

Happy 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 all of us to make better decisions in making sure women lead vibrant and fulfilling lives. Below are five important topics about women's health:

- 1) Compared to men, women aged 65 and older are more likely to be diagnosed with chronic diseases such as osteoarthritis, osteoporosis, dementia, asthma, and rheumatoid arthritis.
- 2) Birth control or oral contraceptives cause changes in women's general health as well as in their 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 - ask your doctor if you are unsure about what this is and when you should do it.
- 4) Premenstrual dysphoric disorder, which occurs in about 5% of women, is a health problem that is similar to premenstrual syndrome but is more serious and can cause 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 developing 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 hopefully help prevent certain health problems and lead to an overall healthier life.



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