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### Legal Disclaimer

- Information is for general & informational purposes only
- Content is not, nor intended to be, a substitute for professional, legal, or clinical advice
- While we strive to make the information as timely & accurate as possible, we make no claims, promises, or guarantees about the accuracy, completeness, or adequacy of the information contained, & expressly disclaims liability for errors & omissions

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### Course Objectives

- Students will be able to verbalize what a women's health clinic is important
- Students will be able to verbalize what women health clinic is
- Students will be able to verbalize what women health clinics typically offer
- Students will be able to verbalize what niche services can a women's health clinic offer

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## Why is This Important?

### *Women's Health is an Important Issue for Females Everywhere*

- It's important for women to get wellness exams on a regular basis
- It's also crucial for women to be attentive to any potential signs of anything that may be out of the ordinary
- Should be a big focus in any female's life
- That's why it's important for women to understand the advantages of getting well
- These checks can in some cases even save lives
- Number of illnesses that affect women can actually be prevented when proper well woman care is a priority
- Women who prioritize well woman care are also less likely to develop sexually transmitted illnesses & experience unwanted pregnancy




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## What is Women's Health?

Women's health refers to the branch of medicine that focuses on the treatment & diagnosis of diseases & conditions that affect a woman's physical & emotional well-being




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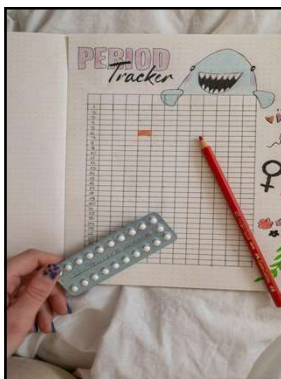
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## What Does Women's Health include?

- Women's health includes a wide range of specialties & focus areas, such as:
  - Birth control
  - Sexually transmitted infections (STIs)
  - Gynecology
- Breast cancer, ovarian cancer, & other female cancers
- Mammography




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## What is a Women's Health Clinic?

- Focused on providing care to women in order to empower & strengthen a woman's overall health
- Helps women achieve physical & emotional wellbeing during all stages of life by promoting a positive image of women & providing a new perspective on the body
- Offer a variety of health-related services & health education
- Health-service clinic for preventive monitoring, health education, & advice for women




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## Types of Women's Health Clinic



### Gynecology Clinics

Referrals to this clinic can be made either from local health clinic &/or from private general practitioner




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### Antenatal Clinics

- Essential for protecting the health of women & their unborn children
- Through this form of preventive health care, women can learn from skilled health personnel about healthy behaviors during pregnancy, better understand warning signs during pregnancy & childbirth, & receive social, emotional & psychological support at this critical time in their lives




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### Postpartum

- Care for mothers into their 6th week of post delivery
- They provide advice on episiotomy &/or cesarean wound care, breastfeeding, contraception & pap smear screening

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### Contraception



- Also known as family planning are methods available in our polyclinics include:
- Oral contraceptive pills
- Contraceptive injections
- IUDs
- Nexplanons

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### Common Types of Visits at Women's Health Clinics

#### *Clinical Breast Exam*

- While it's important for every woman to give themselves a self-exam monthly, having this done in a clinical setting is just as important
- Imperative for women over the age of 40




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### Overall Physical Health

- Women between the ages of 13-15 should visit a health care provider every year for a physical exam
- Physical exam will help determine the body mass index, obtain vital signs & give a general assessment of overall health




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### Pregnancy Related Visits

- Most women don't have an assigned obstetrician
- In fact, an estimated 65% of pregnant women receive care from multiple providers




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### Irregular Menstruation

- If have concerns about menstruation cycle, then patient need to visit a women's health clinic as soon as possible
- If ignored a problem, it could lead to reproductive problems later in life




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### Change in Vaginal Discharge

- Like menstruation, vaginal discharge is something else that should keep an eye on
- Should be on the lookout for a strange odor or unusual discharge from vagina, as both of these can be indicators that have an infection
- If it's left untreated, the problem can worsen, leading to other health problems
- It's important to visit a women's health clinic as soon as possible

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### Painful Cramps or Sex

- Everyone has varying pain tolerances, but if have particularly painful cramps or if sex is painful, then patient should visit a women's health clinic
- It's not normal to take pain relief every month or every time having sex
- This pain could be a sign of an existing problem that a healthcare could identify & treat




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### Conclusion

- Women who prioritize well woman care are also less likely to develop sexually transmitted illnesses and experience unwanted pregnancy
- A women's health clinic helps women achieve physical and emotional wellbeing during all stages of life by promoting a positive image of women and providing you a new perspective on your body




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