

# A brief know-how about women's health

The health of both men and women is a serious topic, but since a woman can be the backbone of her family, her health issues deserves a major concern. In the old times most of the women married earlier and became mothers at quite a young age; Because of this, their health suffered a lot and many of them died at a young age. However, the scenario is very different today. A woman may live to be 80-90 and even 100 years today, but only if she takes good care of her health.



## General health issues of a woman

A woman may face a number of health related problems throughout her life. Some of the most common are migraine headaches, gallstones, arthritis, diabetes, high blood pressure, heart disease, stroke, and urinary tract infections. As soon as any of the symptoms of these ailments is noticed, women should visit their physicians as early as possible as these diseases can have a prolonged effect on their lives.

## Common women's health tips

As said earlier a women's health is a major issue of concern. A woman's body need special attention and consideration and therefore even a small sign of any health related problem

should not be ignored. Besides a regular check up, here we have three important tips related to a woman's health that should be followed regularly to stay fit and active:

- **Diet:** the first and the foremost step towards maintaining a good health is consumption of a healthy diet that includes all necessary minerals, vitamins, and other nutrients required to maintain a good health. Make sure to eat a well balanced diet. Avoid junk foods like, pizzas, burgers and French fries. While cutting on junk food is essential, eating regularly is also necessary. Eat frequently but eat healthy foods like fruits and salads. This will keep away the hunger cravings and will minimize the chances of fat accumulation in your body. Consuming a healthy diet will improve a woman's immunity to fight diseases and will make her stronger.



- **Workout:** along with a proper diet, exercising is very essential for every woman. Although, most women may think that doing the household chores themselves is enough exercise, this is typically wrong as she would be concentrating more on the household tasks rather than her body muscles or workout. A woman should spare some time only focusing on herself and her physical health. Exercises like squats, push-ups, pull-ups, running and yoga will help women keep energized as well as concentrate better on other work she does.



- **Regular health check-ups:** it is recommended that every woman, whether sick or not must visit a health clinic at least twice a year and have a full check up done. This includes a comprehensive check-up for general health, including heart diseases, cholesterol, diabetes, osteoporosis and screening for breast, ovarian and cervical cancers. A woman should also talk to the doctor about any irregular symptoms that she may have noticed in her body, as ignoring them might lead to severe issues later.