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HEALTHLINE

Paramount's Monthly Magazine

Celebrating International
Women's Day!

Breast Cancer Awareness

Understanding Menstruation

Myths and Facts About Menopause

Dr. Fit's Tips

Knowing the Menstrual Cycle

Menstrual cycle is the natural process of changes that take place in a woman's body every month in preparation for the possibility of a pregnancy. The cycle isn't the same for every woman and is counted from the first day of one's period to the first day of the next. Usually the flow occurs every 21 to 35 days and lasts 2 to 7 days. With age, the cycles tend to shorten and they become more regular.

Here's how it works:

Days 1-5

The uterus lining starts to break and bleeding starts from the uterus. There is low level of oestrogen and progesterone in the body.

Days 5-8

Due to low level of oestrogen and progesterone, the pituitary gland releases gonadotropin releasing hormones. This triggers the release of - Luteinizing Hormone (LH) and Follicle Stimulating Hormone (FSH).

Days 8-12

This FSH begins the process of maturing the follicle which is a fluid filled sac in the ovary that contains an egg. As the follicles grow, they produce estrogen that stimulate the uterus lining, making it thick, preparing it for a pregnancy.

Days 12-14

This is the time when the body goes through a hormonal overload. This hormonal mingling is what causes ovulation - which is the process of releasing the egg from the ovum.

Days 14-16

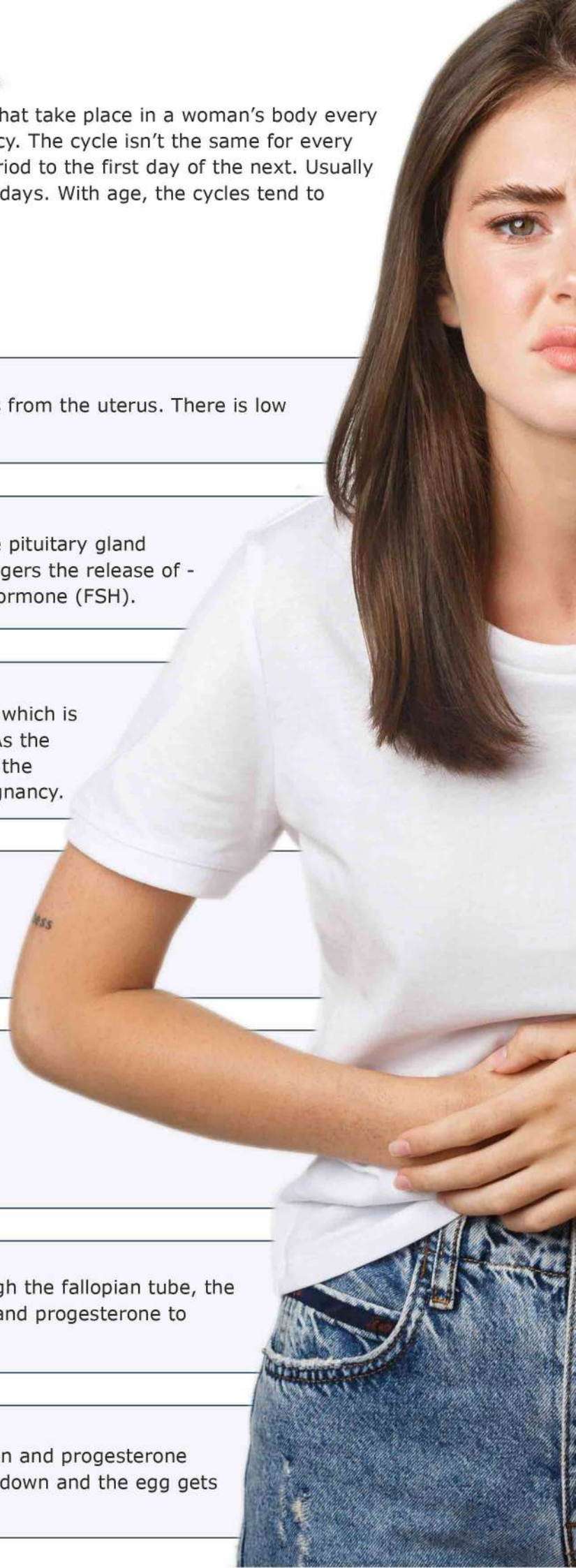
Once the egg is released, it is captured by fimbriae which is a finger like projection on the end of the fallopian tube. This egg is then swept into the tube keeping it alive for 12-48 hours during which the chances of fertilization is quite high.

Days 16-26

As the egg makes its way down to the uterus through the fallopian tube, the empty egg follicle maintains the level of oestrogen and progesterone to prepare the uterus for a possible pregnancy.

Day 28

If the egg has not been fertilised, then the oestrogen and progesterone levels drop down causing the uterus lining to break down and the egg gets flushed out of the body through menstruation.



According to statistics, 1 in every 8 women get cancer in their lifetime.

What are the warning symptoms of this illness?

Pain in any area of the breast or the armpit

Any change in the size or texture of the breast

A lump in the breast or the armpit

Discharge or bleeding from the nipple

Some risk factors in getting this illness:

- Family history
- Genetics
- Above 40 years of age
- Obesity
- Overuse of contraceptive medicine



To be safe, women should always self-examine regularly to keep track of any symptoms. If you feel any change in your breasts size or notice any lumps, it is advisable to see a doctor immediately for a thorough check-up.



How often to take a test?

- **Age group:** 20s and 30s
- **Advice:** Sonomammography once in three years
- **Age group:** Above 40s
- **Advice:** Mammogram once in three years



BREAST
CANCER
AWARENESS MONTH

Myths and Facts about Menopause

Myth: Menopause is sudden

Fact: Menopause does not happen suddenly for most people. The process starts in the early 30s and 40s of women when the level of estrogen and progesterone start to fall. This gradual fall in these hormones sets the onset of perimenopause. The periods may become less regular and then eventually stops altogether.

Myth: Menopause is an illness

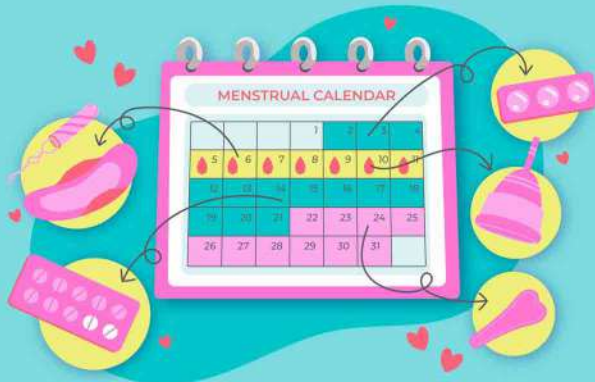
Fact: Hormonal changes in the body can trigger some symptoms in the person, however, menopause is a very natural process and is not an illness. Here are some of the symptoms to be aware of:

Hot flashes: Sudden sensation of heat in the upper body.

Night sweats: Hot flashes that occur at night leaving you sweating profusely.

Sleep issues: Mood changes, night sweats, anxiety can make it difficult to get a good night's sleep.

Reduced libido: With a drop in hormone levels, sexual desire can be limited. Also, dryness in vagina can make sex uncomfortable and painful.



Myth: Pregnancy is impossible after menopause

Fact: While menopause marks the end of reproductive years for a woman, it is still possible to get pregnant after and even during menopause. The chances of conceiving are not high but not impossible either. In fact thanks to medical research and technology, with the help of donated eggs or embryos, one can get pregnant even after menopause.

It may not be the most ideal, of course, but there's a chance. There are risks involved too, like the health of the mother and the foetus, preterm birth, pregnancy loss and such.

Myth: No hormonal production

Fact: The body needs hormones to function so the idea that menopause stops the production false. The body does not stop producing estrogen after menopause, however, the ovaries now don't produce it anymore. Instead, adrenal glands produce a hormone called androgen and another hormone called aromatase converts this androgen into estrogen in the body.





Dr. Fit's

Relax your mind with these asanas.

Wide-Legged Forward Bend Pose (Prasarita Padottanasana)

How To: Stand up tall and walk your feet out wide. Turn your toes out slightly. Hinge at your hips and fold forward. Bring your hands to the mat directly under your shoulders. Soften your knees in order to release your head and neck. Slowly roll up to standing position.

Purpose of Pose: Stretches the muscles in the back, hamstrings and calves.



Sphinx Pose (Salamba Bhujangasana)

How To: Lie flat on your stomach. Place your elbows under your shoulders, then begin to lift your chest. Draw your shoulders down your back and press your forearms down. Look forward and allow your chin to drop slightly.

Purpose of Pose: Stretches the abdominal muscles, opens the chest and shoulders and strengthens the spine.



Supported Bridge Pose (Setu Bandhasana Sarvangasana)

How To: Lie flat on your back. Plant your feet flat, hips-width apart. Press down into your feet to lift your hips. Turn a yoga block to its tallest point and slide it under your hips. Your body should feel comfortable and supported. Let your arms rest on the ground along your sides with your palms face up. Optional: Lift your arms overhead and allow them to rest next to your ears.

Purpose of Pose: Stretches the abdominal muscles, opens the chest and shoulders and strengthens the spine.



Reclining Bound Angle Pose (Supta Baddha Konasana)

How To: Lie flat on your back. Bring the soles of your feet together so that they touch. Bring one hand to your heart, one hand to your belly. Close your eyes.

Optional: Reach your arms overhead and allow your right palm to rest in your left hand. Breathe deeply.

Purpose of Pose: Opens the hips and stretches the inner thighs. May soothe the entire body.



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