

# **Nip in the Bud... Before it is too late!**

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It has been rightly said that it is better to stop or discontinue something bad or unwanted before it establishes itself. The same applies to some grave health issues that many women may suffer from. Those can be nipped in the bud if women do not ignore them and take good care of themselves. It is important to detect the problems early and get rid of them before serious illnesses set in.

## **The Agonies and Ignorance**

Women usually do not pay heed to their health. They keep themselves so engrossed in fulfilling their responsibilities that they keep their own health at bay. A woman, whether working or a housewife, usually overworks and remains over-burdened. Her attention is always pulled away from her own well-being to focus on her household chores, child care duties and work obligations. She doesn't get the requisite time to take care of herself. Meanwhile, still if her deteriorating health or ailing body gives signs, those are overlooked. It has been seen that even if the woman tells about her sicknesses to others then those are easily brushed off by them. They are often told that it is all because of hormonal imbalance or may be it is only in their heads! It happens so much that upon hearing this again and again, a woman also starts ignoring her symptoms and becomes careless for her own health after some time. She doesn't get the requisite attention and care. It has also been observed that females are occasionally under-diagnosed<sup>1</sup> or under-treated and may even be given wrong treatment. This might be due to the fact that most studies pertaining to diagnosis and management of diseases might have been done on males taken as standard worldwide<sup>2</sup>. Every so often either their symptoms are dismissed or they are not taken care of seriously to get the appropriate treatment. Here lies the 'bud' that is to be prevented to develop. Women must be given appropriate medical attention and care early in the course of ailment. Caution must be taken to not allow a minor condition to become a big problem.

## **The Lack of Decision-Making**

In many societies, women are not the decision-makers. Neither are they allowed to decide for 'minor' things, nor to take 'big' steps. Even when they make up their mind regarding the health care they need, their decision is not taken seriously, sometimes

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even doubted. The worst part is that the ladies also presume the case and most of the time, do not express what they think of and at other times, they do not be firm on their own decisions. They easily give up and readily accept other's verdicts related to her.

### **The Resistance**

Many-a-times it has been seen that a woman herself becomes her own greatest enemy. If her family and friends want to help her, they face resistance from her. If proper medical treatment and facilities are been made available for her, the woman denies owing to absurd reasons, known best only to her. Hesitation, anxiety, fear, ignorance, distress, doubts, apprehensions, etc. all lead to resistance.

### **What can be done?**

It is important to ensure good health of a woman as a healthy woman ensures a healthy family. It is extremely imperative to handle the problem when it is still minimal to deter a predicament. It can be achieved through:

- Wider dissemination of knowledge related to physical and mental well-being
- Knowledge about maternal and reproductive health
- Increased awareness on women health issues and care
- Camps and special drives for rural women
- Campaigns to bring social change
- Preventive guidelines and advisory especially for women
- Proper nutrition and care right from the childhood
- Easy access to good healthcare
- Early detection of problems, their exploration, diagnostic studies and trials
- Better medical assistance and other health related facilities
- Appropriate targeted treatment
- Reduction of gender, cultural and behavioural differences
- Women education and empowerment
- Encourage women to break their hindrances and confidence building

### **What a woman must do?**

- Don't ignore your body signs
- Trust your inner self



- **Keep a check on your health and maintain your own health record**
- **Consult a medical practitioner whenever necessary and as early as possible**
- **Be honest with yourself**
- **Be informed and acquire the requisite information**
- **Shed your fears, clear your doubts and apprehensions**
- **Overcome your hindrances**
- **Make decisions for yourself and stay firm on them**
- **Be perseverant and follow-up the advice and/or treatment**
- **Believe in yourself**
- **Stay optimistic**

### **References**

1. <https://woodruffmedical.edu/four-conditions-underdiagnosed-in-women/>
2. <https://www.webmd.com/women/news/20180607/why-women-are-getting-misdiagnosed>

