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MAGAZINE

**iProvide**

**Home Care Solutions**

Helping You Live Optimally



ON THIS MONTH'S ISSUE:  
**WOMEN AND  
HEALTHCARE**

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# STRUGGLE WITH **WOMEN'S** HEALTH



Research into women's health has suffered from literal neglect and lack of backing. This is reflected in, for better understanding, the bias against women's gests in the medical field and the lack of expansion of the female's sexual health in preclinical and clinical studies. While this situation is steadily progressing, exploration into health conditions that affect women requires nonstop and ongoing attention to keep enhancing lives. Women can experience physical and emotional stress as a result of major life transitions like pregnancy, motherhood, and menopause. Negative life experiences like infertility and perinatal loss, poverty, discrimination, violence, unemployment, and isolation are also factors on women's deteriorating health conditions as they reach their senior years.

In this month's issue of iProvide Home Care Solutions monthly magazine, we'd like to tackle general issues on women's health and provide useful practical tips to boost their chances of keeping mentally and physically fit as they age.

01

**ARTHRITIS**

Arthritis affects more women than men, and it affects more than half of all seniors over 65.

03

**DIABETES**

Diabetes affects one out of every nine women in the United States. When compared to males, diabetes increases a woman's risk of heart disease, blindness, and depression.

02

**HEART DISEASE**

Heart disease kills more women than any other disease. Women are at the same risk of heart disease as males by the age of 70.

04

**STROKE**

Stroke is the third biggest cause of mortality among American women. More than half of women die as a result of a stroke.



05

**ALZHEIMER'S DISEASE**

Alzheimer's disease affects one out of every nine persons over the age of 65, and women are twice as likely as men to have it.

**Many disorders afflict older women more frequently than older males, and many diseases that affect both sexes have differing impacts on older women.**

**Despite the fact that women outlive males on average, this does not always imply that women are healthier**



# TIPS: HEALTHIER LIFE FOR WOMEN



At the age of 85, dementia, cardiovascular disease, and osteoporosis are all prevalent chronic illnesses. As the population ages and grows more overweight, the prevalence of osteoarthritis, diabetes, and associated mobility disabilities will rise.

Visit your doctor on a regular basis. You should have a checkup with your provider at least once a year, even if you feel perfectly healthy. The early identification of health concerns can be helped by several screening tests. Ask your doctor which tests are appropriate for you.

Be sure to get plenty of vitamin D and calcium for strong bones every day. Try to consume 1500 mg of calcium daily. Research indicates that many elderly adults aren't consuming enough of this vitamin, which has several significant consequences on health. Take part in weight-bearing, bone-building exercises like running and walking..

Get your brain going. Instead of completing the same activities over and over again, challenge your brain by attempting new things and competing against the time. Do word puzzles, numerical puzzles, jigsaw puzzles, or whatever piques your curiosity.



**OUR PURPOSE:  
IMPROVED QUALITY OF  
LIFE AND OVERALL  
HEALTH FOR ADULTS &  
SENIORS**



Senior women have unique health concerns, and iProvide Home Care Solutions caregivers are aware of these concerns.

They work closely with our female patients to make sure the the treatment plans are followed and that any changes in the patient's conditions are caught early. You may rest easy knowing your loved one is comfortable and cared for as we treat our patients like family.



Call us at **770-530-1738** to schedule your **free IN-HOME consultation.**