

Women's Health- Issue to watch out

Adolescent stage

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



Childbearing stage

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



Pre menopausal stage

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



Postmenopausal stage

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

