

Women's Health in the 21st Century

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INTRODUCTION

Resulting from basic gender related and biological contract between man and woman, there occurs outstanding health impacts knock. That for women is of particular interest in the world because of the disadvantaged position the women race finds themselves, resulting from sociocultural and economic factors that increase their vulnerability.

AIM:

Attendees will traverse through the interaction between the physical, mental, and spiritual health of the woman and why they are all important.

- This session is focused on bringing up why there should be an emergency response to combat the negative health outcomes for women
- Participants will be educated on the need to take the bull by the horn and re-strategize for a balance in their lives.

MATERIALS AND METHODS:

Women have many unique health concerns that may result in different issues when altered, ranging from menstrual cycles, pregnancy, birth control, menopause; and that is just the beginning. Several health issues affect only women and others are more common in women. What is more, men and women may have the same condition, but different symptoms. Many diseases affect women differently and may even require distinct treatment. There is a growing research highlighting the relationships between what we feed our lives with and our overall health

RESULTS:

According to Statistics Canada, in a research conducted in 2009 and reviewed 2011, this comprehensive finding investigated several areas of women health and found many concerns with these as few of them: 50% of women aged 65 and over reported they had arthritis, compared with 32% of men. 40% of women and 45% of men in Canada will develop cancer during their lifetimes and one in four Canadians will die of cancer

Approximately 2.5 million females aged 12 and over (17%) reported being diagnosed with high blood pressure, compared with 2.3 million males (16%) Indeed, in that year, nearly two-thirds of diagnosed mood disorders were reported by women.

CONCLUSIONS:

These interrelated conditions have been found out to be manageable or preventable, there is an urgent need for awareness, information, and education for the general public and individuals to take charge of their lives through holistic preventative measures. Working through basic needs like self-care, spirituality, relationships can be a good way of combating this menace.

KEYWORDS:

Spirituality

BIOGRAPHY:

Azeezat is a holistically minded health and nutrition expert, author, speaker and international development program manager with more than ten years of experience in nutrition and health, mind-body health, weight loss, mental health and clinical research. She is a US Certified Health Coach whose transformational weight loss story of 120lbs has helped many women achieve similar results; getting back their voices and being happy – literally and figuratively – to achieve greater physical, mental, and emotional resilience so that they look, feel and perform their absolute best. Blending her bio- medical expertise with cognitive science and her own health struggles, she has lectured throughout the world on health topics, teaching communities and health professionals with compassion and a unique perspective. Her passion is bringing forth a whole-self approach to health and bridging the gaps between food, science, soul and connection in medicine.