



HEALTH *with* Dr. A. Kumar

8 Preventive Steps for Women for Good Health

In the everyday challenging life style, there are many threats to the health of a woman but fortunately, these are preventable. If the women understand and practice the following, they can live a healthier and longer life :

1. Cancer : Women are vulnerable to breast, lung, skin and colorectal cancer. Consider the following remedial measures to prevent the risk :

- **Don't smoke.** Tobacco puts everybody on a collision course with cancer. Also avoid exposure to second-hand smoke.

- **Maintain weight.** Maintaining weight also lowers the risk of various types of cancer.

- **Physical activity:** The physical activity plays an important role in lowering the risk of certain types of cancer.

- **Eat plenty of fruits and vegetables.** Eating coloured fruit and vegetables like orange, papaya, spinach, mustard, broccoli, carrots, etc. may also help.

- **Protection from the sun.** When outdoors, cover up and use plenty of sunscreen.

- **Stop or Limit alcohol :** The chances of breast, colon, lung, kidney & liver cancer — increase with the amount of alcohol consumed & the length of time it is consumed.

- **Breast-feed, if you can.** Breast-feeding may help reduce the risk of breast cancer.

- **Take early detection seriously.** Consult doctor for regular mammograms and other cancer screenings.

2. Heart disease : Today the

Heart disease is also a major women's health threat. Take charge of heart health by making healthier lifestyle choices. For example:

- **Don't smoke.** Direct and indirect smoking increases the chances of heart problems.

- **Healthy diet.** Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein, like fish. Also limit foods high in saturated fat and sodium.

- **Manage chronic conditions.** If you have high cholesterol, high BP or diabetic conditions, always follow doctor's treatment recommendations.

- **Physical activity :** Choose sports or other activities you enjoy like brisk walking dancing etc.

- **Maintain weight.** Extra pounds increase the risk of heart disease.

- **Stop or limit alcohol.** Alcohol can raise blood pressure leading to other problems also.

- **Manage stress.** Stress is dangerous. Take steps to reduce stress — or learn to deal with stress in healthy ways.

3. Stroke : Though some stroke risk factors, such as family history, age and race etc. can't be controlled, still take care of other contributing factors like:

- **Manage chronic conditions.** If you have high cholesterol, high BP or diabetic conditions, always follow doctor's treatment recommendations.

- **Don't smoke.** Direct and indi-

rect smoking increases the chances of stroke.

- **Make healthy lifestyle choices :** Eat healthy diet, limit foods high in saturated fat & cholesterol. Include physical activity in daily routine & maintain a healthy weight.

- **Limit or stop alcohol.** Alcohol is always bad, stop or limit its intake.

4. Chronic lower respiratory diseases : Chronic lung conditions include bronchitis & emphysema also are a concern for women. To



protect your respiratory health:

- **Stop smoking:** If you smoke, take doctor's help to quit.

- **Steer clear of pollutants.** Minimize exposure to chemicals and outdoor air pollution.

- **Prevent respiratory infections.** Wash hands often and get a yearly flu vaccine. Ask doctor whether you need a pneumonia vaccine as well.

5. Sexually transmitted & other

diseases : The STDs can cause serious health problems and are preventive if taken the following steps :

- **Remain loyal :** Leading life with one partner is always blissful, healthy and mentally satisfying. Remain loyal to your partner and teach your partner to remain loyal to you.

- **Use of condoms :** When the family is complete and more children are not required, use of condom is the best and the easiest way to remain away from STDs.

- **Maintain hygiene :**

Women's reproductive system is very complicated. It is better to maintain hygiene, regularly wash genitals, use cotton undergarments and get regular check ups. All

this can prevent the onset of white discharge or leucorrhoea.

- **Healthy diet :** A balanced and healthy diet is the key to the good health. Avoid hot, sour and foods made of white flour like nan, spaghetti, noodles, pasta, pizza etc.

6. Alzheimer's disease : There's no proven way to prevent Alzheimer's disease, however, consider taking these steps:

- **Manage chronic conditions.** Conditions like high BP, high cholesterol, heart disease, stroke and diabetes may increase the risk of developing Alzheimer's, so manage them.

- **Don't smoke.** Some research suggests a link between smoking and Alzheimer's.

- **Include physical activity in your daily routine.** Any activity really helps.

- **Maintain social and mental fitness.** Stay socially active. Practice mental exercises. Take steps to learn new things.

7. Diabetes type 2 : It is the most common type of diabetes. Poorly controlled diabetes can lead to heart disease, eye problems, nerve damage and other complications. Prevention is better and not difficult just get serious about your lifestyle choices. Eat a healthy diet. Include physical activity in your daily routine. If you're overweight, lose excess pounds and remain away from stress.

8. Accidents : It has been seen that Motor vehicle crashes are a leading cause of fatal accidents among women. To stay safe on the road, use common sense. Wear your seat belt. Follow the speed limit. Don't drive under the influence of alcohol or any other substances, and don't drive while sleepy.

Conclusion : With the time, life styles have changed and hence, it's important to understand how to remain healthy. It is simple. Just chose a healthy diet, stay physically active, quit smoking, get rid of alcohol, manage stress, control weight and get regular checkups. Such simple preventive measures can go a long way toward reducing your health risks.

Contact Dr. Kumar for any free advice through the Asian World email.

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BOWEL CANCER RISK DOUBLES FOR MEN

Men's chances of getting bowel cancer in Great Britain have doubled since the mid 70s - according to new figures* released today by Cancer Research UK.

Their lifetime risk has increased from around one in 29 to around one in 15. And for women bowel cancer risk has risen by more than a quarter going from one in 26 to one in 19.

In 2008 there were around 21,500 cases of bowel cancer diagnosed in men compared with around 11,800 cases in 1975. There were around 17,400 cases of bowel cancer in British women in 2008 compared with around 13,500 in 1975.**

But there is good news about survival. Half of all patients diagnosed with bowel cancer now survive the disease for at least 10

years (around 50 per cent) – double the number who would have done so in the early 70s (around 23 per cent).***

Other figures, released today by Cancer Research UK, show that men generally are more at risk of getting cancer – 42.2 per cent develop the disease compared to 38.8 per cent of women.

These calculations are based on a new method of predicting the lifetime risk of developing cancer – published today by the charity's researchers in the British Journal of Cancer.**** This method is a far more accurate way of calculating lifetime risk as it takes into account people who may get cancer more than once in their lifetime to ensure they are not counted twice. The method also adjusts for

the fact that people can die from something other than cancer before they have a chance to be diagnosed with the disease.

Professor Peter Sasieni, study author and Cancer Research UK epidemiologist, said: "As people are living longer the numbers getting cancer have increased and the lifetime risk of developing bowel cancer has gone up.

"Lifetime risk is a complex issue but it allows us to estimate the sheer number of people who will develop cancer by predicting the chance of getting the disease between birth and death based on today's cancer incidence rates and death rates from cancer and other causes. For some cancers including bowel – the risk of cancer in the next 10 years will be much higher

for people in their 50s and 60s. But if someone reaches their late 70s and hasn't yet developed the disease then their risk of getting it during the rest of their lifetime is lower than their risk at birth."

Sara Hiom, director of health information at Cancer Research UK, said: "An ageing population as well as changes in lifestyle have both led to more people developing cancer than a generation ago.

"But even though the chances of getting the disease have increased in the population there are many ways that people can cut their own risk. You can reduce your risk of bowel cancer by keeping a healthy weight, being physically active,

eating a healthy diet that's high in fibre and low in red and processed meat, cutting down on alcohol and not smoking. It's also important to take up the opportunity to take part in bowel screening when invited.

"And the good news is that even though more people are developing bowel cancer, more people are surviving the disease. There are many reasons for this including earlier diagnosis improved surgical techniques and better treatments many of which have been developed through our research."

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