

Let's break the stereotypes & talk about them

A workshop was organised at **Arvind Gupta Centenary, DAV Public School, Model Town Northex**. It was a session on Polycystic Ovarian Syndrome and Menopause in Women. It is a hormonal disorder with Imbalance of the two female hormones estrogen and progesterone with estrogen taking the upper hand – menstrual irregularities, infertility, increased risk of endometrial (inner lining of the uterus) and breast cancer etc.

The doctor sensitized the participants by giving in-depth information about the syndrome. The causes, symptoms and effect of PCOD on one's health were shared. She also shed light



on how one can manage PCOD, like by reducing weight, various medical treatments i.e. oral contraceptive pills and maintaining a healthy lifestyle etc.

Another major issue of Menopause in women was discussed with the group.

Menopause occurs when a woman hasn't menstruated in 12 consecutive months and can no longer become pregnant naturally. It usually begins between the ages of 45 and 55. She raised awareness about this topic by sharing the common symptoms of

menopause ie less frequent menstruation, vasomotor symptoms, including hot flashes, sweats, insomnia, etc and also shared ways to tackle menopause. She also stressed on the importance of having health checkups on regular intervals to keep the body in check and to have preventive care against chronic diseases. The session concluded with an interactive question and answer session by the participants wherein they were encouraged to ask questions related to PCOD and Menopause which created a space and helped the participants to talk openly and honestly about the challenges faced by them.