

## HEALTH CAMP FOR FEMALE ADVOCATES AT DWARKA COURT



We live in a world where gender has a direct impact on our lifestyles. Gender difference dictates almost every aspect of our lives and the healthcare system is no different. Women in India live 2.7 years longer than men on average but the difference in healthy life expectancy between the two is just 0.1 years which indicates that women do not necessarily live a healthier lifestyle than men. This disparity, according to experts, is due to the lack of bodily autonomy and lack of resources that affect women's health. Social Norms and stigma around women's intimate health also play an important role in creating the gender gap.

The Indian Women's Health Report 2021 surveying 1000 working women aged between 25 to 55 years across seven cities has revealed that around

half of the women surveyed are not comfortable talking about one or more women's health issues due to the prevalent societal taboo and stigmas associated with them.

The study has been conducted by Emcure Pharmaceuticals in association with Ipsos Research Private Limited (Ipsos India) to gain insights on the social, cultural and medical outlook for working women and eventually find solutions involving various stakeholders.

Through this survey, women working in white-collar jobs shared details of stigmas they face related to health, and how it all leads to social pressures and professional issues.

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According to the studies conducted among women in India across the country, it is estimated that among the 230 million Indians expected to be over the age of 50 years, **46 million are women with osteoporosis.**

However, compared to women a low T-score in men indicates higher vulnerability to osteoporosis. Few studies conducted in India also the risk of fracture due to osteoporosis is quite high in men.

In a country like India, most of the osteoporotic cases go untreated and even undiagnosed. Therefore, it is necessary for both men and post-menopausal women to have adequate measures to prevent osteoporosis in later years in life.

Worldwide, it is estimated that after the age of 50 one in three women will experience osteoporotic fractures, as well as one in five men. However, in fractures due to osteoporosis men contribute 40 percent.

It is estimated that globally there is **one osteoporotic fracture that occurs every three seconds.**

As per recent studies, Indian women are more susceptible to developing this condition as compared to men and the reasons could be attributed to several factors. Women with a smaller body frame consume a lower portion of

calcium-rich foods and tend to have poor exposure to sunlight. Further, at menopause bone loss accelerates because of the decline in oestrogen levels. Indian women tend to undergo menopause a little early than other Caucasian women, the risk of developing osteoporosis increases significantly in them.

Iron deficiency and anaemia are global health problems and major causes of morbidity in women. Current definitions of anaemia in women are historic and have been challenged by recent data from observational studies. Menstrual loss, abnormal uterine bleeding and pregnancy put women at risk of developing iron deficiency which can result in severe fatigue, reduced exercise capacity and poor work performance. Iron deficiency and anaemia during pregnancy are associated with adverse maternal and fetal outcomes, including neurocognitive deficits in children born to iron-deficient mothers. Both iron deficiency and anaemia are common in women undergoing surgery but their association with poor outcomes remains uncertain. The enduring burden of iron deficiency and anaemia in women suggests that current strategies for recognition, prevention and treatment are limited in their utility. Improvements in our understanding of iron homeostasis and the development of new iron preparations, which are better absorbed with fewer side-effects, may improve therapeutic effectiveness of oral iron.



Intending to spread wellness and bring [awareness](#) among the people at large, free medical camps are gaining importance across the globe. Those who don't have any direct or indirect access to an expert or even basic healthcare services or even don't know how to connect with doctors, what diseases can clutch them and all about their treatments & diagnosis, these camps are proving really a great purpose for them.

It consists of free medical advice, check-ups, reference to specialists, medicines, treatment, and everything that can make patients' life even better and satisfied. These camps ensure that people are attaining the right services at the right time so that the patients don't suffer the issue or don't let it become worse or incurable.

