



WELLNESS JOURNAL

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NATIONAL WOMEN'S DAY 09 AUGUST 2023



On this significant occasion of National Women's Day, we would like to draw attention to the long-standing issue of women's health being overlooked, underfunded, and under-researched both nationally and globally. It is particularly evident when it comes to the health needs of older women.

To create health systems that meet women's needs, we must consider the lived experiences of women of all ages when designing these systems.

Given the importance of women's health, Evergreen Health has identified four critical conditions that are often overlooked but require attention:

Breast Health:

Regular breast self-examinations are essential for increased awareness and familiarity with one's breasts. Detecting any abnormalities early on can lead to further investigation and successful treatment.

Mental Health:

Older adults commonly experience mental health problems, including affective and anxiety disorders, isolation, dementia, psychosis, and sleep and behavioral disorders. It is crucial to address these issues to ensure the well-being of seniors.

Heart-Healthy Diet:

Following a heart-healthy diet is key to maintaining a strong heart and a healthy weight. As women age, their nutritional needs change, and they should focus on consuming fresh fruits and vegetables, fibre, lean proteins, while minimizing saturated fats, sugars, and salt. Additionally, women over 50 should pay attention to specific nutrients such as vitamin B12, calcium, and protein, as they play vital roles in maintaining overall health.

Pelvic Floor Health:

Pelvic organ prolapse and incontinence issues are more common during menopause. However, women should not tolerate these conditions. Pelvic floor exercises have proven to be effective in managing symptoms of pelvic floor dysfunction, and it is never too late to start.

For further detailed information on these topics, we encourage you to reach out to your village registered nurse. They will be able to provide you with additional resources and assistance.

Let us use this National Women's Day as an opportunity to advocate for better health systems that prioritize women's well-being at every stage of their lives.

Wishing you a meaningful National Women's Day.

Please note that this wellness journal is intended for informational purposes only and does not provide medical advice. It is not a substitute for professional medical advice, diagnosis, or treatment. If you have any concerns or require medical treatment, we strongly advise you to consult with a healthcare professional. Never disregard professional medical advice based on information you have read in the Evergreen Health wellness journals.

