



## The Medical **Bulletin**

# Women's Health

## SECTION: WOMEN'S HEALTH

### iMOMS

Anna Jarvis, was an American activist who founded Mother's Day to honour her and "all mothers" in 1908. 'Mother's Day', "For the Best Mother who Ever Lived—Your Mother."

Mothers are the queens of multi-tasking and ensuring adequate work-life balance. But how do they do it all? With the same 24 hours, moms manage to accomplish far more than anyone else with a smile.

Glorifying mothers as queens of multi-tasking with quotes like these only puts undue pressure on them, especially when she is already doing office work, home-schooling, preparing healthy yet tasty meals, policing screen time, working out, all in those 24 hours and yet facing waves of guilt, stress or resignation that comes with not doing any of those things particularly well.

Can we moms please not have those extra wings? Can we stop emphasising on the "sacrifices" that a mom makes (yes Bollywood, I hope you are listening)? Can we be allowed to be lazy and put our feet up for some time? Can we be treated as normal human beings who have their individual needs? Can we be treated as people who are capable of making mistakes and even failing? Can we put our happiness over others sometimes and not expect to be martyrs? We can't pour from an empty cup you know, and motherhood isn't the beginning and end for us.

**We deserve to be celebrated every day, not just on Mother's Day"**

A mother's health often takes a back seat when juggling parenting, job life, and social commitments, presenting as a variety of physical disorders. Mothers are the foundation of our families and generations. With keeping aside their health issues, sometimes it results in deteriorated health, manifesting as ailments such as PCOS, diabetes, anaemia, obesity, thyroid, hypertension, and even cancer. The next time, instead of glorifying motherhood, ask mothers around you how they are doing and what help, guidance or support they need. Some ways to ensure their health and well-being;

### **\* Encourage timely and healthy meals**

The first step in dieting is to eliminate the unhealthy, junk food that contributes to increased cholesterol, sugar levels, hormone imbalances, and blood pressure. Women are twice as likely to acquire health problems as a result of poor eating habits. Share healthy food recipes for her overall health.

"Encourage your mother to eat well by eating and cooking with her. She will enjoy your company and become stricter in her eating habits.



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### ***\* Take care of her fitness***

They are so indulged in household chores that they do not pay attention to their fitness. Make it a habit to spend some time with her while exercising. Motivate her to do yoga asanas. They love spending time with their children. Maintain a fitness routine with her and take out some time to discuss if she is facing any health issues.

### ***\* Make sure she is hydrated***

If mom is in-charge of the kitchen, you can make sure she drinks enough water, healthy juices and detox drinks. These drinks don't take long to prepare.

### ***\* Keep a check on her micronutrients***

Women's bodies begin to lack key minerals like calcium and iron beyond the age of 35. Furthermore, due to poor diet, two out of every five women suffer from vitamin deficiencies. Make sure your mother takes her suggested supplements on a daily basis in order to live a healthy life.

### ***\* Maintain a timetable***

This is true in terms of eating, sleeping, and exercising. Many mothers continue to juggle their eating schedules. Dinners must remain light. It's critical to cultivate the habit of eating and sleeping at the same time. Everything in us operates on a timetable.

### ***\* Regular screening***

Regular screening and checkups not only help in keeping check of her health issues, but also in early detection and treatment, in case of any abnormalities.

### ***\* Spend time with her***

Moms may not often admit it, but they love to spend quality time with you. Most of us are caught up in our regular work and schedule; we tend to not notice their loneliness. Sit with her, listen to her, talk to her and share your feelings. Sometimes, even a cup of coffee can be enough.

***No need to be iMOMS. Just be yourself***

***Dr. Minal Mohit***