



PROJECT DEVI

guide to a healthier and brighter future

BHUVI GARG

OUR PARTNERS



Inner Wheel Club, Kaithal, a distinguished chapter of International Inner Wheel Club which is a global organization dedicated to promoting friendship, encouraging personal development, and fostering goodwill and understanding among women around the world.

Rotary Club, Kaithal, a distinguished chapter of Rotary International is one of the world's largest and oldest service organizations, dedicated to bringing together business and professional leaders to provide humanitarian service, encourage high ethical standards in all vocations, and promote goodwill and peace around the globe.



Lions Club, Grace , a distinguished chapter of Lions Clubs International is one of the world's largest and most influential service organizations, dedicated to empowering volunteers to serve their communities, meet humanitarian needs, and promote peace and understanding worldwide.

Juniors Chambers Kaithal, a proud chapter of Junior Chamber International, is a global nonprofit organization that provides young people with opportunities for personal development, leadership training, and community engagement.



ROUNDTABLE
INTERNATIONAL

Kaithal Elite Round Table 360, a proud chapter of Round Table International. Round Table International, a global network of clubs dedicated to fostering friendship, personal development, and community service among young men.

PRELUDE

Women are like strong pillars, which play a very important role in holding their families and society upright. Women play many roles, like being mothers, daughters, and workers. Many women get overburdened and neglect their health, thus neglecting the fact that their health impacts families and societies.

46.8 percent of women had symptoms suggestive of anemia, and the leading cause of death was infectious and parasitic diseases (25%). Breast cancer is the second-leading cause of cancer death. The chance that a woman will die from breast cancer is 1 in 39, or about 2.5%. Hence, focusing on women's health is essential.

Women may face issues like breast cancer, osteoporosis, and heart disease. Menstrual health and reproductive health are also important aspects of women's health.

This book aims to foster an understanding of critical health issues that uniquely affect women, equipping them with the information necessary to make informed decisions about their bodies and health.

Remember: "Communities and countries and ultimately the world is only as strong as the health of their women."

~Bhuvi Garg
the Founder of ProjectDevi



**“Women’s health
needs to be front
and center – it
often isn’t, but it
needs to be.”**

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MENSTRUATION & HYGIENE

- The menstrual cycle is a natural process that occurs in the female reproductive system. It involves a series of hormonal changes that prepare the body for potential pregnancy. During this time, the body bleeds out the uterine lining.
- Earlier women used to use cloth, which led to a large number of problems that were fatal for their lives. But now, to prevent such circumstances, we have sanitary pads, which are much easier to use.

Common Symptoms :

- Headaches and Migraines
- Swelling and Weight Gain
- Breast Tenderness and Swelling
- Indigestion and Diarrhea
- Sleep Problems
- Skin Issues
- Abdominal Pain (Cramps)
- Mood Swings and Emotional Instability
- Fatigue and Weakness
- Back Pain

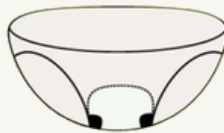
How to use a sanitary pad :



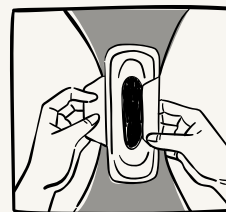
wash your hands



peel the adhesive cover



fix the pad onto the panty



stick the pad wings onto the underside of your panty



make sure to change in every 4- 6 hours

Changes In The Body :

- **Estrogen and Progesterone:** There is an increase in the production of estrogen and progesterone hormones, regulating ovulation (release of an egg) and menstrual flow.
- **Breast Development:** The breasts develop in size and firmness and increase in size.
- **Body Hair:** Development of pubic hair (hair around the genital area) and underarm hair (axillary hair) occurs. Occasionally, hair may also appear on the face and other parts of the body.
- **Changes in Body Shape:** The hips widen, and there is a redistribution of body fat. Accumulation of fat around the thighs, hips, and abdomen increases.
- **Skin Changes:** Increased hormonal activity during puberty may lead to changes in skin texture and appearance, such as oiliness and the development of acne.
- **Height Spurt:** A significant growth spurt occurs during this period, leading to an increase in height over a relatively short time.

Menstrual Hygiene

Hygiene is crucial for maintaining overall health and well-being as it plays a pivotal role in preventing the spread of diseases and infections by eliminating harmful bacteria, viruses and other pathogens. During menstrual cycle, maintaining proper hygiene becomes even more important due to the body's increased sensitivity to infections. Menstrual blood is a medium that can facilitate the growth of bacteria if not managed properly.

How to dispose a sanitary napkin: –



roll the used pad



Put It In A
Disposable Bag



safely dispose in a
dustbin



wash your hands
after disposing

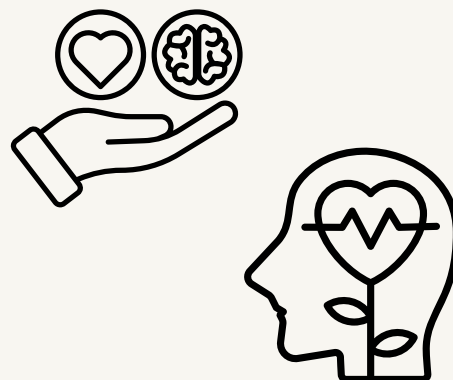


do not flush the
used pad

Importance of Menstrual Hygiene

1. Prevention from Infections:

- Maintaining proper hygiene helps prevent bacterial and fungal infections, as well as urinary tract infections (UTIs).
- It's essential to change sanitary napkins regularly to prevent bacterial growth



2. Comfort and Confidence:

- Maintaining cleanliness provides women with comfort and confidence..
- Proper hygiene also helps avoid unwanted odors, allowing women to feel comfortable and confident.

3. Health and Well-being:

- Following proper hygiene during menstruation is crucial for overall health and well-being.
- It helps maintain reproductive health and prevents potential health problems in the future.

Important Points to be Noted:

1. Choosing and Using the Right Sanitary Products:

- **Sanitary Napkins:** Choose high-quality sanitary napkins that are skin-friendly. Change the napkin every 4-6 hours to prevent bacterial infection.
- **Tampons:** When using tampons, change them every 4-8 hours. Choose the right size and absorbency level to prevent leaks and infections.
- **Menstrual Cup:** Empty and clean the menstrual cup every 8-12 hours. Boil and sanitize it before reusing it after drying.

2. Genital Hygiene: Clean the genitals with warm water and mild soap. Keep the vagina clean and dry. Pat dry with a towel or tissue.

3. Hand Washing: Remember to wash your hands before and after changing sanitary products. Use soap and water for at least 20 seconds.

4. Clean Clothing: Wear clean and dry underwear during menstruation. Dirty clothes can harbor bacteria, so change them regularly.

PCOD

Polycystic Ovary Syndrome (PCOS) is a common hormonal disorder that affects the reproductive organs of women, especially the ovaries. This condition is often observed in women ranging from adolescence to the age of 45, and its impact deeply affects the quality of life and health. In PCOS, the ovaries typically become enlarged and heavier than usual, and small fluid-filled cysts may develop within them.

Negative Impact of PCOD

- 1. Irregular Menstruation:** Irregular menstrual cycles, excessive or scanty bleeding, or complete cessation of menstruation.
- 2. Weight Gain:** Particularly around the abdomen, an increase in weight.
- 3. Excessive Hair Growth:** Excessive hair growth on the face, chest, and back (hirsutism).
- 4. Acne and Oily Skin:** Acne and oily skin on the face and body.

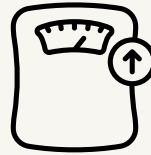


- 5. Fatigue:** Persistent fatigue and lack of energy.
- 6. Hair Thinning:** Thinning or shedding of hair on the scalp.
- 7. Infertility:** Difficulty in conceiving (infertility).
- 8. Increased Risk of Other Diseases:** Increased risk of conditions such as high blood pressure, diabetes, adverse effects on the heart, and an increased risk of ovarian cancer.



Reasons of PCOD

1. Obesity
2. Overproduction of Hormones by the Ovaries (Androgens)
3. Unbalanced Diet
4. Lack of Exercise in Lifestyle
5. Genetics



Treatment for PCOD

1. **Lifestyle Modifications:** This includes adopting a healthy diet, regular exercise, stress management techniques, and maintaining a healthy weight.
 2. **Medications:**
 - Birth Control
 - Anti-androgen Medications:
 - Insulin-sensitizing Agents
 - Fertility medications may be prescribed to induce ovulation
 3. **Surgical Options**
 4. Management of Specific Symptoms
 5. **Dietary Adjustments:** Reducing the intake of processed foods and refined sugars to help manage insulin resistance.
 6. **Hydration:** Staying adequately hydrated to support metabolic functions and hormonal balance.
 7. **Sleep Hygiene:** Ensuring consistent and sufficient sleep to regulate hormonal fluctuations.
- Tracking Symptoms:** Keeping a record of menstrual cycles and symptoms to help tailor treatment plans effectively.

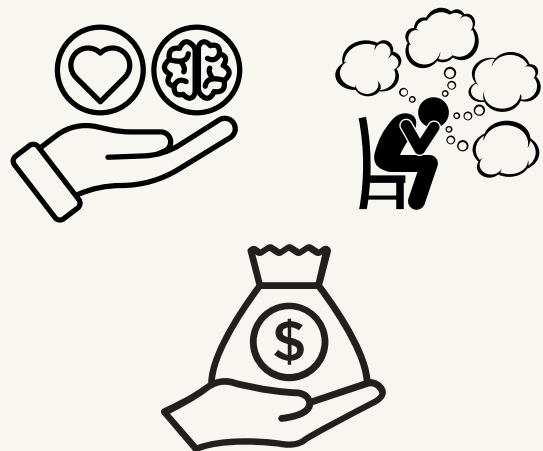
UNPLANNED PREGNANCIES

Unplanned pregnancies are those that occur when a person conceives a child without intending to do so. These pregnancies can bring about a range of emotions and challenges, impacting individuals, families, and societies in various ways.

Impact of Unplanned Pregnancy

1. **Health Risks:** Unplanned Pregnancies can pose serious health risks, particularly for adolescents and older women:

- **Risk of Life-threatening Complications (Ectopic Pregnancy):** Pregnancy outside the uterus, known as an ectopic pregnancy, poses a risk of life-threatening complications.
- **Anemia due to excessive blood loss:** Increased blood flow during pregnancy can lead to anemia



2. **Mental Stress:** Unplanned pregnancies can have a profound impact on mental health:

- Anxiety and Depression
- Mental Pressure: Coping suddenly with the responsibilities of pregnancy and motherhood can increase mental pressure.

3. **Economic Burden:** Unplanned pregnancies can lead to economic problems:

- **Unforeseen Expenses:** additional expenses for pregnancy, childbirth, and infant care which can affect the family's economic situation.
- **Career and Education Hindrance:** Especially for adolescents and young women.

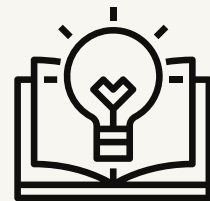
4. **Relationship Strain:** Unplanned pregnancies can create tension in relationships with partners and family members. Different expectations and opinions among family members can also be a source of tension.

Reason for Unplanned Pregnancy:

1. **Inadequate contraception:** Sometimes, individuals may not use contraception consistently or correctly, leading to unintended pregnancies.
2. **Lack of access:** Limited access to contraception, healthcare services, or information about reproductive health can contribute to unplanned pregnancies
3. **Socioeconomic factors:** Economic instability, poverty, and lack of education may lead to unplanned pregnancy.

Ways to Avoid Unplanned Pregnancy

1. **Sexual Education:** Sexual education programs are essential for both women and men:
 - **In Schools:** Special programs should be organized in schools to provide sexual education to adolescents.
 - **Community Awareness:** education programs involving local health organizations and NGOs. This will increase awareness of sexual health in society and dispel misconceptions.



2. **Availability of Contraceptive Methods:**

- **Easy Access:** Various contraceptive methods such as condoms, contraceptive pills, IUDs (Intrauterine Devices), etc., should be easily available. Ensuring the availability of these methods in health centers and pharmacies is essential.
- **Training and Counseling:** It is necessary to provide information about the correct use of contraceptive methods.

3. **Social Awareness:** Social efforts are necessary to increase awareness of women's rights and sexual health:

- **Community Involvement:** Community leaders, religious leaders, and other influential individuals should be involved in developing a positive attitude towards sexual health and contraceptive methods.

- **Women's Rights:** It is essential to raise awareness among women about their sexual and reproductive rights.



4. **Support Services:** Emergency contraceptive services and counseling play a vital role in preventing unplanned pregnancies:

- **Emergency Contraception:** Emergency contraceptive pills (such as morning-after pills) should be easily available so that pregnancy can be prevented after unprotected sexual intercourse.
- **Counseling Services:** Counseling services should be provided on contraceptive methods, sexual health, and issues related to unplanned pregnancies.

Way Outs for Unplanned Pregnancy

- **Medical Consultation:** Doctor's consultation helps women make informed decisions about pregnancy health, contraceptive methods, and available options. Understanding the importance of timing, seek medical advice as soon as possible.
- **Abortion:** If continuing the pregnancy is not feasible, abortion can be an option. Safe and legal abortion services provide women with the opportunity to end the pregnancy, safeguarding them from health risks. Blood tests or ultrasounds should be conducted as per medical advice,

Important Considerations:

1. **Health and Safety:** Always prioritize physical and mental health when making a decision. Consult healthcare providers to understand the risks, especially in cases of abortion or medical complications.
2. **Legal and Social Services:** Depending on location, there may be legal implications and resources, such as financial assistance or housing options, to help individuals make the best choice for their circumstances.

CONTRACEPTION

Contraception is the practice or use of methods, devices, or medications to prevent pregnancy. It allows individuals to control when and whether they want to have children. The goal of contraception is to prevent fertilization (the union of sperm and egg) or to prevent implantation of a fertilized egg in the uterus.

Importance of Contraception

1. **Population Control:** The use of contraception can help control population growth, which is immensely important. It reduces the burden on society and the nation'

2. **Women Empowerment:** Contraception enables women to avoid unintended pregnancies, allowing them to maintain consistency in their education and careers.

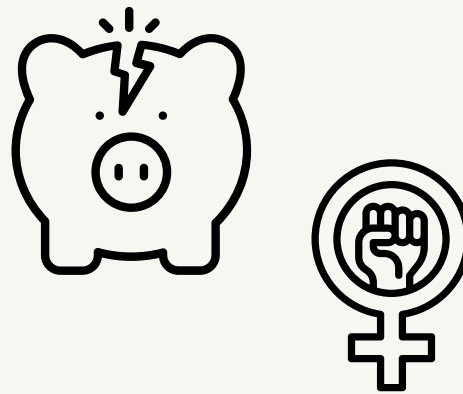
3. **Health Benefits:** Contraceptive use reduces the incidence of unintended pregnancies and unsafe abortions, resulting in lower maternal and infant mortality rates.

4. **Economic Stability:** Having planned and smaller families strengthens the economic status of families.

5. **Protection against Sexually Transmitted Infections (STIs):** Barrier contraceptives like condoms not only prevent pregnancy but also protect against HIV/AIDS and other sexually transmitted infections.

6. **Reduction of Poverty:** Contraception can help reduce the cycle of poverty by allowing families to better manage their resources. Smaller family sizes allow parents to provide more opportunities for each child, such as better education, healthcare, and nutrition.

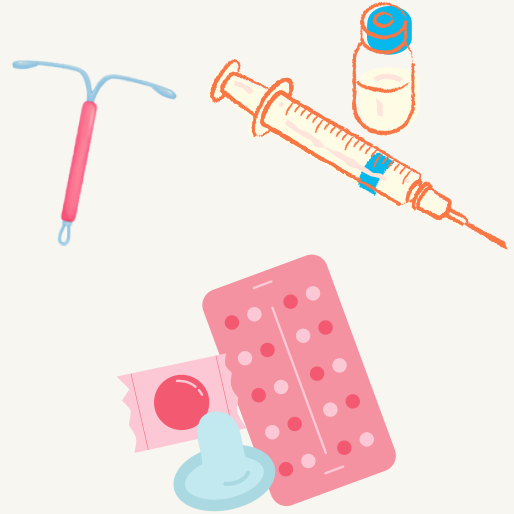
7. **Economic Empowerment:** By allowing individuals to control when and if they have children, contraception enables women, in particular, to pursue education, career goals, and economic independence, leading to improved economic outcomes for both individuals and families.



Types of Contraceptives

Barrier Methods:

- **Condoms and Femidoms:** Prevent sperm from entering the uterus. They also offer protection against sexually transmitted infections (STIs).
- **Diaphragms and cervical caps:** Devices that cover the cervix to prevent sperm from reaching the egg.



Hormonal Methods:

- **Birth control pills:** Oral contraceptives containing hormones that prevent ovulation.
- **Patches:** Stickers that release hormones through the skin to prevent ovulation.
- **Injections:** Hormonal shots that prevent pregnancy for a few months.
- **Implants:** Small rods placed under the skin that release hormones to prevent pregnancy for years.
- **Intrauterine Device (IUD):** A small device inserted into the uterus to prevent sperm from reaching the egg. It can be hormonal or copper-based.

Permanent Methods:

- **Sterilization:** Surgical procedures such as vasectomy for men and tubal ligation for women that permanently prevent pregnancy.

Natural Methods:

- **Fertility awareness:** Monitoring menstrual cycles to identify fertile days and avoid sex or use protection during that time.
- **Withdrawal method:** The male partner withdraws before ejaculation to prevent sperm from entering the vagina (less effective).

Emergency Contraception:

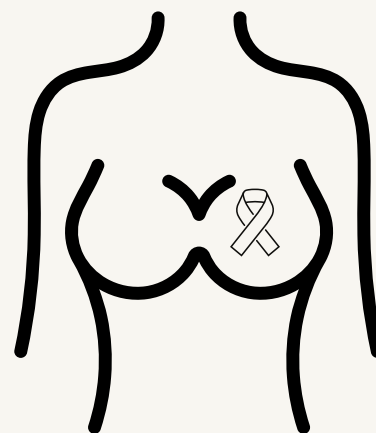
- **Pills that can be taken after unprotected sex to prevent pregnancy. They are most effective if taken as soon as possible after intercourse.**

BREAST CANCER

Breast cancer is a type of cancer that begins in the cells of the breast. It occurs when normal breast cells start to grow uncontrollably, forming a mass or lump known as a tumor. In some cases, the cancerous cells may spread to other parts of the body through the bloodstream or lymphatic system. Depending on the type, it can be either invasive (spread beyond its original location) or non-invasive (contained within its original location).

Symptoms of Breast Cancer

1. **Lump or Swelling:** Experiencing a solid mass or lump in the breast or armpit area that wasn't previously present. This lump is often painless but may sometimes be associated with discomfort.
2. **Swelling:** Swelling in a portion or the entire breast, or in the armpit area, indicating possible enlargement of lymph nodes.
3. **Changes in Breast Size or Shape:** Noticing unusual changes in breast size or shape, such as abnormal enlargement or shrinkage, which may be either temporary or progressive over time.
4. **Asymmetry:** Feeling a sense of asymmetry in the breasts, where one breast may appear differently sized or shaped compared to the other.
 - **Changes in Breast Skin:** Observing redness or swelling of the breast skin, which may indicate inflammation or infection. Developing dimpling or pitting in the skin resembling the texture of an orange peel, also known as "peau d'orange."
 - **Changes in Skin Texture:** Changes in the texture of the skin, such as thickening, puckering, or dimpling, which may indicate underlying abnormalities.
 - **Changes in Nipple Sensitivity:** Experiencing alterations in nipple sensitivity, including pain or itching.



- **Changes in the Nipple:** Experiencing abnormal nipple discharge, which may consist of blood or a yellowish fluid. production. Nipple retraction or inversion, where the nipple pulls inward or flattens, which was not previously observed.

5. Pain:

- Persistent pain in the breast or nipple area, which may not alleviate with rest. This pain can range from mild to severe.
- **Pain upon touch:** Feeling pain upon touching the breast or nipple, which could be indicative of various underlying causes and should not be ignored.

Ways to Avoid Breast Cancer

1. Healthy Lifestyle:

- **Regular Exercise:** Engaging in at least 30 minutes of exercise daily can reduce the risk of cancer.
- **Balanced Diet:** Consume fruits, vegetables, and whole grains. Limit intake of fats, sugars, and processed foods. A healthy diet boosts the body's immune system.



2. Avoidance of Smoking and Alcohol

3. Regular Check-ups:

- **Mammography:** Women over 40 should undergo regular mammograms. It helps in early detection of cancer.
- **Clinical Examination:** Regular breast examinations by a doctor are essential. It helps identify any abnormalities at an early stage.

4. Self-Examination:

- **Regular Self-Examination:** Perform self-examination of the breasts every month. Pay attention to any lumps, swelling, pain, or other changes.
- **Awareness of Abnormalities:** Do not ignore any unusual symptoms and seek medical advice promptly. .

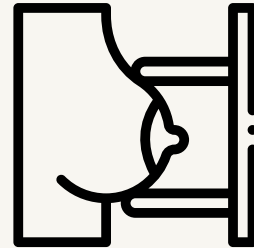
Diagnosis

Breast Exam: Physical examination by a healthcare provider.

Mammography: X-ray imaging of the breast tissue.

Ultrasound: Sound waves create images of breast tissue.

Biopsy: Removal of a sample of breast tissue for examination under a microscope to determine if cancer is present and its type.



Risk factors for Breast Cancer

- **Genetics:** Certain gene mutations, such as BRCA1 and BRCA2, significantly increase the risk of breast cancer.
- **Family History:** Having a close relative (like a mother, sister, or daughter) diagnosed with breast cancer increases one's risk.
- **Age:** The risk of breast cancer increases with age, particularly after menopause.
- **Hormonal Factors:** Prolonged exposure to estrogen, whether from early menstruation, late menopause, or hormone replacement therapy, can increase the risk.
- **Lifestyle Factors:** Obesity, excessive alcohol consumption, lack of physical activity, and smoking can also contribute to a higher risk.

Treatment Options

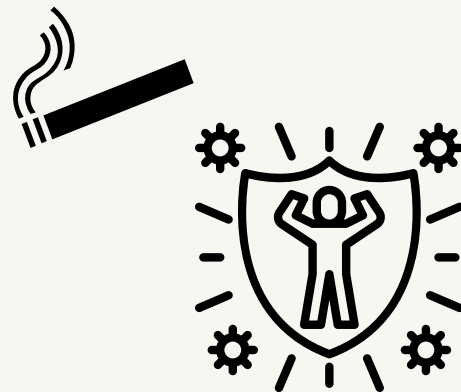
- **Surgery:** Lumpectomy (removal of the tumor and surrounding tissue) or mastectomy (removal of the entire breast).
- **Radiation Therapy:** High-energy rays to kill cancer cells.
- **Chemotherapy:** Drugs to kill cancer cells or stop their growth.
- **Hormone Therapy:** Drugs to block hormone receptors or lower hormone levels.
- **Targeted Therapy:** Drugs that target specific characteristics of cancer cells.

CERVICAL CANCER

Cervical cancer is a growth of cells that starts in the cervix . It is a type of cancer that occurs in the cells of the cervix. The cervix is the lower part of the uterus that connects to the vagina. It is primarily caused by the human papillomavirus (HPV), a sexually transmitted infection.

Risk Factors

- **HPV(Human Papillomavirus) Infection:** Particularly high-risk strains, such as HPV-16 and HPV-18.
- **Lack of Screening:** Not undergoing regular Pap tests (Pap smears) to detect abnormal cervical cells early.
- **Multiple Sexual Partners:** Having multiple sexual partners increases the risk of HPV infection.
- **Smoking:** Cigarette smoking can weaken the immune system and increase the risk of cervical cancer.
- **Weakened Immune System:** Conditions or medications that weaken the immune system, such as HIV/AIDS or immunosuppressants



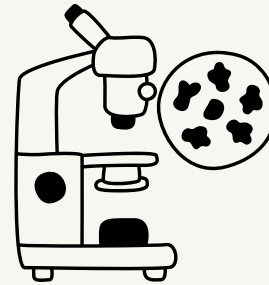
Signs and Symptoms

- **Pelvic pain:** may be constant or intermittent and may radiate to the lower back or thighs. Pelvic pain during intercourse is also a potential symptom.
- **Abnormal vaginal bleeding:** Bleeding between periods, after sexual intercourse, or after menopause can occur.

- **Vaginal discharge that is watery, bloody, or has a foul odor.**
- **Pain during urination or blood in the urine**

Diagnosis

- **Pap Test (Pap Smear):** A routine screening test where cells from the cervix are collected and examined under a microscope for any abnormalities.
- **HPV Test:** Detects the presence of high-risk HPV strains in cervical cells.
- **Colposcopy:** A procedure where a special magnifying instrument (colposcope) is used to examine the cervix for abnormal areas.
- **Biopsy:** Removal of a small sample of cervical tissue for examination under a microscope to confirm the presence of cancerous cells .

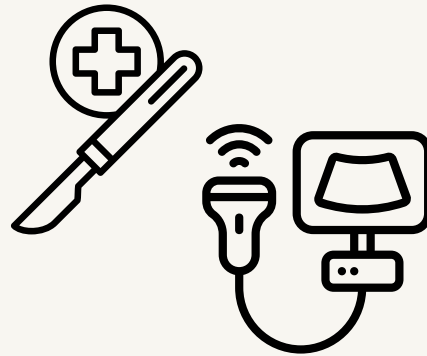


Methods of prevention

- **HPV Vaccination:** Vaccines are available to protect against certain high-risk strains of HPV, which can significantly reduce the risk of cervical cancer
- **Safe Sex Practices:** Using condoms can reduce the risk of HPV transmission, although they do not provide complete protection.
- **Limiting Number of Sexual Partners:** Having multiple sexual partners increases the risk of exposure to HPV and thus the cancer
- **Regular Gynecological Examinations:** Routine gynecological examinations, including pelvic exams, are important.
- **Smoking Cessation:** Quitting smoking can reduce the risk of cervical cancer.
- **Healthy Lifestyle Choices:** Consuming a balanced diet rich in all nutrients and engaging in regular physical activity.

Treatment Options

Cervical cancer treatment options vary depending on the stage and location of the cancer, as well as the patient's overall health.



- **Surgery:**

cone biopsy, hysterectomy, or trachelectomy (removal of the cervix while keeping the cervix intact)

Removal of the cancerous tissue, which may involve removing part of the cervix

- **Radiation Therapy:** High-energy rays to kill cancer cells or shrink tumors.
- **Chemotherapy:** Drugs to kill cancer cells or stop their growth
- **Targeted Therapy**

Chemotherapy involves drugs that kill cancer cells or stop their growth, and radiation therapy uses high-energy rays to target and destroy cancer cells. In some cases, targeted therapy or immunotherapy may be considered, particularly for recurrent or metastatic cervical cancer. In addition to these treatments, patients with early-stage cervical cancer may also consider fertility-sparing options, depending on the specific diagnosis and personal circumstances. For advanced or metastatic cancer, clinical trials may offer new therapies that can be explored. Treatment plans are typically personalized and involve a multidisciplinary approach with gynecologic oncologists, radiation oncologists, and medical oncologists to optimize outcomes. Regular follow-up care is crucial for monitoring recovery and detecting any potential recurrence.

ANEMIA

Anemia is a medical condition characterized by a deficiency in the number of red blood cells (RBCs) or a decrease in the amount of hemoglobin in the blood. Hemoglobin is a protein in red blood cells that carries oxygen from the lungs to the rest of the body's tissues and removes carbon dioxide from the body.

Causes

- **Iron Deficiency:** the most common cause of anemia worldwide. Iron is essential for the production of hemoglobin, and inadequate dietary intake of iron or poor absorption of iron can lead to iron deficiency anemia.
- **Vitamin Deficiencies:** Deficiencies in vitamin B12, folate (vitamin B9), or vitamin C can impair red blood cell production and contribute to anemia.
- **Chronic Diseases:** Certain chronic conditions, such as chronic kidney disease, inflammatory diseases, or cancer, can interfere with the body's ability to produce red blood cells or lead to their destruction, resulting in anemia.
- **Blood Loss:** Acute or chronic blood loss from conditions such as gastrointestinal bleeding, heavy menstrual periods, or trauma can cause anemia.
- **Bone Marrow Disorders:** Conditions affecting the bone marrow, such as aplastic anemia, myelodysplastic syndromes, or leukemia, can disrupt the production of red blood cells.
- **Genetic Factors:** Inherited disorders like sickle cell anemia, thalassemia, or hereditary spherocytosis can affect red blood cell production or structure, leading to anemia.



Signs and Symptoms

- **Fatigue:** Feeling tired, weak, or lethargic, even with adequate rest, is a common symptom of anemia.
- **Pale Skin:** Anemia can cause a pale or washed-out appearance to the skin, particularly noticeable in the face, lips, or nail beds.
- **Shortness of Breath:** Reduced oxygen-carrying capacity of the blood can lead to difficulty breathing, especially during physical exertion.
- **Dizziness or lightheadedness:** Anemia can cause a feeling of dizziness, faintness, or lightheadedness, particularly when standing up quickly.
- **Rapid Heartbeat (Tachycardia):** The heart may need to pump faster to compensate for decreased oxygen delivery to tissues, resulting in an increased heart rate.
- **Headaches:** Anemia can cause headaches, particularly those that worsen with physical activity or are associated with fatigue.
- **Cold Hands and Feet:** Poor circulation due to reduced oxygen levels in the blood can result in cold extremities.
- **Cognitive Impairment:** Severe anemia may impair concentration, memory, and cognitive function.



Diagnosis

- **Serum Iron Studies:** Blood tests measuring levels of iron, other proteins and total iron-binding capacity (TIBC) to evaluate iron status.
- **Bone Marrow Biopsy:** In certain cases, a sample of bone marrow may be taken for examination to evaluate the production of blood cells and identify any underlying bone marrow disorders.

- **Complete Blood Count (CBC):** measures the number of red blood cells, hemoglobin levels, hematocrit (percentage of blood volume occupied by red blood cells), and other parameters related to red blood cell function.
- **Peripheral Blood Smear:** Examination of a blood sample under a microscope to assess the size, shape, and appearance of red blood cells, which can help identify certain types of anemia.

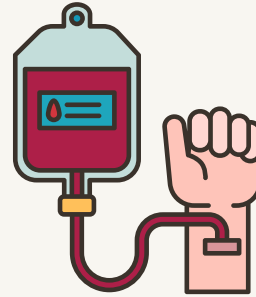
Methods of prevention

- **Maintaining a Balanced Diet:** Consuming a diet rich in iron, vitamin B12, folate, and other essential nutrients is important for preventing nutritional deficiencies that can lead to anemia.
- **Iron Supplementation:** In populations at risk of iron deficiency anemia, such as pregnant women or individuals with poor dietary iron intake, iron supplements may be recommended.
- **Regular Health Check-ups:** Routine medical check-ups and screenings can help identify and address risk factors for anemia, such as chronic diseases or gastrointestinal bleeding, early on.
- **Management of Chronic Diseases:** Effective management of chronic conditions such as chronic kidney disease, inflammatory disorders, or cancer can help prevent anemia associated with these conditions.
- **Avoiding Tobacco Smoke:** Smoking can impair the body's ability to absorb iron and increase the risk of developing anemia. Avoiding exposure to tobacco smoke is important for overall health and anemia prevention.



Treatment

- **Iron Supplementation:** Oral or intravenous iron supplements may be prescribed to correct iron deficiency anemia.
- **Vitamin Supplements:** Supplements of vitamin B12, folate, or vitamin C may be recommended for anemia due to deficiencies in these vitamins.
- **Erythropoietin Therapy:** Recombinant erythropoietin injections may be used to stimulate red blood cell production in certain types of anemia, particularly in chronic kidney disease.
- **Blood Transfusion:** In severe cases of anemia or acute blood loss, transfusion of packed red blood cells may be necessary to rapidly restore hemoglobin levels and oxygen-carrying capacity.
- **Treatment of Underlying Conditions:** Treating underlying diseases or conditions contributing to anemia, such as gastrointestinal bleeding, chronic kidney disease, or bone marrow disorders, is essential for managing anemia effectively.



WORD SEARCH

let's see how many words can you find!

t	d	w	b	s	n	o	i	t	c	e	f	n	i	w
j	a	e	l	e	g	e	o	m	q	c	x	x	e	r
a	e	m	m	s	r	m	b	s	u	a	o	c	u	s
r	m	a	p	n	b	o	e	c	y	n	r	r	t	a
e	g	m	r	t	v	k	s	b	f	c	k	a	n	f
g	l	m	q	f	s	y	i	r	d	e	i	z	f	e
n	s	o	c	m	e	a	t	f	q	r	a	x	h	s
b	p	g	p	l	i	j	e	z	r	m	t	l	d	e
n	r	r	c	a	o	q	s	r	k	w	m	e	t	x
m	y	a	p	p	d	a	n	m	b	b	k	e	p	h
o	v	a	r	i	e	s	o	r	t	a	l	f	j	u
d	u	h	o	v	a	n	b	e	s	v	t	o	m	j
n	s	y	u	i	r	r	e	l	m	f	t	k	o	x
o	j	e	x	o	j	j	n	c	e	r	v	i	x	d
c	j	w	m	e	n	s	t	r	u	a	t	i	o	n

MENSTRUATION

BLOOD

CONDOM

OBESITY

HEALTH

INFECTIONS

OVARIES

MAMMOGRAPHY

BREAST

PAD

CANCER

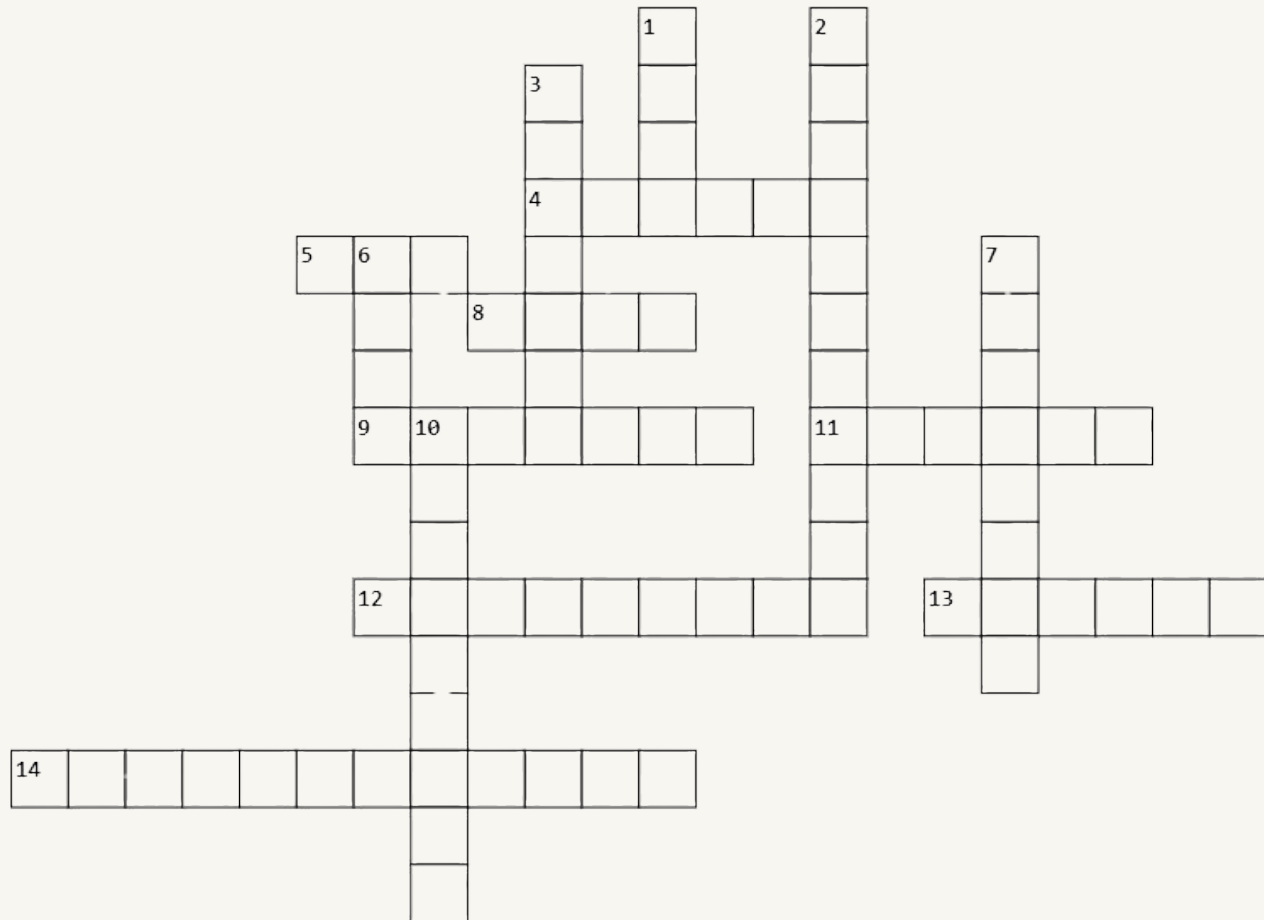
SAFESEX

TAMPON

CERVIX

STAIN

CROSSWORD



Across

4. A method of contraception that offers protection.
5. A virus that can be prevented with vaccination, linked to certain cancers.
8. Healthy eating habits that help manage PCOS.
9. A concept taught in sex education to promote health and safety.
11. A condition caused by low levels of red blood cells, common in women.
12. Something that may be harder to achieve with PCOS.
13. Often irregular or missing in PCOS.
14. Education on safe practices, protection, and reproductive care.

Down

1. A nutrient that helps prevent anemia.
2. A screening method to detect breast health issues.
3. Preventive care that can protect against certain health risks.
6. A condition affecting women's hormones.
7. Chemicals in the body that are imbalanced in PCOS.
10. Essential for understanding and managing health issues like PCOS.

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With heartfelt appreciation,
Bhuvi Garg