



# How A Women Should Face Her Reproductive Health Issues

Being a symbol of 'Maa Laxmi' a woman is giving her contribution towards every field. From music to sports, from the police to the navy. But still, she is not free from the natural duties and obligations she has. That is giving birth and the menstrual cycle. This makes the roles more challenging for the woman. There is a large group of women today who is still considering telling about her menstrual issues to someone as 'taboo' they don't even use sanitary pads for the menstrual cycle. This can cause severe damage to health. Telling about the menstrual problem is not a crime, this issue is very necessary to be described. Most of the women today have broken the stereotype and walks shoulder to shoulder with the other gender of society.

**These are the most common women health issue caused by showing carelessness on menstrual problems: -**

- Weakness may result in fainting.
- Using unhygienic clothes in replacement of sanitary pads can result in fungal infection which may result in severe disease or sometimes death.
- Psychological symptoms such as depression, anxiety, and stress are always prominent if a person is facing menstrual issues.
- Diminished libido(decrease in sex drive)
- Changes in appetite.
- Menstrual cramps.

These symptoms need to be treated by an experienced gynaecologist or the result can be severe. Gynaecologist is being considered as a 'woman's best friend' because she can share her problems with her without being in fear of getting judged, she will get the treatment and can get back to her normal life again. A gynaecologist is the woman health experts who treat diseases and problems related to the woman's reproductive system.

**Here is The Treatment Gynaecologist Does: -**

**Heavy Period Issues:-** High-blood loss during the menstruation cycle results in several issues, such as weakness and blood loss which may lead to several critical diseases. A gynaecologist will do the treatment and try to normalize your periods.

**High-Risk Pregnancy:-** If a woman is suffering from existing conditions like blood pressure, heart diseases, diabetes during pregnancy, then she is a candidate for high-risk pregnancy. A gynaecologist will advise her certain diets and medications which will be useful for a healthy labor.

**Polycystic Ovary Syndrome:-** Polycystic ovary syndrome (PCOS) is a hormonal disorder common among women of reproductive age. Women with PCOS may have infrequent or prolonged menstrual periods or excess male hormone (androgen) levels. The ovaries may develop numerous small collections of fluid (follicles) and fail to regularly release eggs.

**Pregnancy Care Tips:–** Gynaecologists ensure a healthy mother and a child, and they will become a part of your labor journey acting as a guardian. They also give necessary **Pregnancy care tips** which prove helpful for the health of the mother and her child.

So, this is all in this article, [if you are getting confused in searching a gynaecologist for you, then I recommend you to search for a Gynaecologist in Indore.](#)

I tried to bring awareness through this article about women's health issues and their treatments. Thank you!