

WOMEN'S HEALTH *Info*

Renaye James Healthcare Advisor's is highlighting women's health issues and encourage women to focus on their health. Here are two women's health issues, common symptoms, and risks or affects.

ENDOMETRIOSIS

Endometriosis is a disorder in which tissue similar to the tissue that normally lines the inside of the uterus — the endometrium — grows outside the uterus.

- Endometriosis affects **1 in 10** women between ages **15 and 44**. It occurs on reproductive organs such as:
 - Fallopian tubes
 - Intestines
 - Pelvic cavity lining
 - Ovaries

Symptoms

- Pain usually presents itself as menstrual cramps, usually felt in the abdomen and lower back.
- Pain during or after sexual intercourse
- Low energy

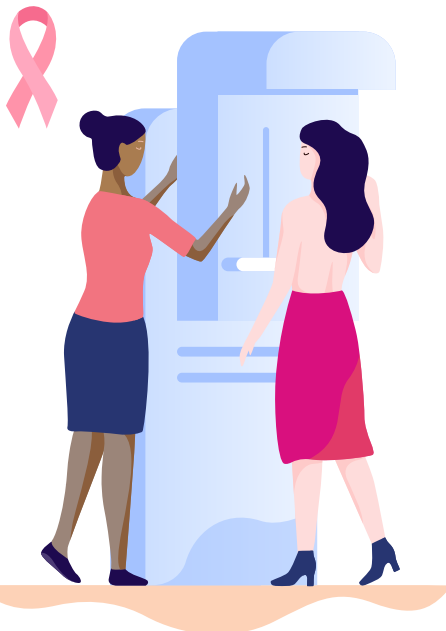


Endometriosis and infertility

- Endometriosis is commonly linked to female infertility.
- Between **24% and 50%** of women with infertility have endometriosis. Infertility can be temporary if endometriosis is mild.
- Treatments to reduce endometriosis and remove scar tissue can help a woman become pregnant.

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/endometriosis>

BREAST HEALTH AND MAMMOGRAPHY RECOMMENDATIONS



Breast cancer is a disease where cells in the breast grow out of control. Cells can be spread outside of the breast through blood vessels and lymph vessels.

Breast cancer screening allows doctors to catch it in its early stages. Early detection of breast cancer has been proven to have significantly higher survival and cure rates. It also helps to prevent cancer from spreading.

Screening Recommendations

- Women between the ages of **40 to 44** should begin annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- Women between **45 to 54** should get mammograms **every year**.
- Women **55 and older** should switch to mammograms **every 2 years**, or can continue yearly screening.

In addition to routine screening, adult women of all ages are encouraged to perform self-breast exams at least **once a month** at home.

Forty percent of diagnosed breast cancers are detected by feeling a lump, so establishing a regular breast self-exam is very important.



<https://bit.ly/43vEpUg>