



A Woman and Her Health

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What is Health ?

According to World Health Organization, health is defined as a **state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.**

Who is a Woman

- **According to the scripture : Genesis 2:23.** A woman is an adult human female. Women typically have two X chromosomes and possess reproductive anatomy that includes structures such as ovaries, fallopian tubes, a uterus, and a vagina.

Routine medical tests for females between the ages of 18 and 70 can vary depending on individual health history and risk factors. However, here are some common medical tests and screenings that are often recommended for women in this age range:

1. General physical examination: This typically includes checking vital signs, height, weight, and a review of medical history.
2. Pap smear and HPV testing: Starting around age 21, women should generally have regular Pap smears to screen for cervical cancer. HPV testing may also be recommended in certain cases.
3. Breast examination: Clinical breast exams are usually done by a healthcare professional to check for any abnormalities or signs of breast cancer.
4. Mammogram: Starting at around age 40, women may be advised to have regular mammograms to screen for breast cancer. The frequency and timing may vary depending on individual risk factors.

5. Cholesterol screening: Checking cholesterol levels can help assess the risk of heart disease. The frequency of testing may depend on individual risk factors and family history.

6. Blood pressure measurement: Regular blood pressure checks are important for monitoring cardiovascular health.

7. Bone density test: Depending on risk factors, such as age, family history, or certain medical conditions, a bone density test may be recommended to screen for osteoporosis.

8. Blood tests: Various blood tests may be ordered to assess overall health, including complete blood count (CBC), lipid profile, blood sugar levels, thyroid function, and other specific tests based on individual health concerns.

9. Sexually transmitted infection (STI) screening: Depending on individual sexual history and risk factors, healthcare providers may recommend testing for STIs, such as chlamydia, gonorrhea, syphilis, and HIV.

10. Colon Cancer Screenings (Age 45 and 75) : Colonoscopy every 10years, Fit- DNA (Cologuard every 3 years), Fecal Occult blood test (FOBT) - yearly

What is Emotional Wellness

- The National Center for Emotional Wellness defines the term as an awareness, understanding, and acceptance of emotions, and ability to manage effectively through challenges and change.
- For the most part, being human means having challenges and problems; however, it's all about how you deal or cope with those issues that determines your emotional wellness.

Effects of Emotional Wellness

- Your health
- Relationships
- Mental Health

Causes of Emotional imbalance

Genetics /Lifestyles/ Environmental Factors

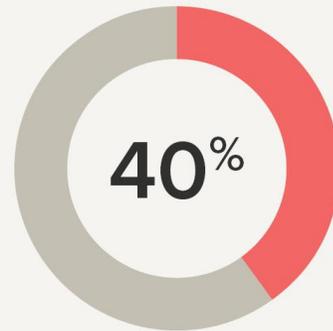
- Diet / Substance use – Junk Food
- Hormones – PMS/PDMM
- Stress/ Trauma
- Medical Issues – Thyroid/ Cardiac / Electrolyte imbalance
- Mental Health Issues – Anxiety/ Depression
- Gaslighting



THE IMPACT OF ANXIETY OR DEPRESSION ON RELATIONSHIPS—2019

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% WHO SAY "ANXIETY OR DEPRESSION IMPACTS MY MOST IMPORTANT RELATIONSHIPS"



U.S. adults



Practicing Christians

n=2,307 U.S. adults 18 and older; March-May 2019.

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How to balance your emotion/Effective Coping Skills

- Stress Management
- Healthy diet
- At least yearly wellness check up
- Supportive community / Faith/ Spiritual Help
- Professional Christian Counselor

Is it okay for a Christian to seek help with Emotional/ Mental Health Issues ?

- Luke 5:31
- 3 John 1:2
- Proverbs 12: 25
- Proverbs 27:17