



Debunking 6 Common Myths About Women's Health

DEBUNKING 6 COMMON MYTHS ABOUT WOMEN'S HEALTH



MYTH 1: Heart disease doesn't affect women

Many people associate heart disease as a man's disease, but that's not truly the case. In fact, any form of cardiovascular disease is the number one cause of women's disability and death across the globe. 10% of women will develop symptoms of cardiovascular disease between the ages of 45 and 64.



MYTH 2: Wired bras cause breast cancer



Doctors have negated this myth, saying that the fluids travel through the armpits. That said, the bra - whether wired or not - does not restrict movement and, therefore, does not cause internal damage or breast cancer.

MYTH 3: Women don't get kidney stones

Although it is more common for men, women are still susceptible to developing this condition. Studies have shown that women usually get kidney stones at a mature age (50 years old and above). However, it is still entirely possible to develop this at a younger age.



MYTH 4: Morning sickness during pregnancy happens only in the morning



Despite the name, this pregnancy symptom can occur any time during the day. The factors contributing to morning sickness include increased hormones, excessive tiredness, emotional stress, or travelling.

MYTH 5: Women can't get pregnant

during their period

Although the chances of conceiving during the first two days of menstruation are slim, it is still possible. In fact, research suggests that the likelihood of getting pregnant increases as your cycle progresses, even if you're still bleeding.



MYTH 6: Only girls need HPV vaccines



Although HPV vaccination is recommended for girls at 11 or 12 years old, women can still get their vaccination until the age of 45. Doctors recommend getting vaccinated immediately at [Women's Clinic Singapore](#) to reduce the risks of developing cervical cancer by 70% to 80% and other HPV-related diseases.



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Make an informed decisions about your well-being. Read this [six myths debunked about women's health](#).

If you have any additional health concerns, it's important to discuss them with the [recommended gynae in Singapore](#). These dedicated specialists are well-trained and can provide expert guidance, enabling you to make informed decisions regarding various aspects of women's health issues.