

# WELL WOMAN

# HEALTH

# CHECK

*Information  
for  
Women*

**FERNANDEZ**  
HOSPITAL PVT. LTD.

Healthcare for Women & the Newborn

Bogulkunta, Hyderabad - 500 001

Ph : 040 - 40222300 / 24756997 Fax : 040 - 24753482

Email : healthcheck@fernandezhospital.com

Web : www.fernandezhospital.com

## GENERAL HEALTH

Most women grossly neglect their health once they complete their pregnancies. They attend urgently to the more pressing and important needs of their spouses and children. In doing so, without their knowledge, they start living with their problems. Here is an opportunity to have a general health checkup and cancer screening which will help you discover certain hidden problems, if present, which could be sorted out by investigations and consultation.

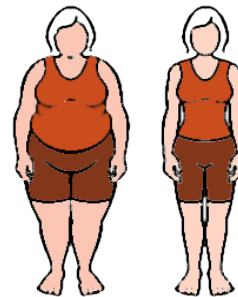
The problems could be an increased frequency of urine or loss of control, a nagging white discharge or abdominal pain, which women may not take seriously. They can be warning signals. At times women above 40 years think heavy periods are normal (it's a misconception). Backache and irregular cycles should not really be ignored. An annual pelvic ultrasound examination many a time prevents serious health problems.

## OVERWEIGHT AND OBESITY

Fat around the middle of the body is the most common finding in women over 40.

### Obesity

Overweight and obesity are defined as abnormal or excessive fat accumulation that present a risk to health. A crude measure of obesity is the body mass index (BMI), [a person's weight (in kilograms) divided by the square of his/her height (in metres)]. A person with a BMI of 30 or more is generally considered obese. A person with a BMI equal to or more than 25 is considered overweight.



Overweight and obesity are major risk factors for a number of chronic diseases, including diabetes, cardiovascular ailments and cancer. Once considered a problem only in high income countries, obesity is now dramatically on the rise in low- and middle-income countries, particularly in urban settings.

## CANCER SCREENING

Cancer has become an important public health problem with over 800,000 new cases occurring every year, and is now one of the leading causes of death in India.

Cancer incidence in India is estimated to be 70 - 90 per 100,000 population. Cancer registries have also highlighted that more than 80% of cancer occurs in the age group of 35 - 64.

## CERVICAL CANCER

The cervix is the lower part of the womb (uterus). The body of the uterus carries the fetus. The cervix connects the womb to the birth canal (vagina).

More than 70,000 new cases of uterine cervix are reported in India every year and more than 75,000 Indian women die annually from cervical cancer.

The majority of women lack both awareness about the disease and access to prevention and treatment facilities.

Changes that a woman should look out for are :

- ◆ Abnormal vaginal bleeding (Foul smelling white discharge)
- ◆ Bleeding following sexual intercourse
- ◆ Pain during sexual intercourse
- ◆ Urinary problems

It is important to note that there is a wide gap between abnormal changes in the cervix and

actual cancer disease, thus, giving us enough time to tackle the problem in its bud stage, if detected early.

## BREAST CANCER

Over 75,000 new cases of breast cancer occur every year. Screening for breast cancer before symptoms manifest, can be important. Screening can help doctors find and treat cancer at an early stage.

Your doctor may suggest the following screening tests for breast cancer.

- ◆ Screening mammogram
- ◆ Clinical breast examination
- ◆ Breast self examination

Initially breast cancer may not cause any symptoms. A lump may be too small to feel or to cause any unusual changes that you can notice on your own. Often, an abnormal area gets detected after a screening mammogram test, which leads to further examination.

## ENDOMETRIAL CANCER

Every year 4,000 - 40,000 new cases of endometrial cancer occur.

Endometrial cancer, sometimes referred to as Uterine cancer, is more common in obese, diabetic and nulligravidae. It arises from the endometrium, or lining of the uterus.

Usually heavy menstrual flow and blood stained watery discharge are suspicious characteristics that need immediate attention.

## OVARIAN CANCER

Ovarian cancer is called a “silent killer” because symptoms do not develop until the disease has

advanced and the chance of cure or remission is poor.

In early stages ovarian cancer is associated with nausea, vomiting and loss of appetite. Every year 24,000 - 64,000 new cases of ovarian cancer occur.

Watch out for these symptoms:

- ◆ Increased abdominal size
- ◆ Persistent abdominal bloating
- ◆ Pelvic and/or abdominal pain
- ◆ Difficulty eating/feeling full quickly.

Other symptoms such as urinary problems, changes in bowel habits, extreme fatigue or back pain may also be experienced. It is unlikely that these symptoms always lead to ovarian cancer, but if one has any of these for longer than three weeks one should see the doctor.

## VULVAR CANCER

Vulvar cancer usually accounts for 4% of all gynaecological signs and symptoms.

Typically a lesion is present in the form of a lump or ulceration, often associated with itching, irritation, sometimes local bleeding and discharge or whitening of the skin.

## DOs / DON'Ts

- ◆ A prior appointment is necessary.
- ◆ Ensure you have been fasting for a minimum of 10 hours prior to check-up.
- ◆ Bring all your medical reports.
- ◆ Please inform us if you have a history of diabetes.
- ◆ It is advisable not to undergo any health check during your menstrual cycle.
- ◆ Please drink plenty of water before coming for the check-up.

## PACKAGE DETAILS

Preferably for ladies above 35 years or as advised by the consultant.

Lab Investigations

- ◆ FBS
- ◆ Creatinine
- ◆ Lipid profile (with cardiac risk ratio)
- ◆ Complete blood count (CBC)
- ◆ Complete urine examination (CUE)
- ◆ Test for thyroid function (TSH)

Gynaec Examination

- ◆ Ultrasound abdomen / pelvis
- ◆ Pap smear
- ◆ Breast examination
- ◆ Mammography

Clinical examination and consultation by gynaecologist.

## TIMINGS

Daily from 07:00 am to 09:00 am.

## CONTACT DETAILS

Appointments : Ms. Roopa Khanna, 8008902039

Counselling : Ms. Sumathi Satish, 8008902043

Email : [healthcheck@fernandezhospital.com](mailto:healthcheck@fernandezhospital.com)

*Cost of  
Health Check Package  
Rs. 2,900/-*