

Women's day health camp
7 th March 2015 to 14 th March 2015

Remember that old saying, "An ounce of prevention is worth a pound of cure? "

- ☆ Getting checked early can help you stop diseases like cancer, diabetes, osteoporosis, GERD in the very beginning, when they are easier to treat.
- ☆ Screening tests can spot illnesses even before you have symptoms, which screening test that every woman needs depends on your age , family history , your own health history and risk factor.
- ☆ Essential information to learn from your gynaecologist is
 1. How to perform a breast self examination?
 2. How to keep my vagina free of yeast infection & Itching?
 3. How normal is my periods?
- ☆ For sexually active reproductive age gp women (aged 20 to 50 Yrs) – pap smear test to detect Early stage cervical cancer is very important; to be done yearly once;
- ☆ For menopausal women, once in 2 years is essential

Article By
Dr.Sunitha Sivakumar

M.D (OG)., F.MAS (UK)., Dip in Laparoscopy.,
Consultant Gynaecologist & Infertility Specialist

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