

# Top 5 health concerns for women

Below outlines the top 5 health concerns women are faced with. These health concerns can be controlled and/ or avoided by visiting your doctor and having a chat with him/her every now and again to discuss your family medical history, being educated on health issues and paying attention to your body.

## 1. Heart disease

Heart disease is the leading killer of both men and women. A preventable killer, heart disease is often left too late as many tend to ignore its symptoms. Women in their 60's die from heart disease on a daily basis however no one expects to die because, 'that's too young in this country'. Symptoms for heart disease in women are typical, yet get overlooked often by women, who have the symptoms, and their doctors.

*Symptoms include:*

*Anxiety, Chest discomfort, Cough, Dizziness, Fatigue, Nausea, Rapid or irregular pulse, Shortness of breath, Sweating, Swelling and Weakness.*

## 2. Breast Cancer

Breast cancer is the most common cause of cancer in women and the leading cause of death for women. The fear of breast cancer prevents many women from getting a mammogram or being breast screened, however if caught early, it can be treated.

Women aged 40 and over should have yearly mammograms, while women in their 20s and 30s should get a Clinic Breast Exam (CBE) about every 3 years.

Women should know how their breasts normally look and feel and report any breast changes to a health care provider right away. Breast self-exam (BSE) is an option for women starting in their 20s.

## 3. Osteoporosis

Osteoporosis refers to a medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of hormonal changes, or deficiency of calcium or vitamin D.

The body builds up most of bone mass until the age of 30. New bones then stop forming and the focus is shifted to the maintenance of old bones. As much as the body will do what it can to maintain old bones, you have to provide it with essentials

too, such as calcium and weight bearing physical activity. Speak to your doctor about how to prevent osteoporosis.

## 4. Depression

The National Institute of Mental Health reports that about 12 million women are affected by a depressive disorder each year compared to about 6 million men. Women crave a significant other, without this, they tend to get depressed. Sometimes hormonal changes can also trigger this condition, particularly pregnancy.

If you have the below symptoms you may be depressed and should consult with your doctor.

- Feelings of helplessness and hopelessness.
- Loss of interest in daily activities.
- Appetite or weight changes.
- Sleep changes.
- Anger or irritability.
- Loss of energy.
- Self-loathing.
- Reckless behaviour.
- Concentration problems.

## 5. Autoimmune Diseases

Autoimmune diseases (AIs) develop when the body's immune system mistakes healthy cells for harmful foreign ones and attacks them.

Autoimmune diseases are a group of disorders in which the immune system attacks the body and destroys or alters tissues. About 75% of autoimmune diseases occur in women.

Statistics are unclear however there could be more than four million South Africans currently living with one or more Ais.

Since autoimmune diseases are not very well understood, pinpointing specific risk factors is difficult. Symptoms can also be nonspecific, hampering proper diagnosis. However, if you know something is wrong with you or a loved one, it's important to become an active health advocate.

## References

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**"We need to recognise South Africa's successful female leaders and present them as role models to aspiring South African women". - Gauteng Govt. 13 Aug 2012**

**This month we focus on:**



- **Women's Month**



This is a note to all of us males! We are celebrating National Woman's day this month. One thing for sure is that every one of us owes our existence to our Mothers. They carried us for 9 months and gave birth to us. Let's take a moment and reflect on the role of Women in our lives! Let's question why our South Africa Women are vulnerable to abuse. Let's reduce

the terrible statistics of rape and abuse against women in our country, so one day we can be proud that South Africa will be a land where women live safe, unthreatened lives.

*Dr. RB Malkin*

*South Africa honoured August as 'Women's month' in 1956 as a tribute to the thousands of women who marched to the Union Buildings on 9 August 1956 against the extension of Pass Laws to women.*

*The historic day brought equality between men and women in the struggle for a non-racial and non-sexist South Africa. Since this day government has tried to empower women in the political, public and educational sectors.*

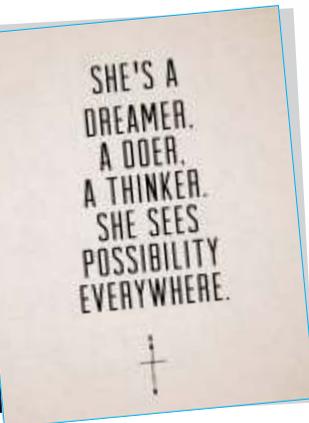


In honour of women, we'll be touching on how women can become successful, creative business women. We also highlight the top 5 health concerns for women with the hope of educating all women of the risks that come with these health issues. This one is for the ladies!

## The top 10 traits of successful, creative businesswomen

Inequality, unequal pay and lack of women at boardroom level are a known reality. As much as this is getting less over time, it is still a challenge business women have to face.

If you are a woman who wants to start her own business in future, the below highlights 10 top traits that could more than likely create a successful you!



### 1. Self-belief

Self-belief is probably one of the best traits a successful business woman can have. If you don't believe you can succeed, you probably won't get very far.

If you think you can, you can. And if you think you can't, you're right. Believe in yourself at all times!

### 2. Ambition

Have you ever seen a successful woman with no ambition or direction? I think not!

To have something you have to really want it. Never settle for second best and always strive to be the best. Push forward and always aim for the top. What's stopping you?

### 3. Confidence

Confidence is important if you want to win clients and build a profitable business. It will win people's respect, earn their trust and gain you a solid reputation.

When walking into any room, hold your head up high and stand tall.

### 4. Passion

Those who are successful often enjoy what they do. This is called passion! Oprah Winfrey suffered a difficult childhood, and then built a career around her passion to help others. Find your own passion, believe in it and turn it into something you can really be proud of.

### 5. Humility and a willingness to learn

When you run your own business there is no time to rest. To be successful you must always crave new things and want to learn more.

In addition to this, successful businesswomen will always be humble. They'll never be afraid to admit they don't know everything and will always strive to boost their skills.

### 6. Use of purpose

Are you destined for good things? Successful businesswomen feel as if they have a purpose and to fulfil this purpose.

Just like women like Basetsana Kumalo, editor of Billing Magazine and Executive Chairperson of Billing's production company Tswelopele Media. She believed she had a purpose in life. She wanted to make a difference, and she did.

### 7. Assertiveness

Successfulness comes with assertiveness. Women were taught to be respectful and lady like, however you can still be a lady and assertive at the same time. Assertiveness earns respect. Use this quality by being fearless, speaking with authority and purpose.

### 8. Hard work

Hard work is the secret to success. You have to be prepared to work long hours and sacrifice your spare time to build up a business. If you put all of your effort into starting a business you are more likely to succeed.

### 9. Bravery

In any business, you will face challenges. It takes guts to deal with every challenge that may come your way and therefore you need to be brave!

You have to constantly push yourself out of your comfort zone to move forward, boost confidence and succeed. Take risks and accept that when things go wrong, you can always survive and turn things around. Be brave and you will never look back.

### 10. Persistence- never give up!

To be a successful businesswoman, you have to keep going and never give up.

There will be days when you feel like sticking your head in the sand. But when you're feeling down, remember why you went solo in the first place. Remind yourself of all the things you've achieved. Stick at it because the next best goal you meet could be just around the corner.

