

The newsletter by **2050 HEALTHCARE**



CARECONNECT

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TO CARE FOR A WOMAN

is to Care for a Family



MESSAGE FROM LEADERSHIP

Mr. Sanjoy Majumder - Vice President - Human Resources

At **2050 Healthcare**, we understand that each individual has unique healthcare needs.

This is precisely the reason why we prioritize providing exceptional rehabilitation and home healthcare services tailored to those needs.

We also recognize the evolving needs of our community, particularly for our own mothers, grandmothers, and wives navigating the pre, peri, and post-menopausal phases of life. It's time to care for the caregivers, ensuring they receive the support and attention they deserve. Our team is committed to delivering compassionate and empathetic care that addresses their specific concerns and helps them navigate this transition with ease. Our mission at 2050 Healthcare is to enhance wellness for women and provide exceptional care throughout their lives.

Recently, at our Bangalore center, we established a "**Well Woman**" clinic staffed by a specialist gynecologist dedicated to addressing the unique needs of this special population group.

We believe in understanding the unique challenges and complexities women face, especially during peri- and post-menopause. Addressing the needs of this group aligns with our core clinical philosophy.

In this edition of "**Care Connect**," we focus on post-menopausal care and its novel facets. Menopause is a significant life transition that requires sensitivity, knowledge, and specialized care.

Our team at 2050 HC is dedicated to supporting women with comprehensive programs that promote wellness, vitality, and a high quality of life after menopause.

We offer personalized rehabilitation programs to improve physical fitness, home healthcare services, and holistic wellness initiatives to help women achieve optimal health and well-being. Our goal is to prioritize women's health, including among the silver citizen group, and ensure they receive the attention they deserve.

Together, let's continue to put women's health first.

Happy Reading. Happier Learning...

DID YOU KNOW?

In India, gender discrimination in healthcare delivery impacts women's access to healthcare.

For decades, women have been projected as the epitome of sacrifice and this collective assumption has led to inadvertent negligence towards women's health issues.

A woman goes through several changes from the point where menarche (first onset of menstruation) hits and menstruation becomes a monthly occurrence, till the time it comes to a physiological end. These changes are as overwhelming as noticeable. Overtime, we have been taking it for granted so much so that it has lost its significance. Now, we often brush it off as 'mere mood swings'.

It's high time we need to understand the dynamics of a woman's health. All of us should take note that women need to be their own caretakers before being anyone else's.

Moreover, creating platforms and ecosystems that accommodate women and provide comfortable spaces for them to excel in both their work and personal lives is equally important.

Women's health is paramount for the overall health of the family..

Let's break this wall of ignorance and know the intricacies of a woman's health in different phases.





● PRE-MENOPAUSE: A TIME FOR PROACTIVE HEALTH

The **Pre-menopausal phase** is the period in a woman's life preceding the beginning of menopause, which normally lasts from the start of menstruation (menarche) until the late 40s or early 50s. During this era, it is critical to emphasize frequent check-ups, maintain a healthy lifestyle, and treat any reproductive health issues as soon as possible.

Regular menstrual cycles, fertility, and the capacity to conceive are important signs of this stage.

Things to do:

- Eat a well-balanced diet with minerals like iron, calcium, and folate.
- Engage in regular physical activity to improve cardiovascular health and reduce stress.
- Perform self-breast examinations and have frequent gynecological checkups.
- Prioritize mental health by managing stress and getting help when required.

● PERIMENOPAUSE: THE TRANSITIONAL PHASE

Perimenopause is the transitional period preceding menopause, which commonly occurs in a woman's forties. During this period, hormone levels begin to vary, and different physical and emotional changes may occur.

Common symptoms include irregular menstruation periods, hot flashes, mood changes, and sleep difficulties.

Things to do:

- Consider making lifestyle changes, such as changing your diet and engaging in stress-relieving activities.
- Stick to regular exercise regimens to improve bone health and control weight fluctuations.
- Seek emotional support from loved ones, or join a support group if necessary.

● POST-MENOPAUSE: EMBRACING A NEW CHAPTER

Post-menopause occurs when a woman has gone 12 months without a monthly cycle, signalling the end of her reproductive years. Certain health issues including osteoporosis and heart disease, may become more prevalent during this era.

The key sign of this phase is the lack of menstrual cycles for 12 consecutive months.

Things to do:

- Consult with your healthcare professional about bone density testing and hormone replacement medication.
- Prioritize a calcium and vitamin D-rich diet to promote bone health.
- Maintain an active lifestyle to control weight, lower the risk of chronic illnesses, and improve general health.
- Be proactive about routine health exams like mammograms and cardiovascular check-ups.

Doctor's Corner

Dr. Mamatha CV, Obstetrician & Gynecologist,
IVF Specialist, Bangalore



Which aspects of a woman's life require special care during menopause?

During menopause, women should focus on their bone health, cardiovascular health, emotional well-being, and hormone levels. Bone health is critical when estrogen levels fall, raising the risk of osteoporosis. Hormonal fluctuations can alter cholesterol levels and heart function, making cardiovascular health a significant consideration. Menopause can cause mood changes, anxiety, and despair. So, maintaining mental health is vital. Monitoring hormone levels can help manage symptoms and general health throughout this shift.

What are common symptoms experienced during perimenopause, and how can women manage these symptoms effectively?

Hot flashes, nocturnal sweats, irregular periods, mood swings, vaginal dryness, and sleep difficulties are among the most common perimenopausal symptoms. Women can effectively manage these symptoms with lifestyle modifications such as regular exercise, stress management strategies such as meditation or yoga, a well-balanced diet high in calcium and vitamin D, appropriate sleep, and hormone medication if advised by their doctor.

What are the key considerations for women approaching menopause?

Women nearing menopause should prioritize frequent health check-ups, keeping a healthy weight, remaining physically active, controlling stress levels, stopping smoking, limiting alcohol use, and discussing hormone treatment choices with a healthcare practitioner if necessary. It is also critical to concentrate on bone and cardiovascular health during this period.

How can physiotherapy help in maintaining bone density and muscle mass during menopause through physical strengthening and exercise?

Physiotherapy helps preserve bone density and muscular mass after menopause by delivering customized exercise routines that build bones and muscles. Weight-bearing, resistance, and balancing activities can enhance bone density and lower the risk of osteoporosis. Physiotherapists also work on posture correction, flexibility, and mobility to improve general physical health.

What are the recommended screening tests and health checks for women entering the perimenopausal and postmenopausal stages to monitor their overall health?

For women entering perimenopause and postmenopause stages, recommended screening tests and health checks include bone density scans (DXA) to assess bone health, lipid profile tests to monitor cholesterol levels and cardiovascular health, mammograms for breast cancer screening, pelvic exams and Pap tests for cervical cancer screening, thyroid function tests, blood pressure monitoring, and regular discussions with healthcare providers about hormone levels and menopausal symptoms.

12 मई अंतर्राष्ट्रीय नर्स दिवस पर विशेष : राजधानी में संस्था 2050 हेल्थकेयर ने मनाया अंतर्राष्ट्रीय नर्स दिवस

रायपुर (विश्व परिवार)। संस्था 2050 हेल्थकेयर ने आज अपने अग्रोहा कॉलोनी, बंगोराभाटा स्थित केंद्र पर अंतर्राष्ट्रीय नर्स दिवस सेलिब्रेशन का आयोजन किया। इस अवसर पर संस्था के द्वारा उत्कृष्ट सेवाओं के लिए 21 नर्सिंग स्टाफ को पुरस्कार से सम्मानित किया गया। उल्लेखनीय है कि नर्सिंग का स्वास्थ्य सेवा के क्षेत्र में विश्व में मातृवत स्थान है। आज नर्सिंग दिवस पर सारी दुनिया उनकी श्रद्धा है। संस्था के मैनेजर अरिहंत जैन ने बताया कि संस्था 2050 हेल्थकेयर विगत 3 वर्षों से छत्तीसगढ़ प्रांत में



रिहॉबिलिटेशन सेंटर एवं होम हेल्थ केयर के द्वारा स्टोक, कैसर, ऑर्थोपेडिक एवं अन्य रोगियों को उत्कृष्ट सेवाएं प्रदान करती आ रही है। कार्यक्रम में संस्था के रोजन्तल हेड विनय भूपण दास, अभिजीत अकोलेकर, डॉ. सुदाम दास, चरित्र डक्टर्स एवं फिजियोथेरेपिस्ट्स की उपस्थिति उल्लेखनीय रही।

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