

# Women's Health

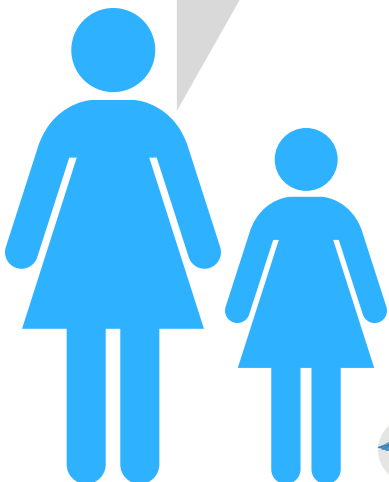
Girls & young women are taught very little about the importance of feminine health and the changes we go through in life.

From puberty to sexual relationships, childbirth and menopause. Not forgetting that lifelong question...

...am I normal?

A recent survey showed women needed more information on the lifecycle of women's health.

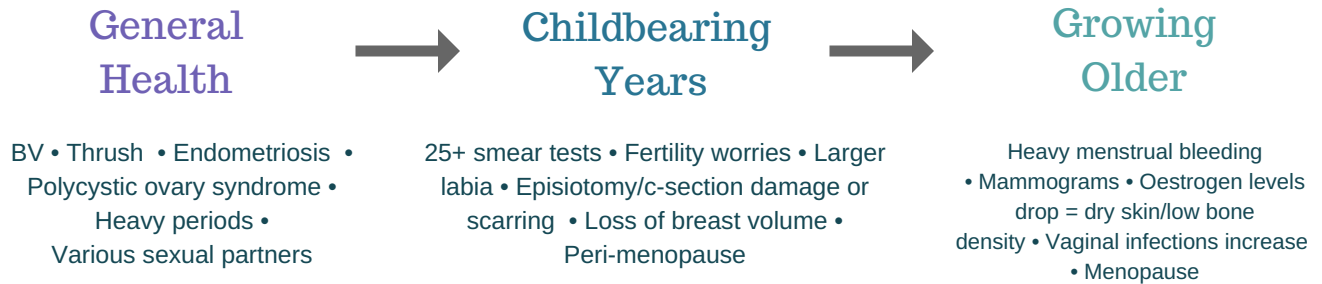
The Women's Health Clinic have produced this guide to provide guidance.



Guide produced by  
The Women's Health Clinic

## Lifecycle of women's health

(Normal & common experiences for women)



### Helpful advice on what to do:

#### When your body needs help

##### Colds

Common symptoms can include headache, blocked nose and a raised temperature. Cure: Hydrate with fluids and monitor temperature. Symptoms can be relieved with over the counter medicines. Hand hygiene important.

##### Temperatures

Normal adults have a temperature of around 37degrees. Treat as symptoms dictate. Cure: Children should always be given paracetamol. If symptoms persist or spike over 40degrees seek medical advice.

##### Cuts and sprains

Disinfect cuts and bandage where required and for sprains. Seek medical help where required and RICE: Rest • Ice • Compressions • Elevation

##### Minor injuries

Keep it clean & simple e.g. simple dressings

##### Seeking help

For symptom management try a Pharmacist, ring 111 or visit a local walk in centre, GP triage or nurse.

##### In emergencies

Always visit A&E in an emergency only such as heavy bleeding, broken bones or chest pains.

#### When your vagina needs help

##### Thrush

Common at any age but more so for post-menopausal women who have a lack of oestrogen. Symptoms: Itchy, inflammation, soreness, thick creamy discharge and occasionally pain during sex. Cure: Cotton underwear, good hygiene, no perfumed soaps.

##### Urine infection

Symptoms: Pain in passing urine, increased frequency in visiting the loo, strong smell, blood in urine. Cure: Increase fluid intake, take cranberry products, avoid soap and douching, use cotton underwear and wipe front to back.

##### Bacterial Vaginosis

Often described as a 'fishy' smell, BV is very common but can be treated with over counter pessaries to rebalance the PH. However, if pregnant you must see your practitioner. Other strange smells should usually be checked out by your sexual health specialist.

##### Discharge

If cloudier, blood stained, increase or decrease it is best to consult your sexual health specialist.

##### When to see your GP or nurse

It is rare to see a GP for women's health, a nurse or sexual health specialist should be the first point of call especially before embarking on a new sexual relationship.

##### Don't forget:

A pharmacist can also advise on over counter medicines.

Feel free to chat to your sexual health nurse or practitioner about your concerns or visit [www.thewomenshealth.clinic](http://www.thewomenshealth.clinic) for more information