WOMEN’S HEALTH

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MENSTRUATION - SYMPTOMS

- Fatigue
- Headaches
- Back pain
- Cramping
- Moodiness
WHAT TO AVOID EATING

- Caffeine
- Fried Foods
- Salty Foods
- Alcohol
- Simple Sugars
HOW TO EASE SYMPTOMS

- Eat iron-rich foods
- Take multivitamins
- Eat whole grains
- Eat fruits and vegetables
- Drink 8 glasses of water per day
- Eat foods rich in B vitamins: Bananas, fish, broccoli, spinach
- Exercise
Headaches
Stomach pains
Indigestion
Nausea
Vomiting
HOW TO SOOTHE SYMPTOMS

- Drink a lot of fluids
- Take Acetaminophen (i.e. Tylenol)
- Avoid caffeine, spicy, and acidic foods
- Eat ginger and foods rich in B vitamins
- Snack on dry foods frequently
Menopause - Advice to Patients

- Eat soy products to ease Hot Flashes
- Avoid caffeine to reduce Hot Flashes
- Eat plenty of foods with Calcium and Magnesium in them
- Exercise, exercise, exercise!!!