A Picture of Health

In focus this month: Women’s Health

1. Mother’s Day, International Women’s Day, March is all about the ladies. When it comes to health, there’s no escaping biology; they are constantly changing conditions and illnesses that only affect women. Knowing how to read the signs and symptoms of female cancers is really important, as is going for screening checks. So, the uptake of cervical screening is at a 20 year low, and some of the women being called for smear tests now are too young to remember who Jade Goody was, let alone the phenomenal impact her passing had on cancer screening rates. Cervical screening can stop cancer before it starts. It’s 5 minutes that could save your life, so next time you’re invited don’t ignore it! If you missed your last test call your GP practice now to make an appointment. If you’re nervous or worried about what to expect click the link.

2. "A Picture of Health is produced by Tameside’s Population Health Team. We’re here to research and understand the big health matters that affect our borough. Our goal is to find ways to improve the physical and mental wellbeing of the people living here, to give them happier, healthier and longer lives. But enough about us. You are the most important person in your health, so read on to see what you can do for yourself and your family to stay fit and well.

3. Pregnancy is over 70, so if your mum (or any female friend or relative) has hit that particular milestone make sure she knows that she still needs to check her breasts. It’s not just yet early diagnosis means you’re more likely to recover from breast cancer, so knowing the signs and symptoms really important. It’s not just about finding a lump. A thickening in your breast or changes in the skin, shape or size of your breast, nipple changes or discharge, pain in your breast and any other unusual or persistent changes to your breast can all be signs that you need to see your GP without delay. Click the link for some advice.

4. There are five types of gynaecological cancers that affect women; cervical, womb, ovarian, vaginal and vulval. Around 21,000 cases are diagnosed nationwide every year. As with all cancers, spotting the signs and symptoms early is key to increasing chances of survival, and yet many of us would struggle to know what to look for in the less-talked-about areas. The Eve Appeal is a national charity that raises awareness of these types of cancer, and also does some fun work to help fund research. Make Time for tea is a chance to raise awareness and enjoy cake and a cuppa with friends. Read on to find out how you can play your part this March.

5. Are you good at embarrassing? The rate of women attending cervical screening in Tameside has fallen to 73%. A survey by the charity Jo’s Cervical Cancer Trust showed embarrassment is causing a third of women to delays or avoid a smear test. Cervical screening saves more lives than any other screening test, so for the sake of a moment’s embarrassment, it could be your life that’s saved next. Cervical cancer is the most common cancer in women under 35 and the test can prevent 75 per cent of cervical cancers. To keep those Mother’s Day cards coming for many more years, don’t skip your smears. For more information and advice on cervical screening click the link.

6. Breastfeeding is one of the joys of being a mother but did you know that it protects mum too? It lowers the risk of ovarian and breast cancer, cardiovascular disease, osteoporosis and obesity. Despite this, just 1% of women in the UK are still breastfeeding at 6 months. Breastfeeding can be hard, but the rewards for persevering are plentiful. It releases hormones that produce loving feelings, and protects your baby from disease. This, along with cuddles, helps form a close bond with baby that can’t be replicated. There’s lots of help for mums in our 5,000 local areas that breastfeed. Our Health Visitor Service, supported by Children’s Centres, holds the Unicef Baby Friendly accolade. Together with trained Homestart Peer Supporters mums and babies can get the best help to ‘Keep on breast feeding’.

7. Childbirth doesn’t stop when you have a baby. PND which is short for Post Natal Depression is a time for babies in the days after the birth of their baby. As hormones drop, feelings of extreme sadness, despair and even anger is common. For most mums these feelings will pass, but around 10% of women in Tameside go on to develop postnatal depression (PND). PND is a sort of emotional loneliness, which can be helped by confiding in a partner, family member, friend or health professional. Specialist advice is available through the Health Visiting Team. They are there to support without judgement, and to support mums to form a loving bond with their baby.

8. Are you dying of embarrassment? When it comes to health, there’s no escaping biology; they are constantly changing conditions and illnesses that only affect women. Knowing how to read the signs and symptoms of female cancers is really important, as is going for screening checks. So, the uptake of cervical screening is at a 20 year low, and some of the women being called for smear tests now are too young to remember who Jade Goody was, let alone the phenomenal impact her passing had on cancer screening rates. Cervical screening can stop cancer before it starts. It’s 5 minutes that could save your life, so next time you’re invited don’t ignore it! If you missed your last test call your GP practice now to make an appointment. If you’re nervous or worried about what to expect click the link.

9. Whist nursing mums have a legal right to feed their baby in public it doesn’t necessarily mean they feel confident or comfortable doing it. A study by StannahLife found that a third of nursing mums shy away from feeding in public and 1 in 10 women choose not to breastfeed their baby because of women’s attitudes to ‘nude’ mothers’ opinions. To our shame, this is a negative aspect of British culture that accounts for us having the lowest breastfeeding rates in the world. Next time you see a mum feeding in public, remember that she might be nervous and self-conscious, so for the sake of a moment of embarrassment, it could be your life that’s saved next. Cervical cancer is the most common cancer in women under 35 and the test can prevent 75 per cent of cervical cancers. To keep those Mother’s Day cards coming for many more years, don’t skip your smears. For more information and advice on cervical screening click the link.

10. Maternity Leave can be a lonely time. The social lives that included late nights and wine can seem a lifetime away as friends without children party. Life is a bubble with a baby, away from work and adult conversation can lead to feelings of isolation. This, compounded by tiredness can put a real downer on what should be a happy time. Making new connections through groups and clubs is a way to keep the loneliness at bay. Time for Rheyme, and other baby friendly activities take place every week in libraries. So, if you love reading, or you meet Supermum and perfect child. Two thirds of mums on Netmums said they deliberately give other mums the impression they’re doing better than their child. It’s all about how other mums were doing better than them. Remember that all mums have days when they feel the pressure; you’re not alone. The signs and symptoms of PND which is short for Post Natal Depression is a time are at all is a monumental achievement. As well as stay and play sessions, there are weekly support groups, local arts and events teams, like crafts and craft sessions. See where peeled for other events offered in conjunction with our local Arts and Events team, like plays and craft sessions. If you’re wearing options, and craft sessions. Keep your eyes peeled for other events offered in conjunction with our local Arts and Events team, like plays and craft sessions. If you’re too young to remember who Jade Goody was, let alone the phenomenal impact her passing had on cancer screening rates.

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12. Children’s Centres are another place to find like-minded mums, but don’t be discouraged if you meet Supermum and perfect child. Two thirds of mums on Netmums said they deliberately give other mums the impression they’re doing better than their child. It’s all about how other mums were doing better than them. Remember that all mums have days when they feel the pressure; you’re not alone. The signs and symptoms of PND which is short for Post Natal Depression is a time are at all is a monumental achievement. As well as stay and play sessions, there are weekly support groups, local arts and events teams, like plays and craft sessions. If you’re too young to remember who Jade Goody was, let alone the phenomenal impact her passing had on cancer screening rates.

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