



Women's health issues

With [Cervical Screening Awareness Week](#) starting on 14 June, we're focussing this month on how women can manage some of the key female health issues - and just as importantly how they can be prevented in the first place.

Osteoporosis

Although a weakening of the bones is a natural part of ageing, osteoporosis can occur earlier in life due to many reasons including menopause, certain medications or conditions and a poor lifestyle.

Keeping active, eating healthily, minimising alcohol intake and not smoking are your go-to lifestyle choices to prevent osteoporosis as well as taking a daily vitamin D supplement.

[Find out more about osteoporosis.](#)

Depression

Women appear to be twice as likely as men to suffer from depression and tend to experience it earlier in life - at least partly due to fluctuating hormone levels related to periods, pregnancy, and the menopause as well as hormonal medications such as HRT and the contraceptive pill.

A healthy lifestyle is known to help with depression, especially keeping physically active and treatments include cognitive behaviour therapy and anti-depressant medication.

Depression can be very disabling so seeking help can be difficult but remember that help is out there and a great place to start is often a simple chat with your doctor.

[Find out more about depression.](#)

Menopause

Menopause is associated with a major rebalancing of the sex hormones and occurs on average from around the age of 50 leading to a wide range of uncomfortable and inconvenient symptoms.

The first line of action is a healthy diet and regular activity along with specific techniques to manage the individual symptoms. Hormone replacement therapy can also manage the symptoms by restoring oestrogen levels.

[Find out more about menopause.](#)

Cancer

Breast and cervical cancer are the two most common cancers in women aged 25-50. As with most cancers they are significantly preventable through a combination of self-examination, regular screening and healthy lifestyle choices - especially keeping physically active, eating healthily, moderating your alcohol intake and not smoking.

The NHS has a national screening programme for [breast cancer](#) and [cervical cancer](#) - both of which can be treated far more successfully if picked up at an early stage.

[Find out more about breast cancer.](#)

[Find out more about cervical cancer.](#)

Screening and protection

Key female health issues aren't always exclusive to women of course - in fact, did you know that more women die of strokes than men and that heart attacks kill twice as many women as breast cancer?

So remember to take advantage of the NHS's extensive range of screening and prevention programmes which cover bowel cancer, heart disease, stroke, hypertension, diabetes, kidney disease and dementia.

[NHS screening programmes.](#)

[The NHS Health Check.](#)