

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

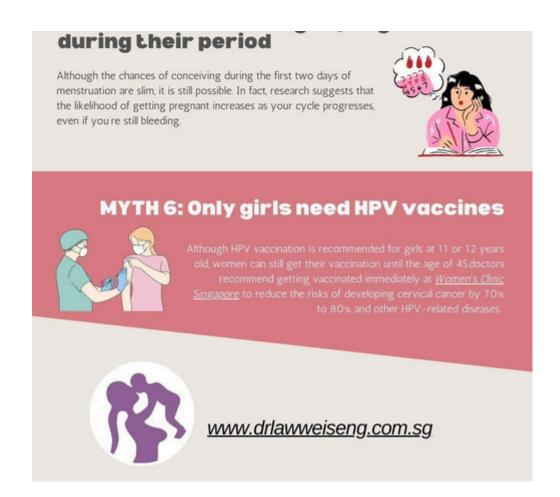
Although it is more common for men, women are still susceptible to developing this condition. Studies have shown that women usually get kidney stones at a mature age (50 years old and above). However, it is still entirely possible to develop this at a younger age.



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



Make an informed decisions about your well-being. Read this <u>six myths debunked about women's health</u>.

If you have any additional health concerns, it's important to discuss them with the <u>recommended gynae in Singapore</u>. 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.