

Watch out for issues in Women's Health

Adolescent stage

- Menstrual
 - irregularity
- Nutritional deficiency
- Urinary Tract Infection (UTI)



Childbearing stage

- Menstrual irregularity
- Polycystic Ovary Syndrome (PCOS)
- Infertility
- Maternal health
- Anaemia



Pre menopausal stage

- Fertility decline
- Hormonal
 - fluctuation
- Erratic menstruation
- Weight gain



Postmenopausal stage

- Cardiovascular issues
- Osteoporosis
- Mental health issues
- Weight changes

