

## WOMEN & HEALTH

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Women, as they are called, have to go through all the processes that were created for their role; being a child, attaining puberty, getting married, having kids and finally going through menopause. They take care of their families and rarely have time to spend on themselves and with the passing of time they tend to neglect their health and eventually fall ill to one of the many women-centred health problems. One of the most common health problems that women go through is fibroids.

Fibroids are non-cancerous growths that develop in or around the womb (uterus). The growths are made up of muscle and fibrous tissue and differ in sizes. Fibroids can form from the size of a pea (less than 1 cm) to the size of a grapefruit (more than 10 cm). No one knows what causes the fibroids to grow or shrink in size. Although fibroids are usually not dangerous, they can sometimes cause discomfort and even lead to low red blood cells due to the heavy blood loss.

Many women are unaware that they have fibroids until they have pain or discomfort. One of the main tests carried out to diagnose fibroids is an ultrasound scan. This painless scan uses a probe to produce high-frequency sound waves to create an image of the inside of your body. If the scan shows one or multiple fibroids, there are always ways to treat it, from conventional treatments to invasive surgery, if the fibroids disrupt the day-to-day life of a person.

There are a number of changes you can make that might help to reduce the risk of fibroids. Firstly, maintaining a healthy weight with a diet rich in cooked green vegetables, fresh fruits, legumes and fish.



Secondly, maintaining normal blood pressure. Researchers have shown a strong link between fibroids and high blood pressure. You need to consult your doctor on ways to manage your blood pressure, either with diet, lifestyle, or medication. Thirdly, you need to reduce the intake of processed foods, red meats and high-fat dairy. Fourthly, reduce your sugar intake. Finally, get the exercises your body needs; dancing, swimming, jogging, and walking are just some examples of maintaining a good body weight and lowering blood pressure.

I hope all these tips will help all women reading this article.

Let's work together towards better health and fibroid – free health in particular.