisations.
- Some methods of birth control: female condom, male condom, oral contraceptives, abortion and sterilisation.

In this issue we will be talking about maternal health, breast cancer examination and precaution, and menstrual hygiene.





Dr. Nandita Palshetkar is the President of Federation of Obstetric and Gynaecological Societies of India and she answers some questions on maternal health and nutrition for Outlook India. Here are some excerpts from the interview which are extremely helpful and insightful.

**Q. Nutrition is a key factor for both expectant women and their babies. How can they ensure proper nutrition and immunity?**

- A.** Considering the diet of a pregnant woman, I believe there are five essential items that should be on their plates. Take for instance fruits and vegetables. Whichever fruits and vegetables they like to eat, should be taken on an everyday basis. General food items such as chapatti, roti and rice should also be there compulsorily in the diet. Milk and milk products, such as curd, cheese and butter also form an important part of the pregnancy diet. Food items that are rich in protein such as chicken, pulses, eggs and fish are highly recommended for pregnant women.

Apart from these, items which are easily available and also healthy should be consumed. Women usually prefer to have nuts, such as almonds and peanuts in the house. Fruits such as apples and bananas are easy to get. Coming to vegetables, cauliflowers, brinjals, tomatoes and onions are very good for health. Nachni, (or ragi) which is widely available in Maharashtra, is also highly recommended as it is a good source of iron.

In rural areas, dal-chawal is easily available. They grow vegetables in their villages locally, so they definitely have access to them. They have cows in their farms, through which they procure milk. They can prepare curd for themselves, which is essential for health.

**Q. What kind of a diet would you recommend for expectant women based on easily available ingredients?**

- A.** Women who are expecting should take a glass of milk in the morning. Fruits such as apple can be consumed for breakfast, with some dry fruits if possible. Food items such as poha and upma, in which a lot of vegetables like carrots and peas are included are also healthy options for breakfast. Another wholesome option is whole-wheat toast or parathas.

Dry fruits, and fruits are present in everyone's homes. Everyone keeps a stock of these items along with vegetables. Expectant mothers can also consume dry fruits around noon. Soups are also a healthy option, be it tomato soup, carrot soup, or mixed vegetable soup. Non vegetarians can have chicken soup.

Now coming to lunch, roti with dal, vegetables and a bowl of curd is a good option. Or try stuffed parathas (gobi or mooli) with vegetables and curd.

**Q. How to maintain the mental health of expecting mothers during stressful times like today?**

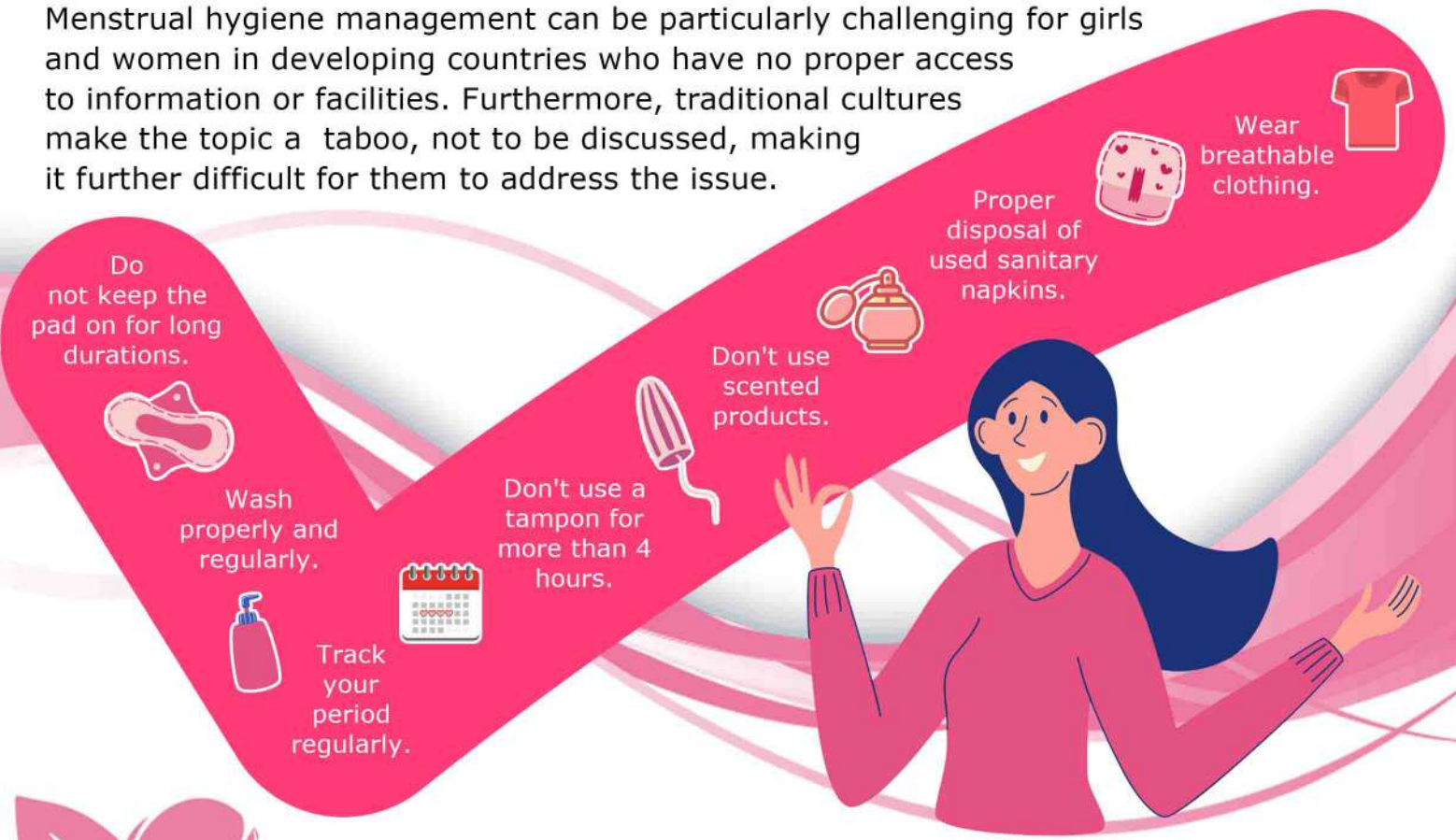
- A.** During pregnancy, it is really important that the people around a pregnant woman should keep her happy. Pregnant women also themselves must realise that they have hormones which go 'haywire' at that particular period, and stay away from confrontational situations, which may trigger anger or resentment. Families must refrain from saying anything which could upset women who are expecting, and avoid situations that might upset them. Second, psychotherapy is also available over the telephone. The same can be done for the pregnant women as well, if they seek help or counselling to deal with their issues. Telemedicine can also be a good way of dealing with such mental distress and other such issues.

**Always speak to your gynaecologist if you are experiencing any stressful symptoms. The health of the baby is as important as the mother's!**



# Menstrual hygiene

Menstrual hygiene management can be particularly challenging for girls and women in developing countries who have no proper access to information or facilities. Furthermore, traditional cultures make the topic a taboo, not to be discussed, making it further difficult for them to address the issue.



An infographic with a central illustration of a woman in a pink top and blue hair, surrounded by various menstrual hygiene tips. The tips are arranged in a circular path around her. Each tip is accompanied by a small icon: a pad, a bottle of soap, a calendar, a tampon, a scented product, a sanitary napkin, and a piece of clothing.

- Do not keep the pad on for long durations.
- Wash properly and regularly.
- Track your period regularly.
- Don't use a tampon for more than 4 hours.
- Don't use scented products.
- Proper disposal of used sanitary napkins.
- Wear breathable clothing.

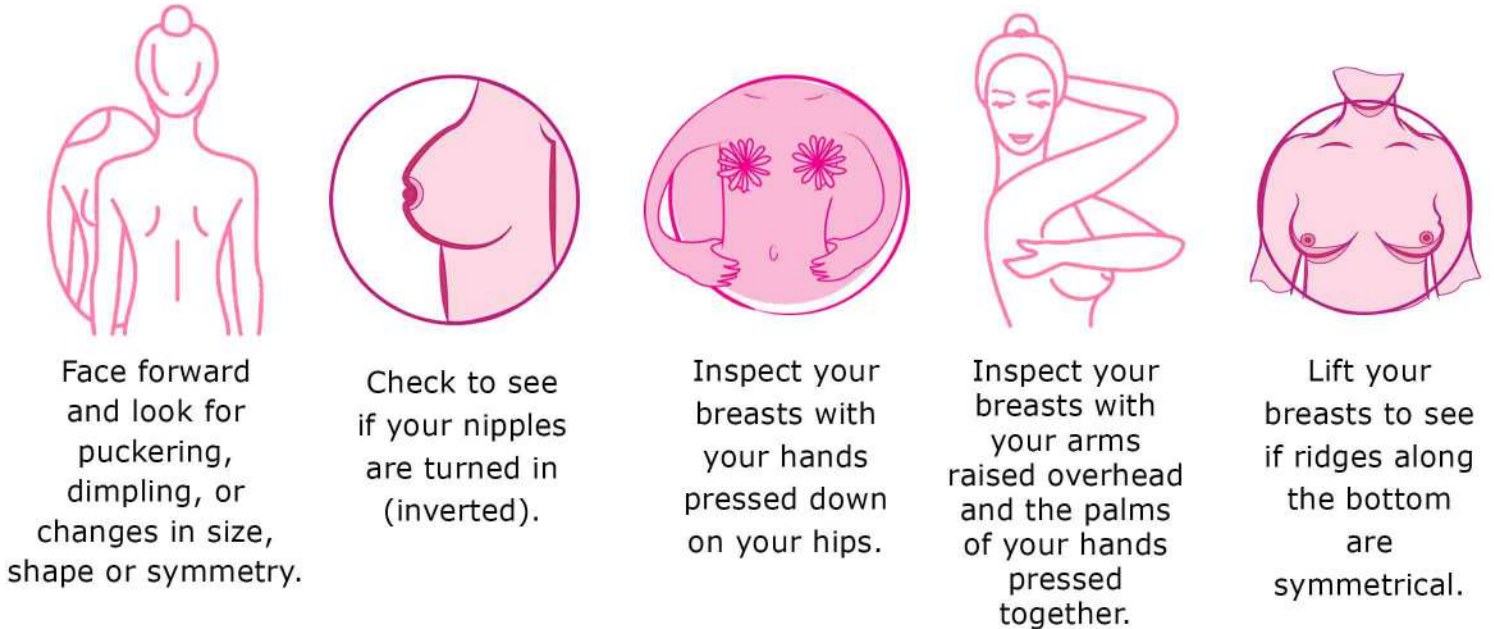


## Breast Examination

A breast self-exam for breast awareness is an inspection of your breasts that you do on your own. To help increase your breast awareness, you use your eyes and hands to determine if there are any changes to the look and feel of your breasts.

### Here's what to do to self-examine:

Sit or stand shirtless and braless in front of a mirror with your arms at your sides. To inspect your breasts visually, do the following:



Five line-art diagrams showing different ways to inspect the breasts: 1. Front view with arms at sides. 2. Profile view of the breast. 3. Front view with hands on hips. 4. Front view with arms raised and hands pressed together. 5. Front view with hands lifting the breasts.

- Face forward and look for puckering, dimpling, or changes in size, shape or symmetry.
- Check to see if your nipples are turned in (inverted).
- Inspect your breasts with your hands pressed down on your hips.
- Inspect your breasts with your arms raised overhead and the palms of your hands pressed together.
- Lift your breasts to see if ridges along the bottom are symmetrical.

Next, use your hands to examine your breasts:

### Lying down.

Choose a bed or other flat surface to lie down on your back. When lying down, breast tissue spreads out, making it thinner and easier to feel.



### In the shower.

Lather your fingers and breasts with soap to help your fingers glide more smoothly over your skin.

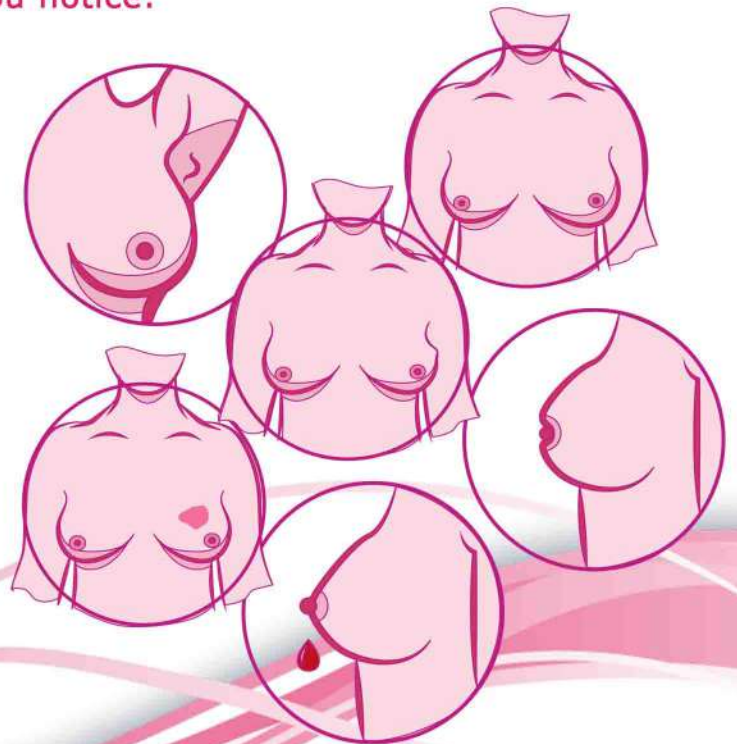
When examining your breasts, some general tips to keep in mind include:

- Use the pads of your fingers.
- Use different pressure levels.
- Take your time.
- Follow a pattern.



Make an appointment with your doctor if you notice:

- A hard lump or knot near your underarm
- Changes in the way your breasts look or feel, including thickening or prominent fullness that is different from the surrounding tissue
- Dimples, puckers, bulges or ridges on the skin of your breast
- A recent change in a nipple to become pushed in (inverted) instead of sticking out
- Redness, warmth, swelling or pain
- Itching, scales, sores or rashes
- Bloody nipple discharge



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