



## Essential Women's Health Screenings Before 40: A Preventive Care Guide

Women often prioritise their families over their own health, which can lead to delayed diagnosis of many conditions. In India, concerns such as anaemia, thyroid disorders, hormonal imbalances, diabetes, and certain cancers are increasingly common among women under 40. Regular preventive health screenings are key to early detection and better long-term health outcomes.

### Common Health Concerns in Women

- Nutritional deficiencies and anaemia
- Thyroid and hormonal imbalances
- Reproductive health issues
- Rising risk of diabetes and heart disease
- Increased incidence of certain cancers

### Key Causes

- Sedentary lifestyle and high stress
- Poor nutrition and vitamin deficiencies
- Hormonal changes during reproductive years
- Limited awareness about preventive care
- Delayed medical consultations

### 5 Essential Health Screenings

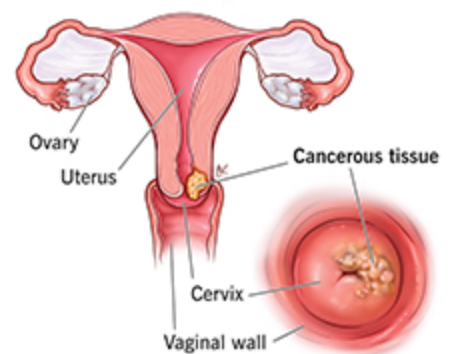
#### Cervical Health Screening

- Helps detect early changes in cervical cells
- Recommended for sexually active women
- Should be done periodically as advised by a doctor

#### Breast Health Examination

- Includes regular self-examination and clinical check-ups
- Helps in early detection of breast abnormalities

Cervical Cancer



#### Thyroid Function Test

- Evaluates thyroid hormone levels
- Helps identify metabolic and hormonal imbalances

#### Blood Sugar & Lipid Profile

- Assesses the risk of diabetes and heart disease
- Important for women with sedentary lifestyles or family history

#### Complete Blood Count & Bone Health Assessment

- Detects anaemia and other blood-related conditions
- Bone screening helps assess early risk of bone loss

Preventive screenings play a crucial role in safeguarding women's health. Early detection enables timely treatment and significantly reduces the risk of serious complications. Prioritising regular health check-ups before the age of 40 empowers women to maintain long-term health, strength, and well-being.