Signs and Symptoms Women Should not Ignore

Changes in breast tissue, including lumps or nipple discharge.

Pelvic pain or discomfort, especially if unrelated to menstruation may signal Changes in menstrual cycle: Irregular periods, and unusually heavy or painful periods

Constant fatigue accompanied by weakness, tiredness and lack of energy



Persistent joint pain or swelling, especially if it interferes with daily activities

Frequent urination may be indicative of Urinary Tract Infections (UTIs) or other bladder issues

Vaginal bleeding after menopause

Chest pain or discomfort which can indicate heart disease



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