

Report on Lecture on “Challenges of Middle age Women in Balancing Healthy Lifestyle” by Women Empowerment Cell

Menopause is nothing new, but it’s still strange and confusing for many – if not most – of the women. In turn, there’s a lot of misinformation out there, and that means there are many women who struggle much more than they need to. These menopause myths can even be dangerous: since chances of contracting osteoporosis and cardiovascular disease rise after menopause, it’s important that all women understand the physiological and emotional symptoms to expect in order to protect against the risks. To raise awareness about the realities of menopause, the Women Empowerment Cell of Aurora’s Degree & Pg College, organized an Awareness Lecture on “Challenges of Middle age Women in Balancing Healthy Lifestyle” by Dr. N. Rashmi, Gynaecologist & Obstetrician, Hegde Hospital’s, Madhapur, Hyderabad on 22nd December, 2018 at Aurora’s Degree & Pg College, Block VI at 11am for women faculty.

Dr. Rashmi explained about Managing Menopause: an overview of the symptoms and an update on the Therapies.

In her lecture some of the important points about the General Health Maintenance are: **Menopausal medicine** includes general health screening, including pelvic examination with PAP smear, clinical breast exam, mammography, dual-emission X-ray absorptiometry (DEXA) to screen for osteoporosis, fecal occult blood testing, sigmoidoscopy/colonoscopy, and blood tests including lipid and thyroid screening.

After the talk, some of the faculty interacted personally and clarified their queries.



