



The E - Bulletin is a service provided from the medical team (Specialists, GP's, Nurses & the In-house Training Center) at the **CEDARS – Jebel Ali International Hospital** in order to raise awareness about health issues.

Women's Health



Every woman is an individual with her own circumstances but some gynaecological issues will be experienced by almost every female and sometimes they really don't know whether it is normal feminine change or it is time to consult a doctor. Sometimes even shyness, cultural issues and busy lifestyle do not permit them to think about their health and needs of the body. In this article we will try to discuss some frequent problems faced by women in different age groups.

Phases of females age wise:

- **10 to 20 years: puberty and menstrual cycle is regularized**
- **20 to 39: reproductive era**
- **40 to 49: pre-menopausal age**
- **50 and older: post-menopausal age**

1. Adolescence (10–20 years)

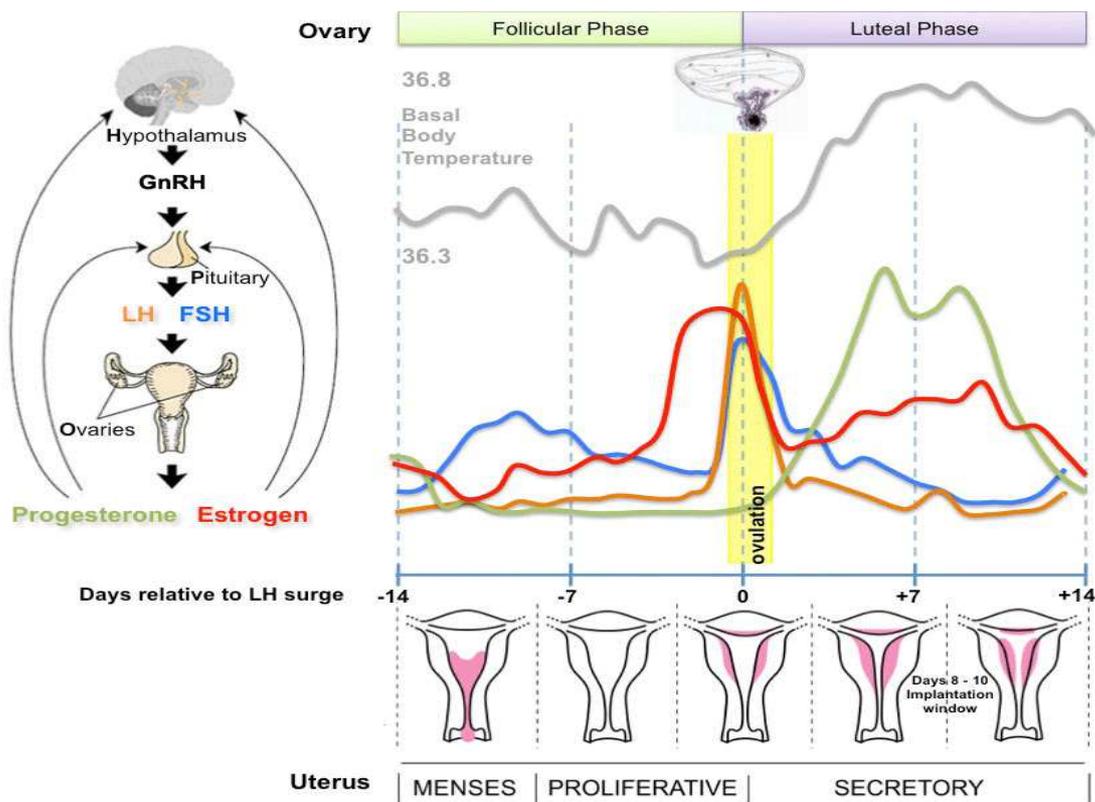
The female body is continually reminding a woman about her femininity. First there are the changes in body shape during puberty. This is followed by the menarche (first period) and then monthly periods.

The majority of women have some symptoms associated with their menstrual cycles such as breast or pelvic discomfort, premenstrual tension or heavy periods. You might feel embarrassed asking your doctor about menstrual blood problems, but it is important.

CEDARS - Jebel Ali International Hospital, Dubai, UAE. Tel: 04-881-4000 Fax: 04-881-4001

CEDARS - Jebel Ali International Hospital is a full-fledged multi-specialty hospital offering services ranging from Pediatrics to Occupational Health, Laparoscopic Surgery to Internal Medicine. The Hospital is equipped with ICU for medical and surgical emergencies, with two major and one minor operation theatres and runs fully equipped Laboratory and Radiology departments. **CEDARS – Jebel Ali International Hospital** is accredited by TUV and JCI. It is located next to JAFZA Gate 2.

The menstrual cycle



What is a normal cycle?

A menstrual cycle is measured from the beginning of one menstrual period to the beginning of the next. The average menstrual cycle is about 28 days, but it can range between 21 to 45 days and still be a normal cycle. Menstrual bleeding typically lasts three to five days, although a range of two to seven days can be the norm for some women. During the first few years the cycle is often irregular and it takes two to eight years to regularize it and make it predictable. So don't worry if it is irregular in initial years.

When shall I consult a doctor?

You should seek advice from a gynaecologist if

- you are 15 years old without having the first period
- the period has not started by three years after breast growth
- if breasts haven't started to grow by age 13
- period suddenly stops for more than three months
- period becomes irregular after it was regular and predictable
- you have severe pain during the periods
- period occurs more often than 21 days or less often than 45 days
- period lasts more than seven days
- the bleeding is more heavy than usual
- there is bleeding between periods



CEDARS - Jebel Ali International Hospital, Dubai, UAE. Tel: 04-881-4000 Fax: 04-881-4001

CEDARS - Jebel Ali International Hospital is a full-fledged multi-specialty hospital offering services ranging from Pediatrics to Occupational Health, Laparoscopic Surgery to Internal Medicine. The Hospital is equipped with ICU for medical and surgical emergencies, with two major and one minor operation theatres and runs fully equipped Laboratory and Radiology departments. **CEDARS - Jebel Ali International Hospital** is accredited by TUV and JCI. It is located next to JAFZA Gate 2.

What will the doctor do?

In most cases the doctor will order a blood test to see haemoglobin values and ultra sound to see if there is any abnormality. Most of the time there will be reassurance that everything is normal and only hormonal issues will be addressed. Iron supplement is frequently offered. In very rare cases further investigation is needed if the doctor found any abnormalities.

Do NOT forget to take vaccination for Cervical Cancer



2. The reproductive age (20–39 years)

This is the time when the menstrual cycle regularity is being established and fertility and pregnancies are main concerns of a woman. She is also facing life challenges, changes of behaviour and lifestyle attitudes will dictate problems of the future like diabetes and heart problems.

A yearly check up is important to discuss a healthy lifestyle and detect any abnormalities at an early stage. Females frequently visit gynaecologists for fertility or pregnancy issues but ignore frequently faced problems of vaginal discharge due to busy life schedule.

Vaginal discharge

A healthy vagina produces secretions to cleanse and regulate itself, similar to how saliva cleanses and regulates the environment of the mouth. These vaginal secretions are normal vaginal discharge. Any interference with the delicate balance of vaginal secretions sets up an environment conducive to infection.

What is normal?

All women have some vaginal discharge. Normal discharge may appear clear, cloudy white, and/or yellowish when dry on clothing. It may also contain white flecks and at times may be thin and stringy. Variation in normal discharge can occur for many reasons including menstrual cycle, emotional stress, nutritional status, pregnancy, usage of medications - including birth control pills, and sexual arousal, so there is no need to worry when it's temporary.

When to consult a doctor?

Any sudden change to discharge may indicate a vaginal infection. You should be aware of how your discharge naturally varies throughout your cycle and what is not normal, but obvious warning signs of infection are:



- a change in colour or consistency
- a sudden bad smell
- consistently unusually large amounts of discharge
- another symptom alongside the discharge, such as itching outside your vagina or pain in your pelvis or tummy
- unexpected bleeding from the vagina
- bleeding after sex



"I believe that how you feel is very important to how you look - that healthy equals beautiful."

-Victoria Principal-

What will the doctor do?

The doctor will mainly check if it is an infection or any obvious abnormality. The discharge will give an idea to health professional about any infection but vaginal swab is taken for investigation and confirmation. Antibiotic may be prescribed and sometimes partner investigation and treatment is necessary. In some cases also blood test and ultrasound might be necessary. It is important to consult a doctor as soon as a problem occurs because few days delay might lead to long term serious health issues like difficulty to become pregnant.

Do NOT forget to take annual checkups including pap test and breast examination.



CEDARS - Jebel Ali International Hospital, Dubai, UAE. Tel: 04-881-4000 Fax: 04-881-4001

CEDARS - Jebel Ali International Hospital is a full-fledged multi-specialty hospital offering services ranging from Pediatrics to Occupational Health, Laparoscopic Surgery to Internal Medicine. The Hospital is equipped with ICU for medical and surgical emergencies, with two major and one minor operation theatres and runs fully equipped Laboratory and Radiology departments. **CEDARS - Jebel Ali International Hospital** is accredited by TUV and JCI. It is located next to JAFZA Gate 2.

3. Pre-menopausal era (40 - 49 years)

This is the time when menstrual cycle is going to end and menopausal symptoms are going to start. Women are often facing other problems like cardiac disease and diabetes or obesity

When to consult a doctor?

- any change in menstrual cycle and vaginal discharge especially
- Bleeding after sex
- bleeding between menstruation
- heavy vaginal discharge
- family history of breast, endometrial or colonic and ovarian cancer

What will the doctor do?

The doctor will examine you and offer pelvic ultrasound. Sometime biopsy is needed to exclude cancer depending on your examination and ultrasound.



"When all you know is pain you don't know that is not normal. It is not a woman's lot to suffer, even if we've been raised that way"

Do NOT forget to take calcium supplements and consult your doctor for annual gynaecological checkups and screening.

4. Post-menopausal age (50 and older)

This is the time when monthly bleeding is stopped and women are facing menopausal symptoms like hot flushes, dryness in vagina, mood changes and bone problems. But above all this era is peak time for gynaecological cancer like ovarian, endometrial, vulvar and vaginal. Women are at high risk if they have hypertension, diabetes, didn't have child, if there is a family history of cancer and if they are taking hormones.

When to consult a doctor?



- bleeding per vaginum (even small)
- discharge per vaginum
- persistent itching or change in vulvar area
- long-lasting 'bloated' feeling in your abdomen
- loss of appetite or feeling full quickly
- change in bowel habit like irritable bowel syndrome for first time in your life
- pain in your abdomen or pelvic
- to pass urine urgently or more often than usual

What will the doctor do?

The gynaecologist will examine your body and do an ultrasound of your pelvic to see womb lining ovaries and surrounding area. Most of the time the result is normal but sometimes there is a need for further blood test and biopsy depending on result of ultrasound and examination to exclude genital cancer.

Do NOT forget to prevent other life threatening issues like hypertension or diabetes and do osteoporosis screening.

Women's health needs and health care utilization patterns change and evolve as they age. Over the course of women's lives, their use of the health care system reflects their changing health needs, shifting from a focus on reproductive health in their younger years to an emergence of more chronic illnesses in the middle years, to higher rates of disability and physical limitations during the senior years.



CEDARS - Jebel Ali International Hospital, Dubai, UAE. Tel: 04-881-4000 Fax: 04-881-4001

CEDARS - Jebel Ali International Hospital is a full-fledged multi-specialty hospital offering services ranging from Pediatrics to Occupational Health, Laparoscopic Surgery to Internal Medicine. The Hospital is equipped with ICU for medical and surgical emergencies, with two major and one minor operation theatres and runs fully equipped Laboratory and Radiology departments. **CEDARS - Jebel Ali International Hospital** is accredited by TUV and JCI. It is located next to JAFZA Gate 2.

Well Woman Checkup Package	Antenatal Care Package
<p>A dedicated well woman clinic is being run by our Gynecology Department. The clinic aids the general health check up of women through</p> <ul style="list-style-type: none"> • Detection of precancerous condition of female reproductive organ according to international criteria • Rule out the infection of female genitalia and urinary tract • Determine other possible gynaecological problems <p>The visit will include</p> <ul style="list-style-type: none"> • Complete history • A general physical examination • Breast examination for any lumps & abnormality • A gynecological examination / internal check <p>The examinations will be supported by the following investigations:</p> <ul style="list-style-type: none"> • Cervical / pap smear. • Ultra sound pelvis (for status of uterus, tubes, ovaries and adnexa) • Blood complete picture. • Urine detailed report. • Blood Sugar Random. • High vaginal swab <p>Additional/ specialized investigation will be individualized for patients according to her needs as indicated by her history, examination and reports.</p> <ul style="list-style-type: none"> • Mammography if age is more than 50 years 	<p>Booking visit: 08th – 10th Week: Gynecologist Consultation Obstetric Ultrasound Screening CBC Complete Profile Blood Group and rh factor Beta HCG Titre HBs-Ag (Hepatitis B Surface Antigen) HIV I & II ABS VDRL Rubella – IGG Urine Routine / Analysis</p> <p>11th Week Visit: Gynecologist Consultation Ultrasound Pelvis by Radiologist (Ultrasound for nuchal translucency, Gestational age and gross structural anomalies)</p> <p>16th Week Visit: Gynecologist Consultation Urine analysis</p> <p>20th Week Visit: Gynecologist Consultation Urine analysis Anomaly Scan - (Outside test; not covered in the package price)</p> <p>24th Week Visit: Gynecologist Consultation Urine Protein/Creatinine ratio</p> <p>28th Week Visit: Gynecologist Consultation OGTT-Glucose tolerance test Urine Protein/Creatinine ratio CBC Complete Profile</p> <p>31st Week Visit: Referring visit</p> <div style="text-align: right;">  <p><i>For more info on packages, please contact our front office : 04881000, ext 200/228/236</i></p> </div>

Medical Consultant for march 2013 issue

MBBS ,MCPS, FCPS

Dr. Gulerana Shoaib is a Fellow of College of Physicians and Surgeons with more than 9 years experience in gynaecology/obstetrics in Pakistan and Saudi Arabia.

She did her internships at Jinnah Post Graduate Medical Centre (JPMC), Sindh Government Qatar Hospital and Civil Hospital, Karachi, Pakistan under supervision of Dr. Sher Shah Syed.

She worked as Senior Registrar in Patel Hospital and postgraduate institute in Pakistan for 3 years and Prince Salman Bin Abdul Aziz Hospital, Riyadh, KSA in 2010. She handled emergency surgeries and planned surgeries, performed independent assisted deliveries, caesarean deliveries, hystrectomies (vaginal and abdominal), and laparotomy. She also assisted in oncological and laparoscopic surgeries. Furthermore she conducted research and gave weekly presentations of complicated cases in multi-disciplinary and oncological meetings.

Dr. Gulerana Shoaib worked as specialist in Koohi Goth Women Hospital Research & Training Centre Karachi. She did high risk Opds and performed routine gynaecological surgeries such as evacuation, laprotomy, and vaginal and abdominal hystrectomy, normal and assisted delivery and cesarian section.

She has special interest in adolescent gynaecological problems, early pregnancy complications, high risk pregnancies and infertility. She also provides support and counseling to patient and families. Dr. Gulerana Shoaib is master trainer of workshops for counseling, manual vacume aspiration (IPAS), and emergency obstetrics by UNICEF. She is also the member of Right to Life and Health Project of UNICEF in Pakistan.

Dr. Gulerana is a member of Society of Gynaecologists & Obstetricians and Pakistan Medical Association. She speaks English, Hindi, Gujrati fluently and understands Arabic and Punjabi.



Dr. Gulerana Shoaib

Specialist Gynaecologist

CEDARS - Jebel Ali International Hospital, Dubai, UAE. Tel: 04-881-4000 Fax: 04-881-4001

CEDARS - Jebel Ali International Hospital is a full-fledged multi-specialty hospital offering services ranging from Pediatrics to Occupational Health, Laparoscopic Surgery to Internal Medicine. The Hospital is equipped with ICU for medical and surgical emergencies, with two major and one minor operation theatres and runs fully equipped Laboratory and Radiology departments. **CEDARS – Jebel Ali International Hospital** is accredited by TUV and JCI. It is located next to JAFZA Gate 2.