



Women's Health

Stay Healthy at Any Age!

February 28, 2013
Kimberly Kelstone

A Deaf Health Talk – DHCC Partnership with REAP

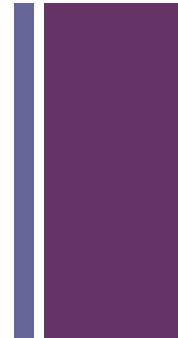


Overview

- Introduction
- Normal healthy processes
- Diseases specific to women
 - Screening tests
 - Symptoms
 - Prevention/treatment
- Other Issues specific to women



Who are you?



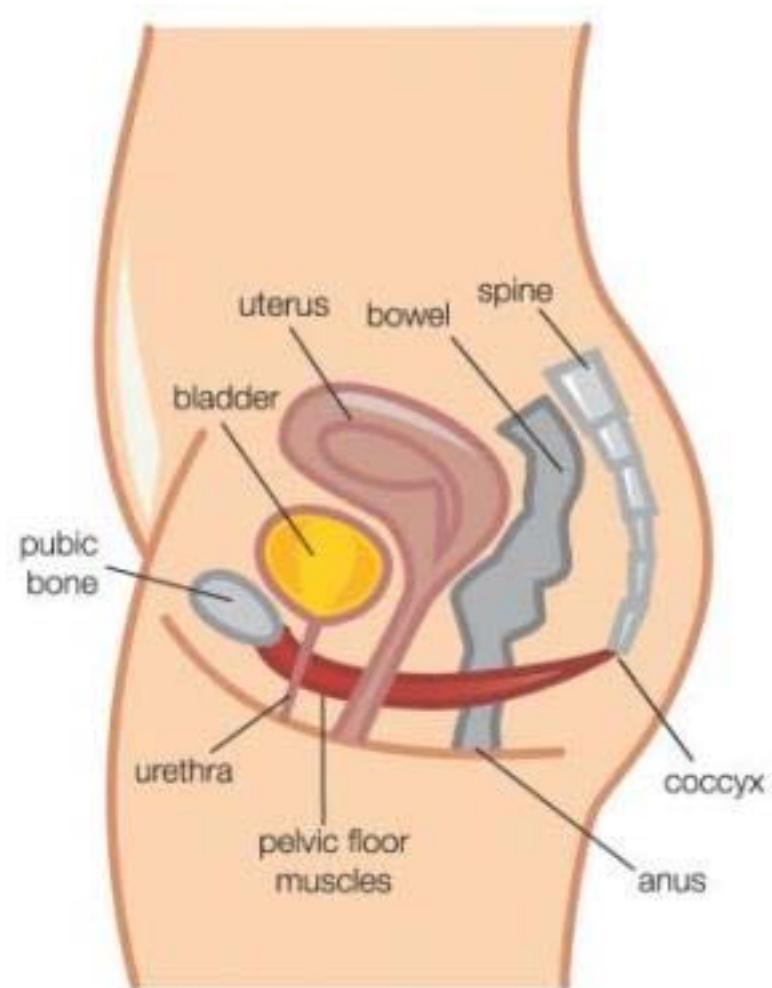
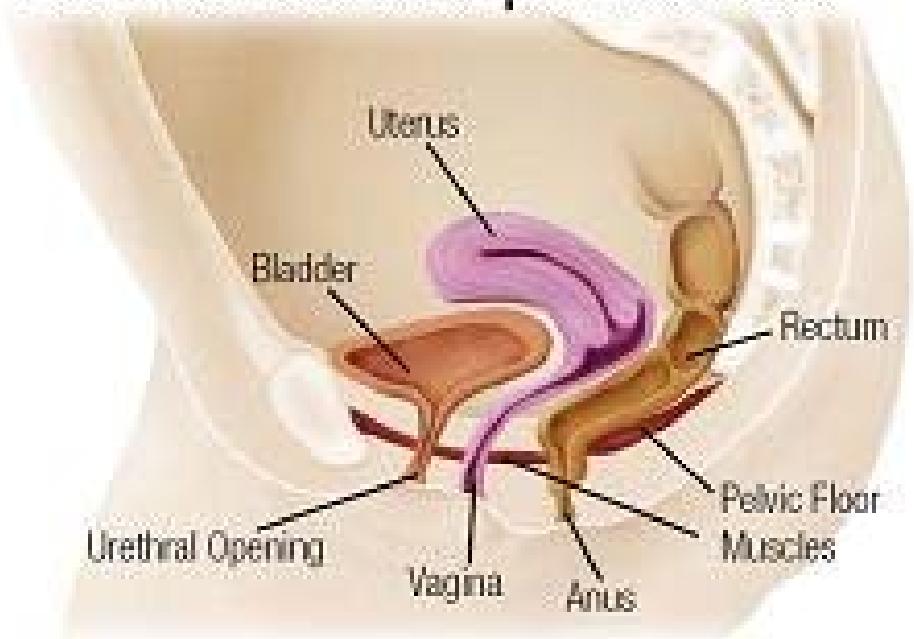
- How many of you are under 40?
- Between 40-65?
- Over 65?

Your age has an impact on the types of issues that are most concerning and should be addressed.



Normal Anatomy

Normal female pelvic floor



+Womanly Facts

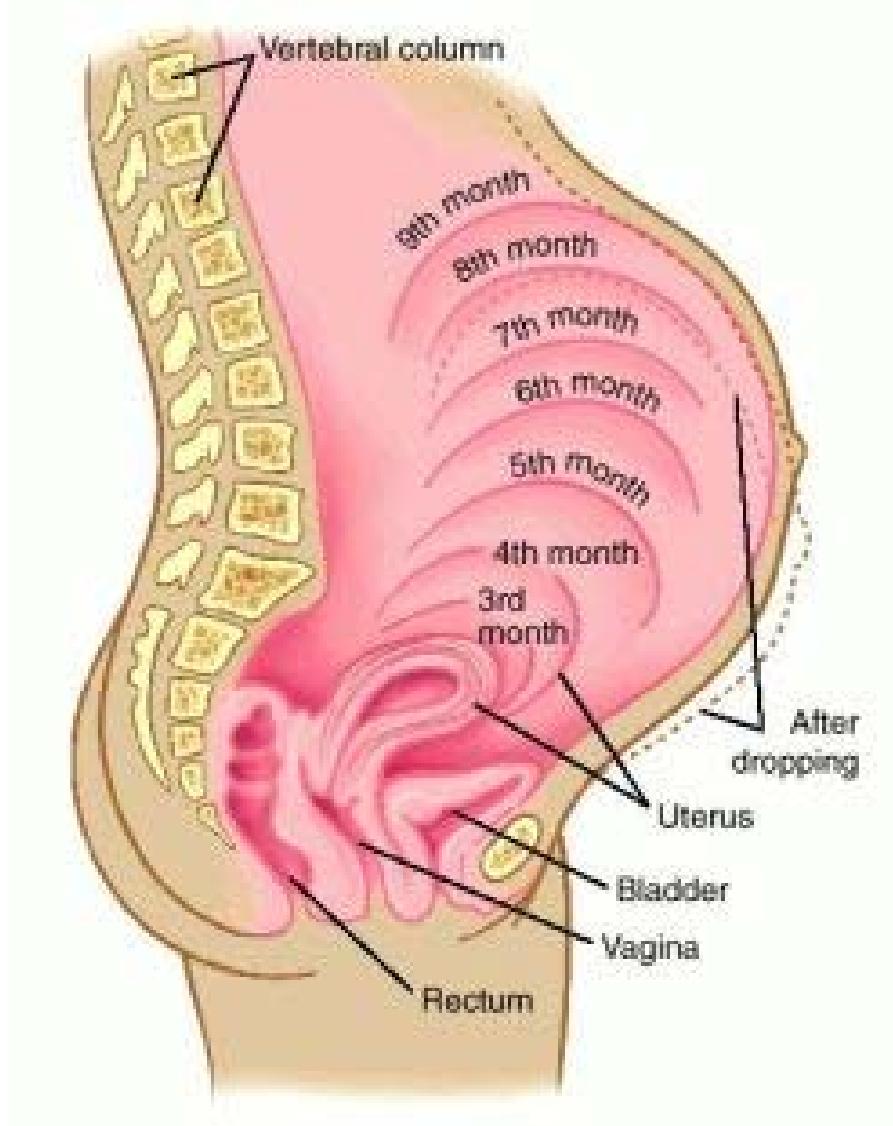
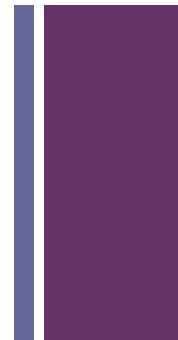
- A woman is born with all the eggs she will ever produce.
One becomes mature every month (unless pregnant or not ovulating)
 - Men make sperm daily
- Women have a higher life expectancy than men
 - 80.5 years vs 75.3 years
- Women outnumber men in the United States
 - 2010 census 151 million men vs 157 million
 - At age 85 double the number of women than men are alive
- 27% of women die from Heart disease, 22% from cancer
- Approximately 25% of women will experience depression at some point in their life
- Breast cancer affects 1 out of every 8 women



+ Menses, “periods”, etc.

- Approximately every month from 11 years old until late 40s or early 50s
- Will stop for:
 - Pregnancy
 - Hormonal imbalance – from contraceptive medications or other cause
 - Menopause
- Signals the shedding of an unfertilized egg, produced monthly in one of the ovaries.

+Pregnancy



- From puberty (age 10-15) through menopause (age 45-55) a woman is able to become pregnant.
- Egg and sperm meet in the fallopian tube, then implant into the endometrial lining 2-3 days after fertilization.

+ Menopause

- The ovaries stop producing eggs
- A process that can take a 1-3 years to complete.
- Post-menopause – no periods for 1 year
- Typically happens when a woman is 45-55 years old.
 - Can have premature menopause in your 30s.
- Health Care Provider can evaluate your hormone levels to evaluate your menopause process

+ Symptoms

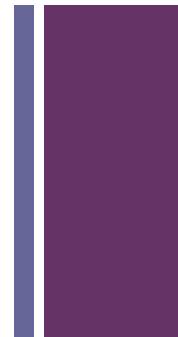
Frequent

- Menstrual periods that occur less often and eventually stop
- Heart pounding or racing
- Hot flashes, usually worst during the first 1 - 2 years
- Night sweats
- Skin flushing
- Sleeping problems (insomnia)

Occasional

- Decreased interest in sex, possibly decreased response to sexual stimulation
- Forgetfulness (in some women)
- Headaches
- Mood swings including irritability, depression, and anxiety
- Urine leakage
- Vaginal dryness and painful sexual intercourse
- Vaginal infections
- Joint aches and pains
- Irregular heartbeat (palpitations)

+



ANOTHER HOT FLASH, HON?



© 2001
DOUG BROWN

+ Treatments

- May want hormone replacement to reduce hot flashes
 - Not ok for long time
 - Not ok if you have heart and other diseases
- Anti-depressants, Blood Pressure meds and anti-seizure medications have also proven effective
- Some herbals have been found effective
 - ALWAYS tell your provider which, if any, herbal/natural remedies you are taking
- Avoid things which can worsen symptoms
 - caffeine, alcohol, spicy foods.
- Hormone cream or water based lubricant for vaginal dryness
- If bleeding begins again after “complete” menopause, time to see a provider
 - Could be an indication of abnormal endometrial lining, possibly cancer

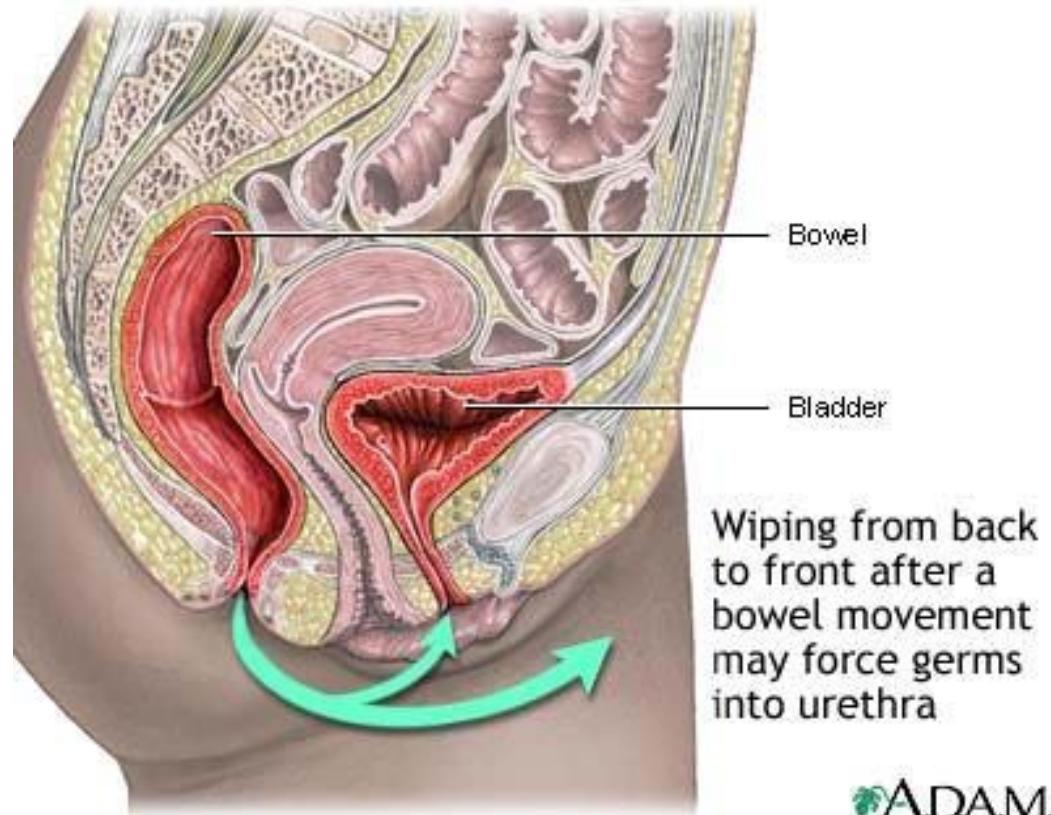
+ Urinary Tract Infection (UTI)

■ More common for women than men

- Shorter urethra
- Easier for bacteria to travel

■ Symptoms

- Burning
- Spasm
- Pain with urination
- “flank” pain



+ Prevention & Treatment



- Wipe front → back
- Urinate after sex
- Cotton underwear
- Drinking cranberry juice



If prescribed by a doctor – take
Antibiotics

+ Yeast Infection (*Candida albicans*)

Symptoms

- “Cottage Cheese” like vaginal discharge
- Itching
- Redness

Treatment

- Anti-Fungal Creams –
Monistat / Lotrimin / miconazole nitrate
(over the counter or with prescription)
- Pill – Diflucan / fluconazole
- Cool compress
- Eat yogurt with “active live cultures” to maintain natural “flora” in your body

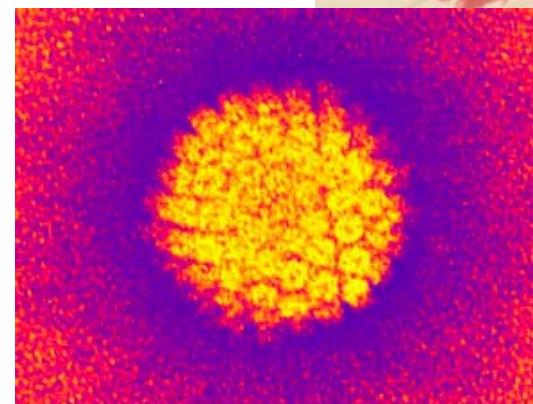
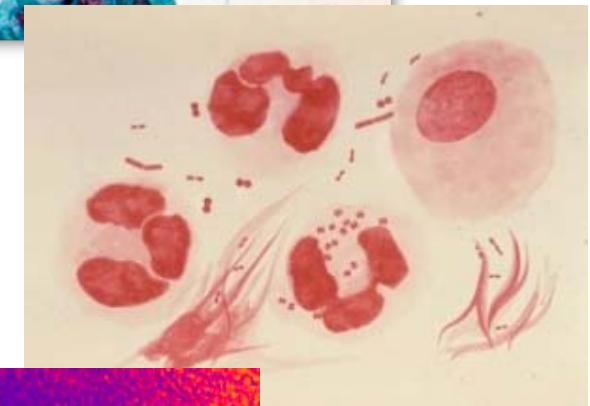
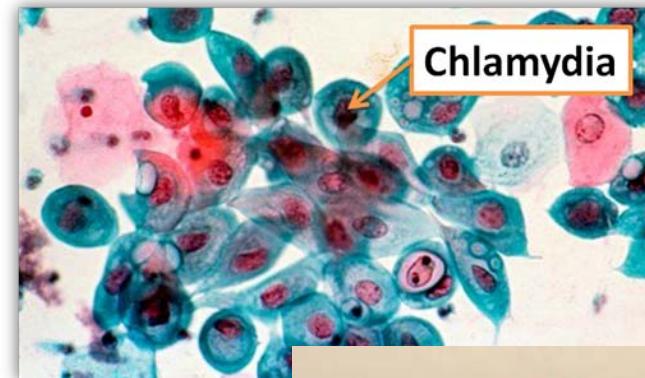
Prevention

- Similar to UTI
 - Cotton underwear
 - Wipe front -> back
 - Change out of wet swimsuit as soon as possible
- Avoid intercourse (can spread)



+ Sexually Transmitted Infections

- HIV
- Chlamydia
- Gonorrhea
- Syphilis
- Scabies
- Genital warts / Herpes
- Human Papilloma Virus (HPV)

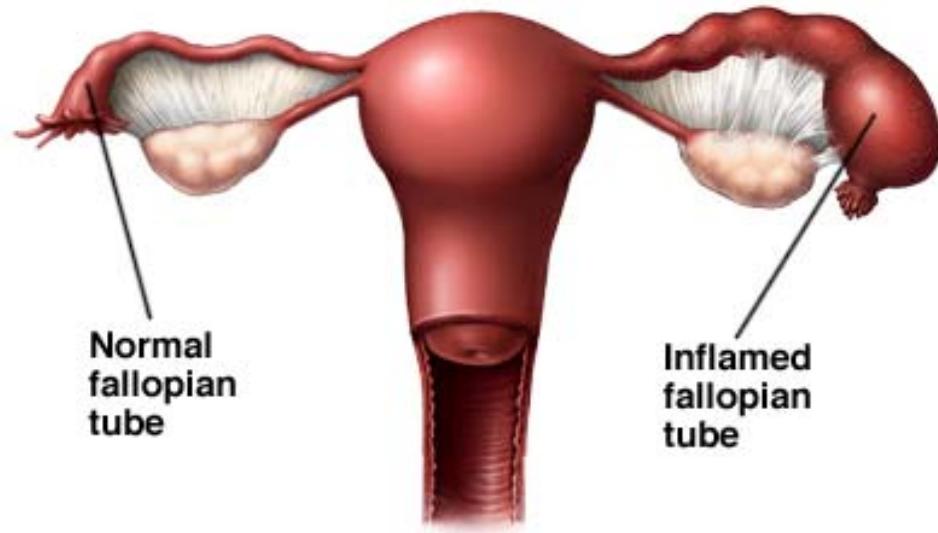


+Why test?



■ Infections of the uterus & tubes

- May require surgery
- Infertility
- Abdominal pain
- Systemic infection



© Mayo Foundation for Medical Education and Research. All rights reserved.

■ Transmitted through sex

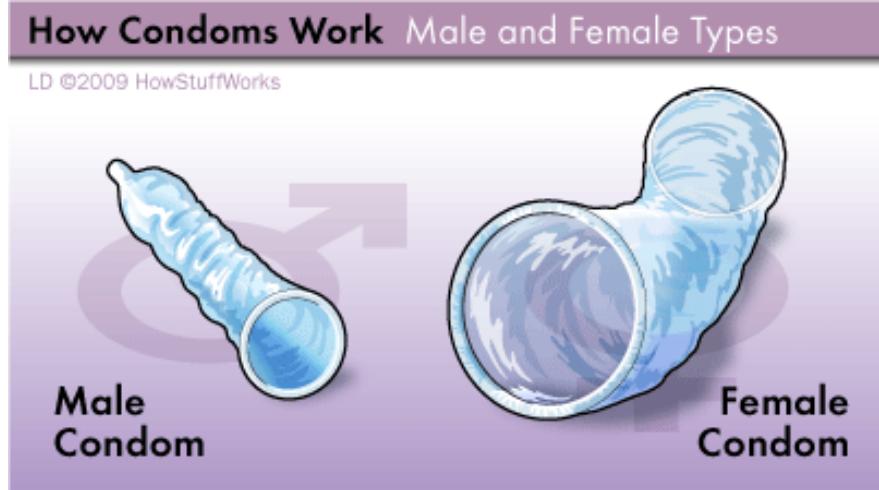
- Partners can give to each other
- highest infection rate in young people and elderly

■ Can lead to other diseases

- **Human Papilloma Virus** known to cause Cervical Cancer

+ Prevention?

- Don't have sex
- Monogamous sexual relationship
- Condoms (male or female)
- Vaccination
 - Gardasil (HPV)
FDA approved for males and females 9-26 years old

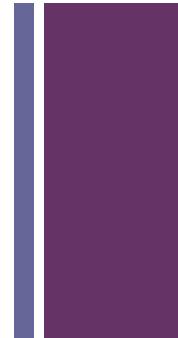
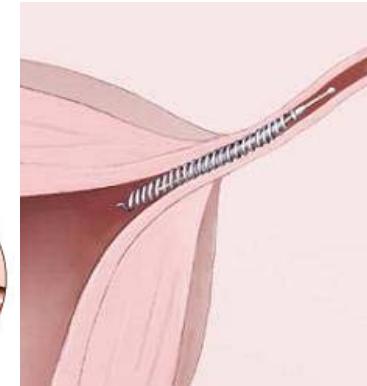
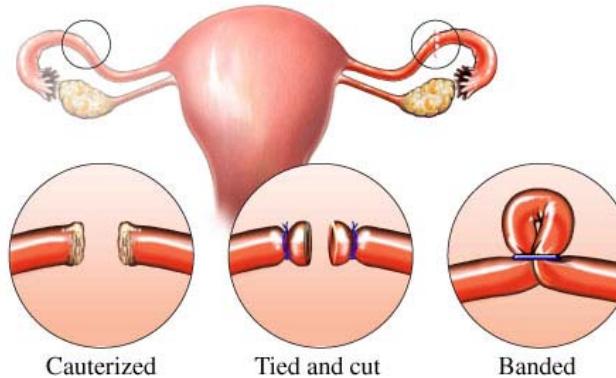
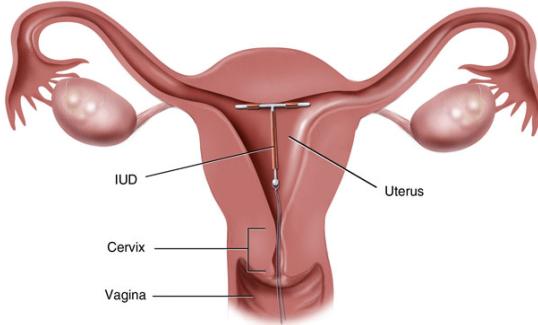


Treatment?

- Medications
 - Viral infections - NO CURE
can be *managed* with medications
 - Bacterial infections require antibiotics

+ Birth Control

Intrauterine Device (IUD)



■ Abstinence

- The only 100% fool-proof method!

■ Barrier methods

■ Hormonal methods

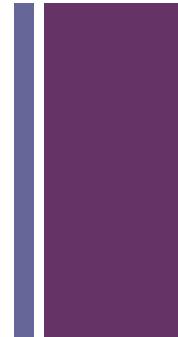
■ Others

- IUD
- Having your “tubes tied”



+

“Female” Cancers & Screening Tests



Cervical cancer

■ Pap smear, pap test

Breast cancer

- Breast self exam
- Mammogram
- Breast ultrasound

Colorectal cancer

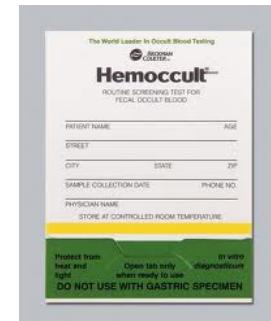
- Colonoscopy
- Hemoccult test

Ovarian cancer

- Bimanual exam
- Ultrasound

Uterine cancer

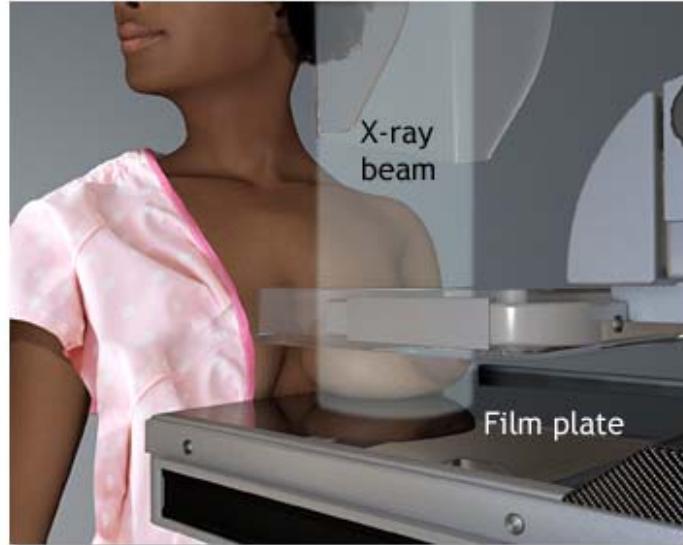
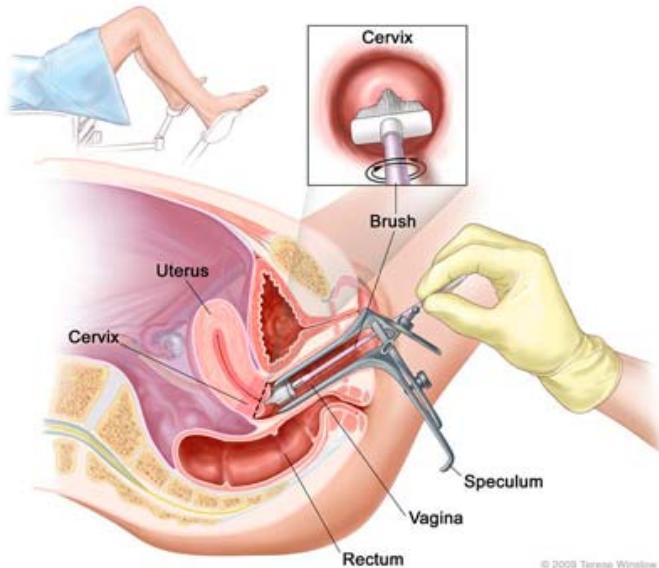
- Endometrial biopsy
- Ultrasound
- Bimanual exam



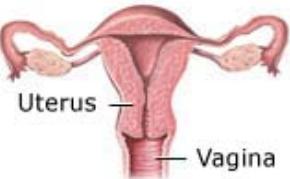
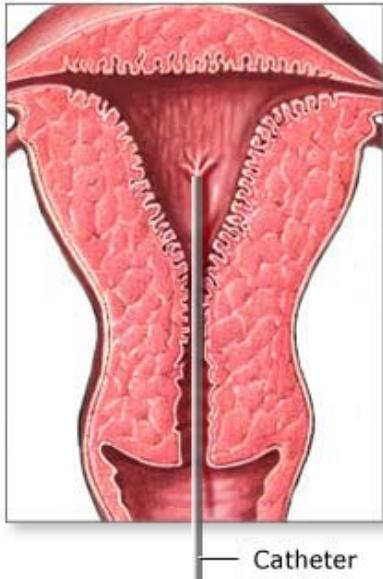
+ Signs and symptoms

- Unexplained weight loss
- Bloating (ovarian)
- Breast changes (breast)
- Between period bleeding or other abnormal bleeding (endometrial)
- Blood in your stool (colon)
- Back Pain (ovarian)
- Swollen lymph nodes
- General undefined “not feeling well”
- Tiredness

+ Testing

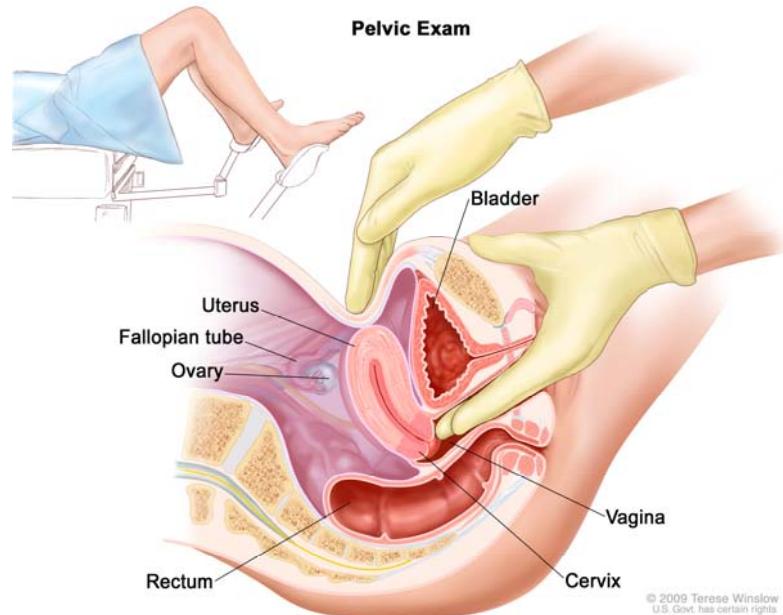


ADAM.



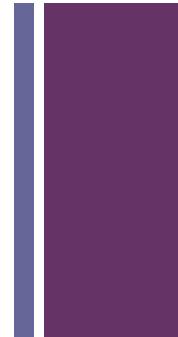
Endometrial biopsy:
A catheter is inserted into the uterus through the vagina to remove cells from the uterine lining for examination.

ADAM.



+

Resources



Inside Knowledge

<http://www.cdc.gov/cancer/knowledge/>

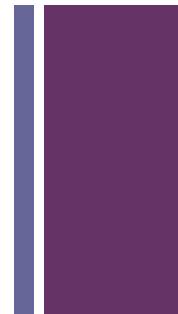
Symptoms	Cervical Cancer	Ovarian Cancer	Uterine Cancer	Vaginal Cancer	Vulvar Cancer	Fill in the circles for each day you have a symptom.						
Abnormal vaginal discharge	●	●	●	●		S	M	T	W	T	F	S
Pelvic pain or pressure		●	●		●	S	M	T	W	T	F	S
Abdominal or back pain		●				S	M	T	W	T	F	S
Bloating		●				S	M	T	W	T	F	S
Changes in bathroom habits		●		●		S	M	T	W	T	F	S
Itching or burning of the vulva					●	S	M	T	W	T	F	S
Changes in vulva color or skin, such as a rash, sores, or warts					●	S	M	T	W	T	F	S
Abnormal vaginal bleeding	●	●	●	●		S	M	T	W	T	F	S



Gynecologic Cancer Symptoms Diary

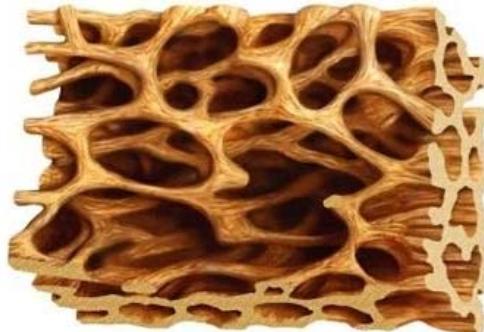
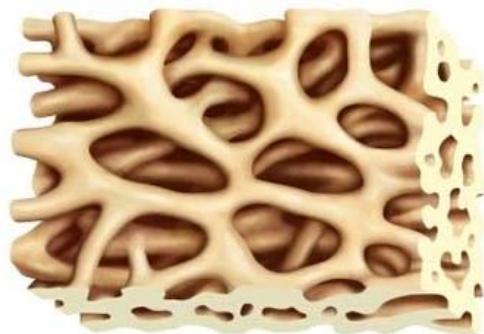


+ Osteoporosis - what it looks like...

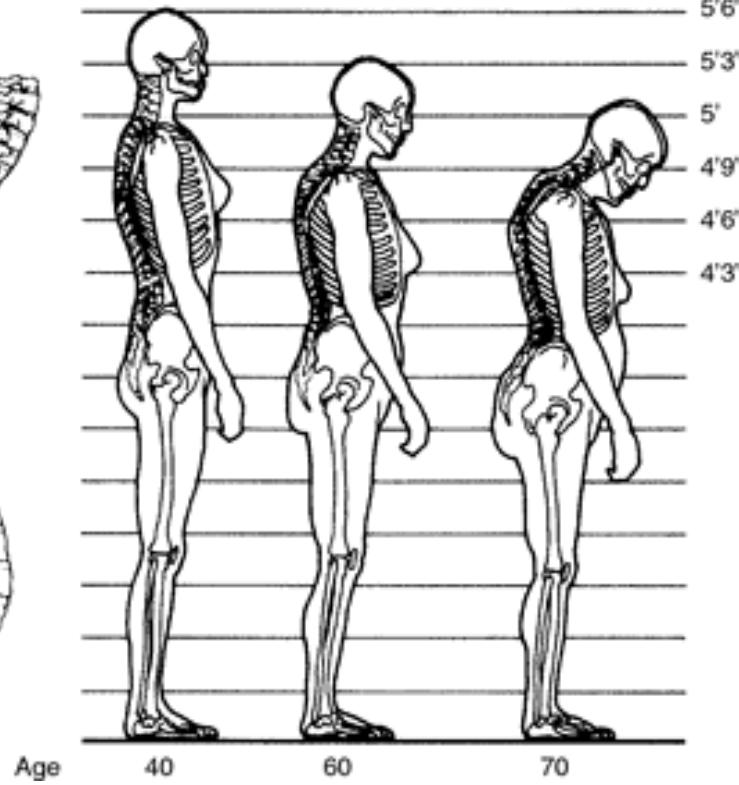
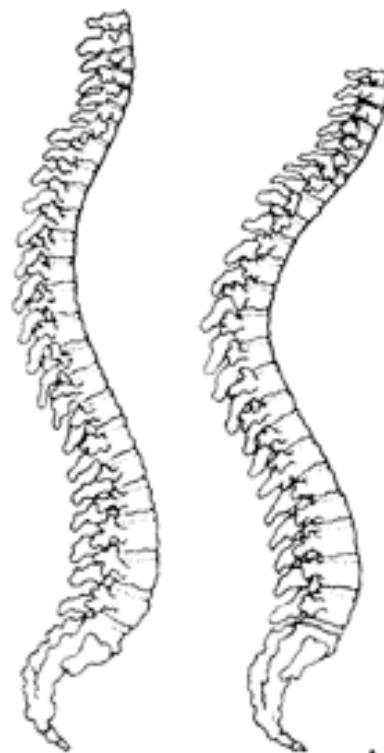


Healthy bone

© medicalpicture, all rights reserved



Porous bone



A woman can lose 6 inches in severe osteoporosis...

+ What can happen...

- Need a cane/walker for stability
- Fractures
 - Hip
 - Wrist
 - Spine
- Dowager's hump & shorter stature
- Pain
- Limited field of vision

+ Osteoporosis

■ Prevention??

- Calcium and Vitamin D

- ~1000mg + 600 IU

- Quit smoking / don't smoke

- Weight bearing exercise

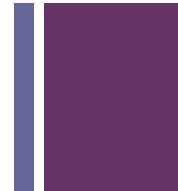
■ Bone Density Testing

- age 65
(sooner with risk factors)

A bone density scan is a low-dose x-ray which checks an area of the body such as the hip, hand or foot for signs of mineral loss and bone thinning

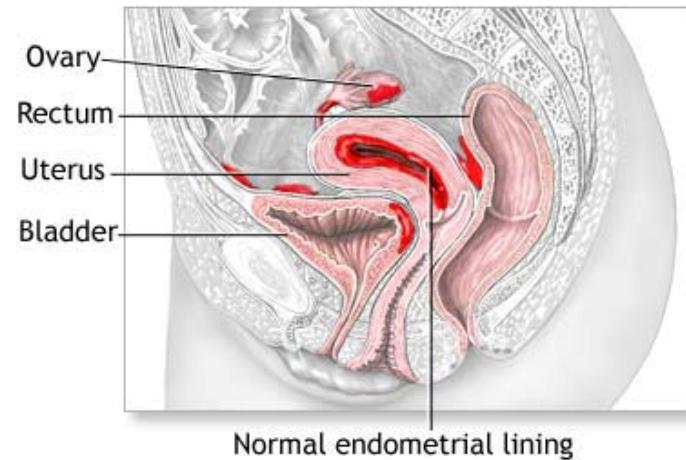


+ Fibroids and Endometriosis



- Painful periods
- Heavy bleeding
- Painful sex
- Not usually cancerous
 - Provider can test with a biopsy
 - Surgery

Common sites for endometrial growths in red



ADAM.

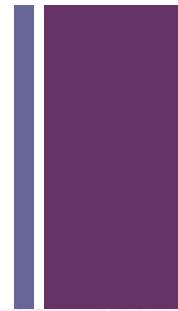


+ Urinary Incontinence

- More likely after age 60, but can happen any time.
- Increased risk if you have other diseases
 - Diabetes
 - Obesity
- Types
 - Stress
 - Urge
 - Overflow
 - Mixed
- With age tissues less “tension”
 - Harder to hold in urine
- Bladder spasm



+ Prevention / Treatment



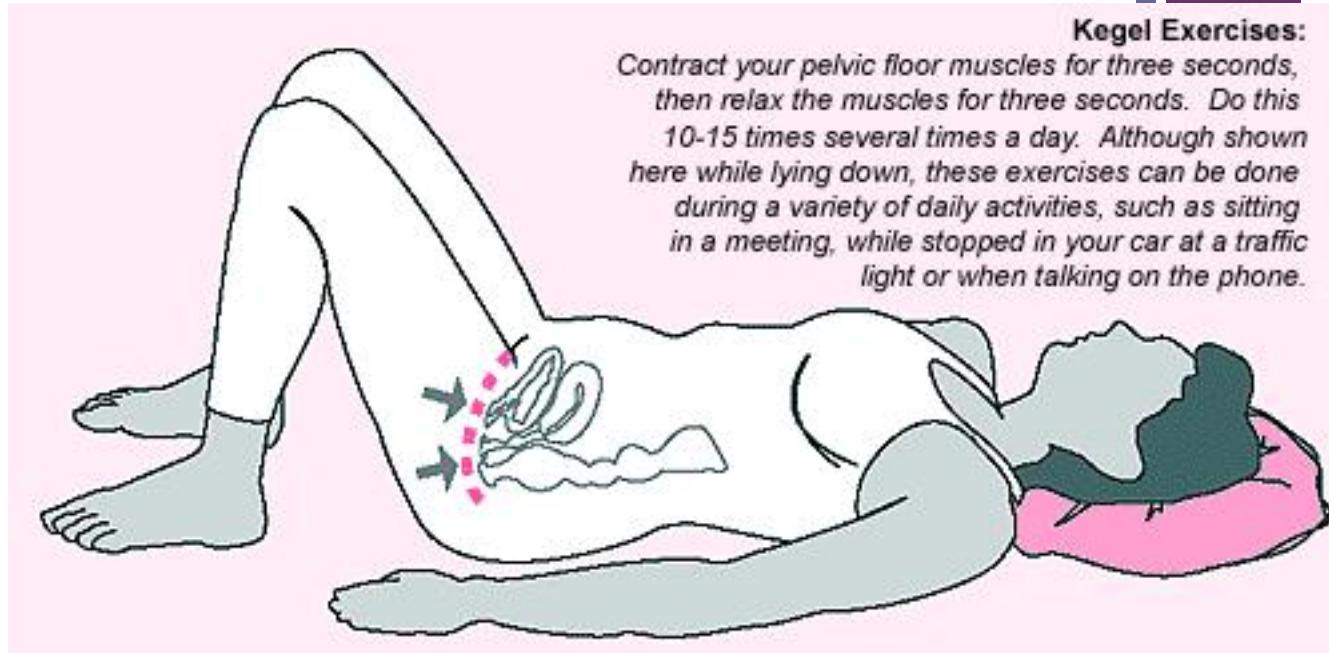
- Pelvic floor exercises
 - Kegel

- Medication

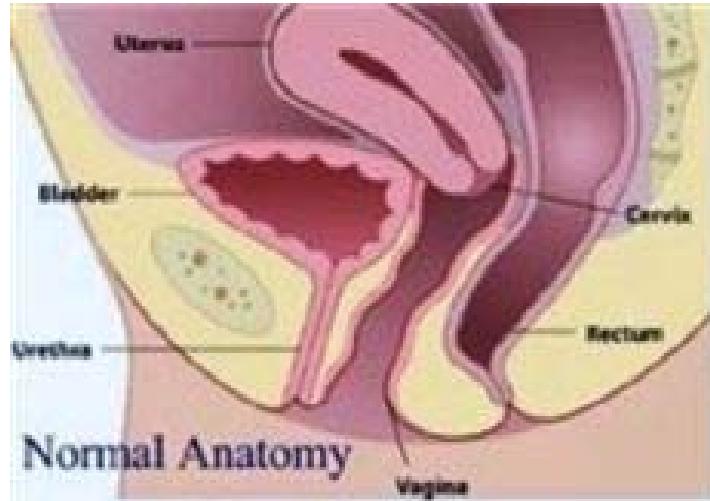
- Pessary

- Routine
 - Timed voids
 - Don't IGNORE bladder

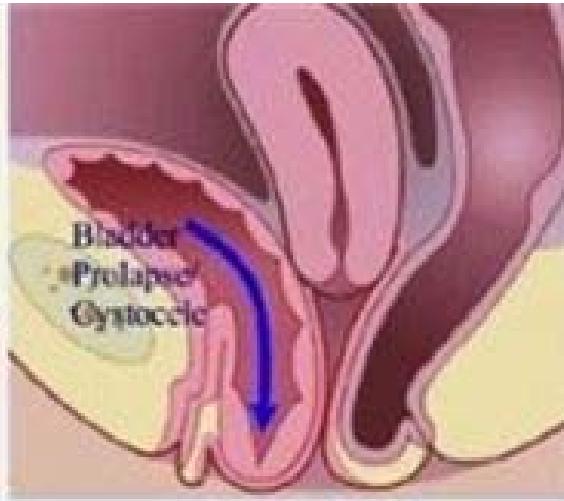
- Preventing high pressure
 - Sneezing/coughing



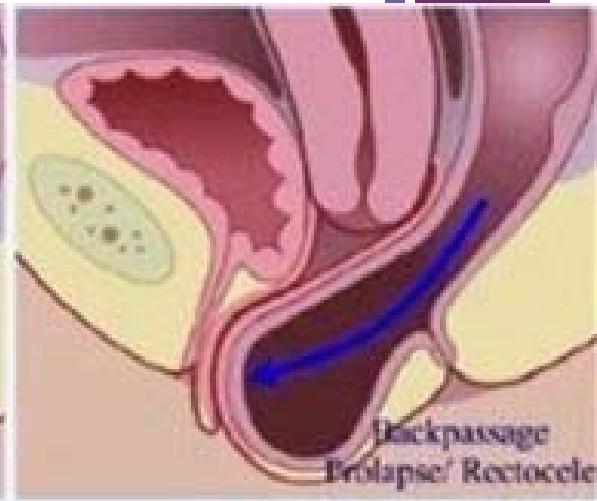
+ Pelvic Organ Prolapse



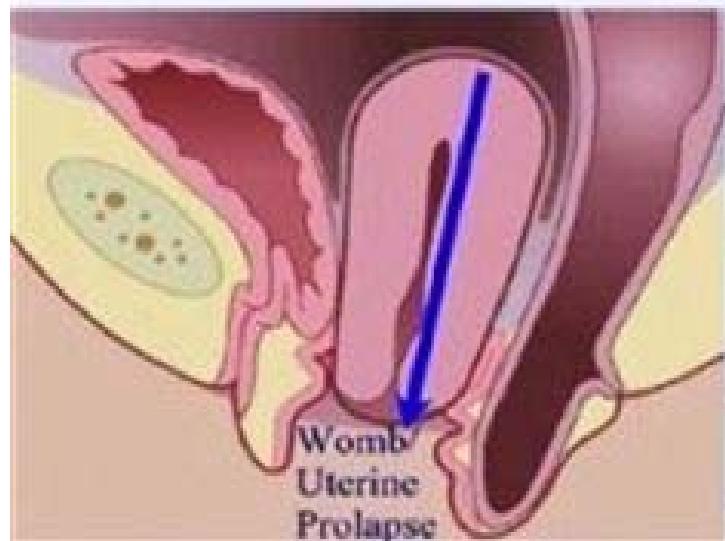
Normal Anatomy



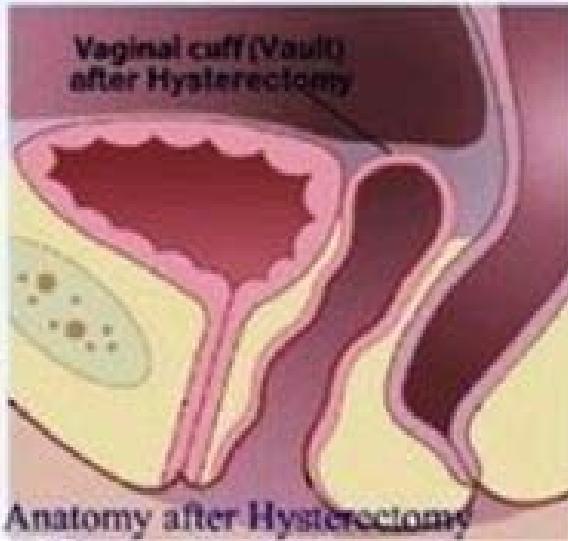
Prolapse/Cystocele



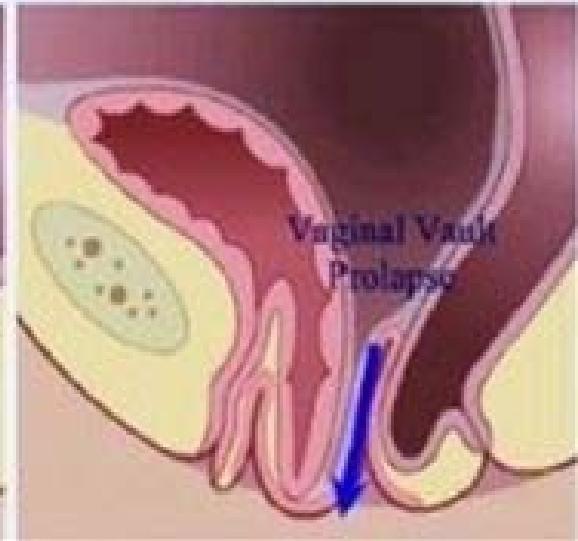
Backpassage Prolapse/Rectocele



Womb
Uterine
Prolapse



Anatomy after Hysterectomy



Vaginal Vault
Prolapse

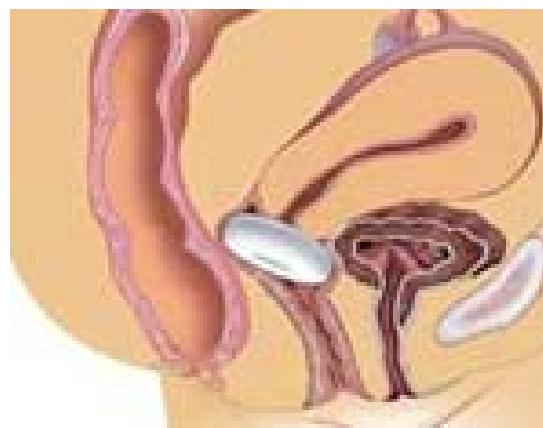
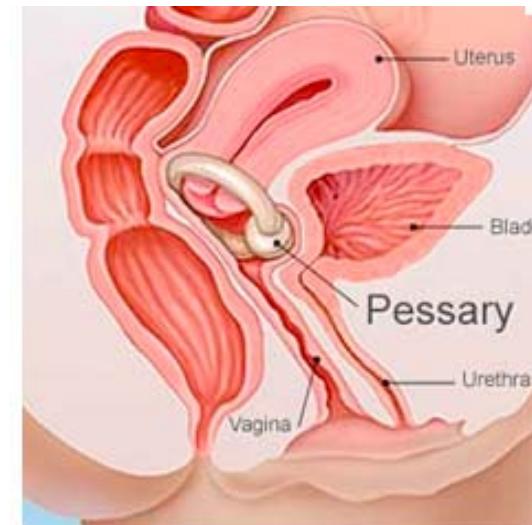
+ Pelvic Organ Prolapse

■ With age, tissues become more elastic

- Uterus
- Bladder
- Rectum

■ Requires provider evaluation

- Pessary
- Surgical repair





When should I be tested?

Test	Looking for	When?	How Often?
Mammogram	Breast cancer	Starting at age 40 or 50	Every 1-2 years
Pap smear	Cervical cancer	Starting with intercourse	Every 1-3 years depending on risk and history
Bi-manual Exam & Clinical Breast Exam	Uterine abnormalities / cancer, breast cancer	Starting with intercourse / age 18	Every year (can be done by any healthcare practitioner)
Endometrial biopsy	Endometrial cancer	With heavy/abnormal bleeding or absent bleeding with no known cause	As needed

+OK – how do I get testing??

- Mammograms and other Cancer Screening
 - Cancer Services of Monroe County (uninsured)

<http://www.urmc.rochester.edu/community-health/cancer-services-program/?redir=www.urmc.edu>

- Women's Health Clinic
 - Planned Parenthood of Syracuse and Rochester

<http://www.plannedparenthood.org/rochester-syracuse/faqs-23033.htm>

- Suspected STD
 - MC department of health clinic

<http://www2.monroecounty.gov/health-diseases.php>

Of course – your own provider
MD, Midwife, OB/Gyn, Nurse Practitioner, PA, etc.