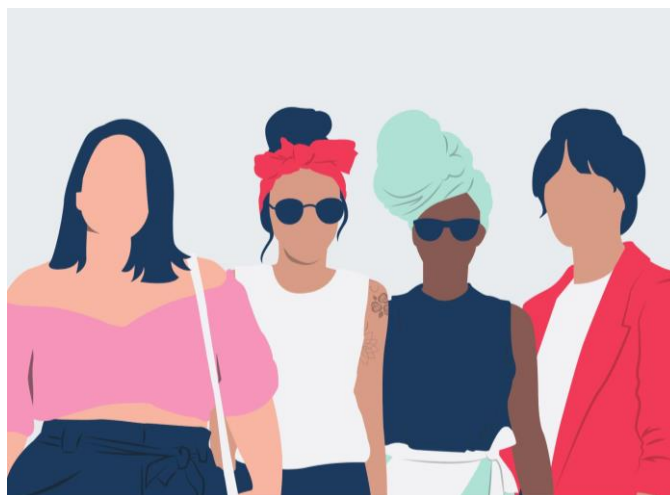


International Women's Day

March 8 is International Women's Day! The month celebrates women all around the world and brings awareness to the various health issues faced by many women. This awareness is important as bringing attention to women's health and wellness allows to make better decisions and creating programs for women to lead a vibrant and fulfilling life. Below are five important topics about women's health

- 1) Compared to men, women aged 65+ are more likely to be newly diagnosed with chronic diseases such as Osteoarthritis, Osteoporosis, Dementia, Asthma, and Rheumatoid arthritis.
- 2) Birth control or oral contraceptive cause changes in women's general health as well as in nutritional needs. Birth control has been shown to deplete nutrients such as folic acid, several vitamins, magnesium, selenium, and zinc
- 3) All women are at risk of breast cancer. Screening tests are a great tool to detect cancer early.
- 4) PMDD is Premenstrual dysphoric disorder which occurs in about 5% of women, this health problem is similar to premenstrual syndrome but is more serious and causes severe irritability, depression, or anxiety, in the week or two before the start of the menstrual cycle.
- 5) Pregnant women are at a higher risk of anemia which can cause extreme fatigue, weakness, shortness of breath and chest pain.

Bringing awareness to these health topics is essential for prevention, early detection, and targeted therapy. Awareness also encourages women to make healthier lifestyle choices that can prevent certain health problems and lead to an overall content life.



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