

# Secrets in Women Health



**Health Promotion Department**

Supreme Council For Family Affairs

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**Health** **التثقيف**  
**Promotion** **الصحي**

إدارة التثقيف الصحي - Health Promotion Dept

المجلس الأعلى لشؤون الأسرة بالشارقة SCFA - Shj



Dedication from the Health Promotion Department of the  
Supreme Council for Family Affairs in Sharjah on  
**Emirati Women's Day**

## **Introduction**

**The role of women in society is pivotal; women have an impact on the renaissance of ancient and modern societies and the ability to make positive changes in various aspects of life, which is what societies aim for. Women occupy an essential role in raising future generations and building a happy and healthy family, and always support men who also contribute to building society.**

**The role of women does not stop at this point, as they have a great social role in various fields in terms of care, support, education, and their role as working women in different practical sectors. Women are half of society in terms of formation and the whole of society in terms of influence on formation. She is the mother, sister, wife, grandmother, teacher, educator, and worker. Women represent the strength and vitality of our societies, and she is the element that cannot be abandoned to support development and transformation in society.**

**So, to every Emirati, Gulf, Arab, foreign woman, and all women around the world...**

**You are the foundation of society**

**You are the mother of generations**

**You are the strength of everyone**

**Health Promotion Department of the Supreme Council for Family Affairs in Sharjah, dedicate this booklet to you. It includes valuable information for the health, safety, and happiness of women who represent half of society.**

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# Secrets of women during their life stages



1. Marriage
2. Pregnancy
3. Birth



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# 1. Marriage



The stage of marriage is a stage of radical changes in your life as you are preparing to enter a new stage of life, but before marriage, it is necessary to do some tests for the prevention and to ensure the health status of you and your husband and that you are free from diseases that may cause a threat to your health in future.

## What are these checks?

**Note: Some of these tests are not considered mandatory to complete the marriage contract**

- Complete blood tests
- Thalassemia analysis
- Sickle cell anemia analysis
- Hepatitis C analysis
- HIV test
- Testing the ability to reproduce
- Genetic tests



## What is the importance of these examinations?

- Reassurance that there are no causes that lead to the possibility of genetically transmitting diseases to children, such as thalassemia
- Detection of the absence of contagious diseases in the spouses, such as hepatitis C or AIDS
- Ensure that there are no reasons preventing or delaying childbearing from both spouses

After marriage, a woman must visit the **Gynecologist** from time to time to carry out routine examinations and ensure her health and safety, such as imaging the uterus, ovaries, vitamin levels in the body, and other tests that prepare her for the stage of pregnancy and prepare for it.

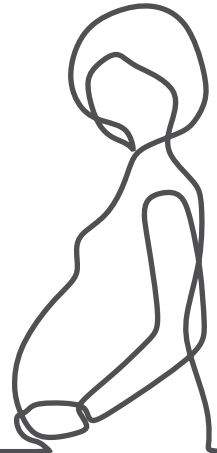
## 2. Pregnancy

The stage of planning & preparing for pregnancy and preparing for the changes taking place during this period is very important for you and your husband, as planning in advance helps in having a healthy pregnancy and baby.

If you're looking for tips to help you at this stage, scan the following codes to get your copies of:



**Pregnancy  
booklet**



## 3. Birth

After 9 months of waiting, the moment of birth is the awaited moment for you and your family, because children are the adornment of the world's life. So, do not make it a moment of tension, anxiety, and fear, but make it one of the happiest moments that you share with those around you, prepare yourself to facilitate the process of your birth, and do not hesitate to ask specialists about everything related to childbirth and make sure to go for routine visits to check on the health of your baby and always remember that breastfeeding is best for you and your baby.

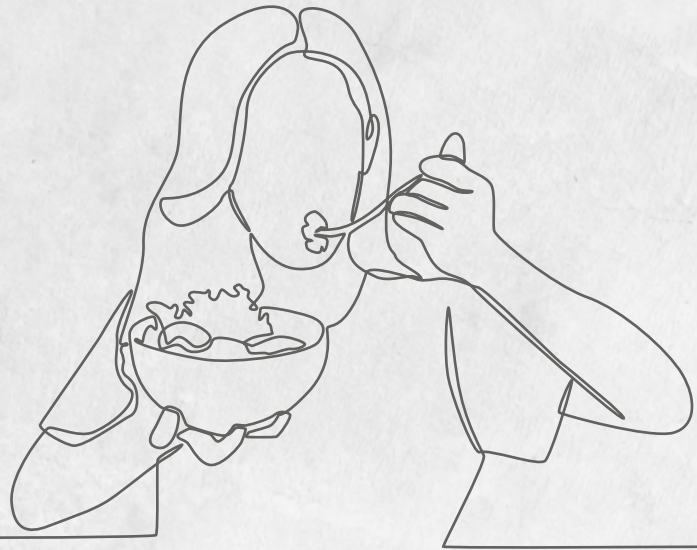
If you're looking for tips to help you at this stage, scan the following codes to get your copies of:



**The Breastfeeding Association provides all kinds of support and facilities to support you during the breastfeeding period and provide the necessary advice on your questions, so do not hesitate to contact the team on the support line: ☎ 600570001**



# Secrets of women nutrition



1. Healthy nutrition and its effect on the shape of the body
2. Important vitamins for women health
3. Free consultation platform at your service



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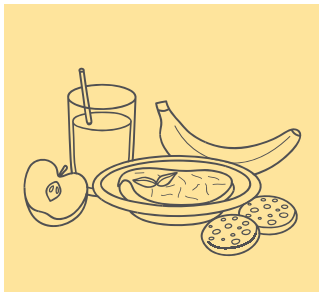


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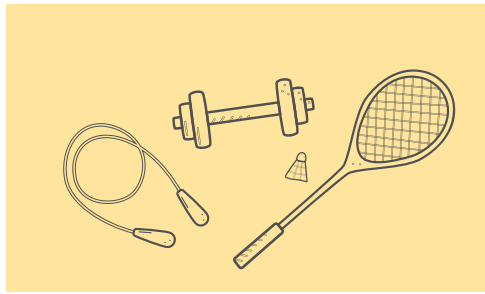
# 1. Healthy eating

At all stages of life, a woman seeks to obtain a healthy and graceful body because of its impact on her external appearance and beauty in general. Therefore, she must maintain:



**Good and proper nutrition**

+

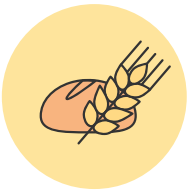


**Daily exercise**

= **A healthy and fit body**



So, that proper nutrition includes a **balance** in all food types like:



**Carbohydrates**



**Proteins**



**Vegetables and fruits**



**Dairy and milk products**



**Drinking sufficient quantities of water**



## Quick tips for better nutrition:

- Reduce the consumption of oil during food preparation and use the grilling method in most of your cooking
- Use the air fryer
- Avoid eating fast food and food from outside
- Replace the sources of milk and full-fat cheese with low or fat-free
- Reduce the use of salt because it may cause fluid retention in the body
- Use natural herbs and spices instead of salt
- Avoid eating potato chips that contain excess amounts of salt, preservatives, and flavor enhancers
- Replace snacks that have no nutritional value with vegetables because they are considered low in calories, such as salads or slices of mixed vegetables.
- Cut back on sugar
- Use natural sugar substitutes such as honey or plant sources such as stevia
- Avoid sweets and chocolates that contain milk
- Replace canned juices that contain added sugar with fresh juices that can be prepared at home without added sugar



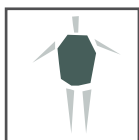
## What is your body shape?

Body shapes vary according to height and areas of fat accumulation in every woman.. There is no correct and ideal shape for a woman's body. Every woman differs according to her measurements and the nature of the body that she naturally has.

Women's body shapes are divided into **5 shapes**:

**apple, rectangle, hourglass, pear, and inverted triangle**

It is preferable to focus on the areas where fat accumulates in each body, and ensure that fat in these areas does not lead to diseases and health problems, especially the fat around the abdominal area, which can be reduced by **practicing push-ups and a healthy diet**.



**Apple:** Women with apple-shaped bodies are the ladies who are full at the **waist area**, which is the **largest size**. The **hips and chest areas** are usually **close in size**.



**Rectangle:** If your **waist measurements are approximately equal to your hip or chest** measurements; You have something called a **rectangle**.



**Hourglass:** As for measurements, the **waist** is the **smallest**, while the **chest and hip areas** are the **largest** and are almost **equal in size**.



**Pear:** If your **chest and waist** measurements are **smaller than your hips**, this indicates that your body has a **pear shape**.



**Inverted Triangle:** If your **chest** measurements are **larger** than your **waist and hips**, you have an **inverted triangle** body shape and this body shape is often accompanied by athletic women.

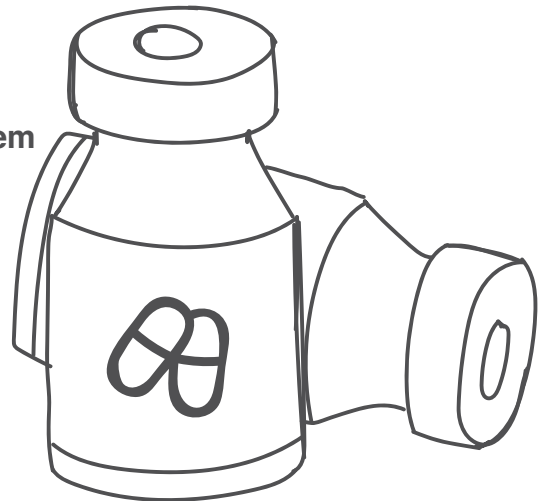
**If the waist measurement is more than 88 cm in women, this indicates an unhealthy accumulation of abdominal fat and an increased risk of disease**

## 2. Important vitamins for women health

Vitamins are important for the health of everyone in case the body suffers from a certain deficiency in the sources of vitamins and minerals; In some stages of life, a woman may feel symptoms of a deficiency in the levels of vitamins and minerals, due to the changes in hormones from time to time.

What are the most important of these vitamins and what do they do?

- **Calcium:** maintains healthy **bones and skin**
- **Probiotics (good bacteria):** maintains the **digestive system**
- **Iron:** prevention of **anemia** associated with iron deficiency
- **Omega 3:** reduce **inflammation**
- **Vitamin C:** enhances the strength of the **immune system** and prevents diseases
- **Vitamin D:** maintains **bones and health in general**, in addition to preventing **lethargy and diseases**
- **B vitamins:** maintain the **metabolism and secretion of hormones**
- **Folic acid:** important in the stage of (before and during pregnancy) because it prevents **birth defects in the fetus's brain**



Pay attention to taking vitamins randomly without consulting a doctor or making sure of your actual need for them, you may not need all these vitamins; as incorrect intake may lead to complications and serious diseases



### 3. Free consultation platform at your service

Are you looking for a healthy lifestyle for your life?

Do you want to know if your weight is healthy?

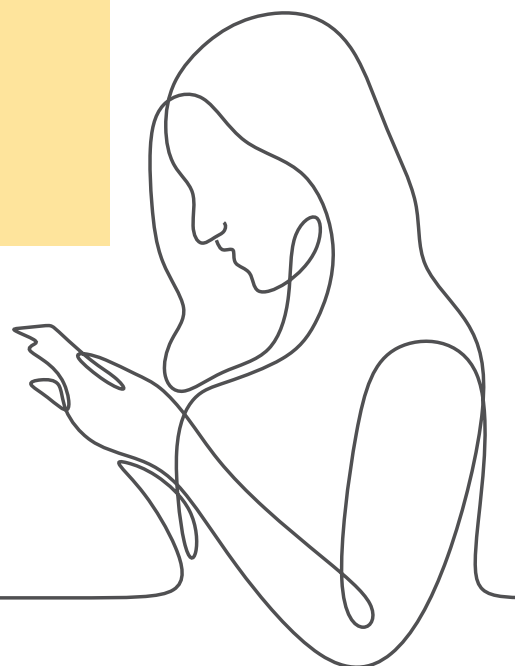
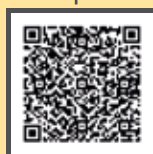
Do you want to get your needs of calories?

Are you wondering about the ideal weight according to your height and weight?

You can obtain all this information by **applying for a health nutrition consultation with the nutritionists in Health Promotion Department**, where they provide this free service within a **lifestyle program** that seeks to adopt a healthy and flexible system.

 To obtain this service, please contact us on WhatsApp: 050 2139510

Or by scanning the following code to access the service directly



# Secrets of women Physical Activity



1. The importance of exercise for women health
2. Selected exercises for your health and fitness
3. Practices and ideas to increase your daily movement



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# 1.The importance of exercise for women health

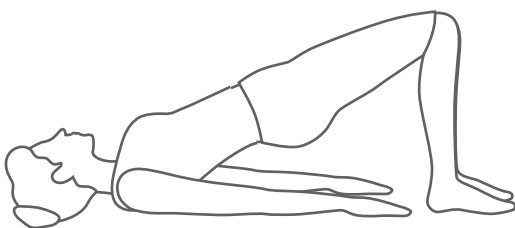
It is essential for every woman to take care of her health and fitness by sticking to a daily program of exercise and physical activity; This may reflect positively on women's health in general, as the body needs movement to stimulate blood circulation continuously to maintain:

Physical fitness in general and the external appearance of the body shape

- Prevention and control of diseases such as diabetes, heart disease, high fats, and some types of cancer.
- Important for bone health, strengthening and reducing osteoporosis, as studies have proven that the percentage of women who suffer from osteoporosis is higher than men
- Helps reduce back and pelvic pain
- Reduce the incidence of pregnancy complications
- It prevents urinary incontinence, which women often get after childbirth

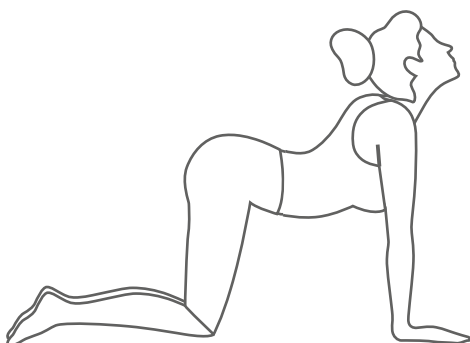
## 2.Selected exercises for your health and fitness

**Exercises to relieve back pain (in pregnancy) after the doctor confirms that you are able to do them:**



- **Hip Raise**

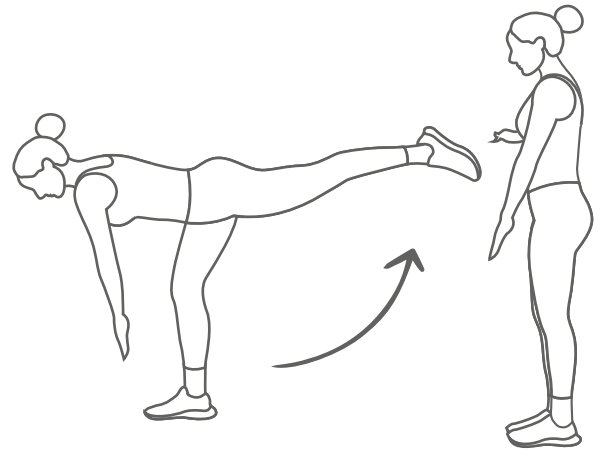
This exercise **strengthens the muscles of the back and legs**, and it is performed by lying on the back and bending the legs to make the knees protrude upwards and the feet touch the ground, the hands are extended to the sides and using only the feet and legs, the hip and torso are raised up.



- **Lower back stretching exercise**

### • Flamingo Workout

In this exercise, which is **one of the most important exercises that the woman can apply, as we continue to press and play on the legs**, the exercise is called by this name because during the exercise, one is standing on one foot, which is what the flamingo does, and this exercise is characterized **by giving you the distinctive and taut shape For your legs**, this exercise can be performed as follows:

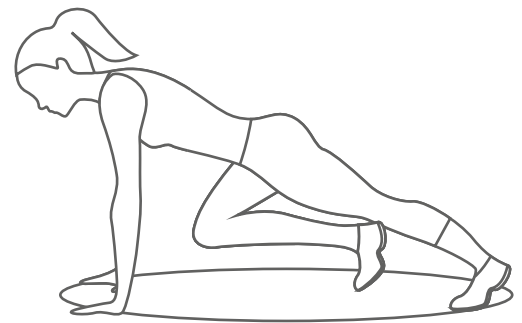


1. Stand balanced on your left foot and bend forward and put your weight on your midsection.
2. Keep your body straight .
3. Lift your right foot back, with the tips of the toes stretched.
4. Stand in this position for **60 seconds** on each foot, increasing the amount of time as you can.

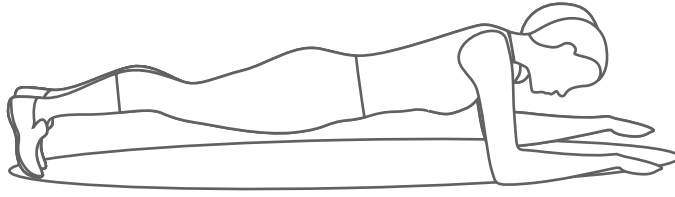
### • Climbing Exercise

Mountain climbing exercise is one of the simplest exercises that burns a lot of calories and helps in tightening the lower abdomen area significantly. This exercise can be performed as follows:

1. Start in a **plank** position, hands shoulder width apart, your back straight, and tighten your abdominal muscles.
2. Make sure your weight is evenly distributed between your hands and your toes.
3. Pull your right knee into your chest as far as possible.
4. Then switch and pull your right knee out and pull your left knee to your chest.
5. Alternate knees as quickly as possible, alternating between inhale and exhale.
6. Repeat the exercise for **25 seconds**.



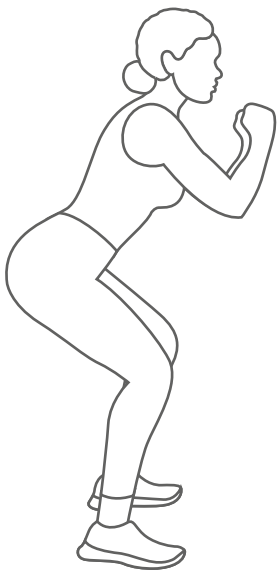




- **Plank exercise**

**One of the special exercises that you can do to tighten the abdomen, as it helps to break down and burn the fat in the abdomen.**

1. Take the famous push-up pose.
2. Bend the elbows at a **90-degree** angle, keeping the body straight.
3. Try to hold this position for a while inhaling and exhaling slowly.
4. You can also gradually increase the exercise time each time you exercise to get the best results.



- **Squats**

This exercise is one of the **cardio** exercises that work to warm up the body and prepare you to enter the most difficult exercises, and this exercise is very important, especially for women, as it works to **strengthen the muscles of the lower part** and can be applied in more than one way and shape that is appropriate. Simply, all you have to do is sit like a squat and get up to sit back and so on, while maintaining your body shape and posture without bending as shown in the picture. This means that the knee joints must be straight at a **90 degree** in addition to a straight back and arms straight ahead.

### 3.Practices and ideas to increase your daily movement



- An hour of walking while shopping can increase the rate of daily physical activity.



- Going out with children and family members is one of the things that increases the rate of physical activity and is a way to strengthen the ties between the family.



- When the weather is mild, park your car away from the entrance to the association or the shopping center to be able to walk a longer distance and increase the rate of physical activity during the day.

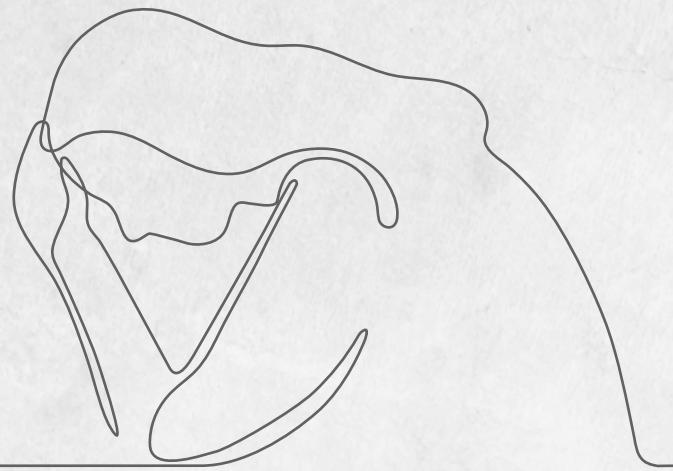


- Use the stairs instead of the elevator, so going up the stairs is a great effort.



- You can join sports teams to do sports collectively. Sports with friends may be fun for you, and you will get support and encouragement from them.

# Secrets of woman mental health



1. The effect of mental health on woman appearance
2. Depression and its consequences for women health
3. The most important ways to maintain the mental health of women



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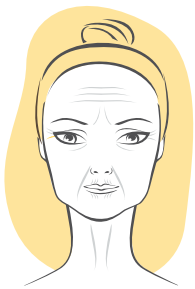
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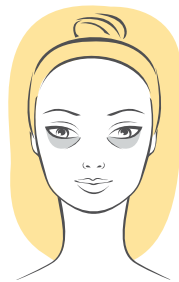
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# 1. The effect of mental health on woman appearance

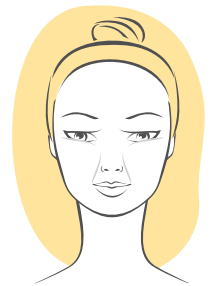
In middle age, human is exposed to many physical and psychological transformations, and this is a natural part of biological composition, as a human goes through many feelings and changes as a result of external influencing factors such as hormonal changes or infection with some chronic diseases. For women, they are exposed to a change in their psychological state at a higher rate than men, due to pregnancy and childbirth and the accompanying hormonal and physical changes, and among the most important signs of anxiety, depression and stress that can affect the general appearance of women:



•The appearance of wrinkles in the face



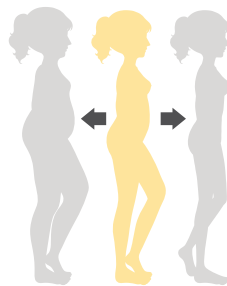
•The appearance of dark circles around the eyes



•Pail face



•Hair loss



•Severe weight gain or loss



•Fragile nails

## 2. Depression and its consequences on women health

### Causes of depression in women:

- Hormonal changes during pregnancy and childbirth.
- Hormonal changes during the menstrual cycle and after menopause.
- Stressful life events including caring for a new baby.

Understanding the risks and factors leading to these psychological conditions makes it easier to detect and treat them early



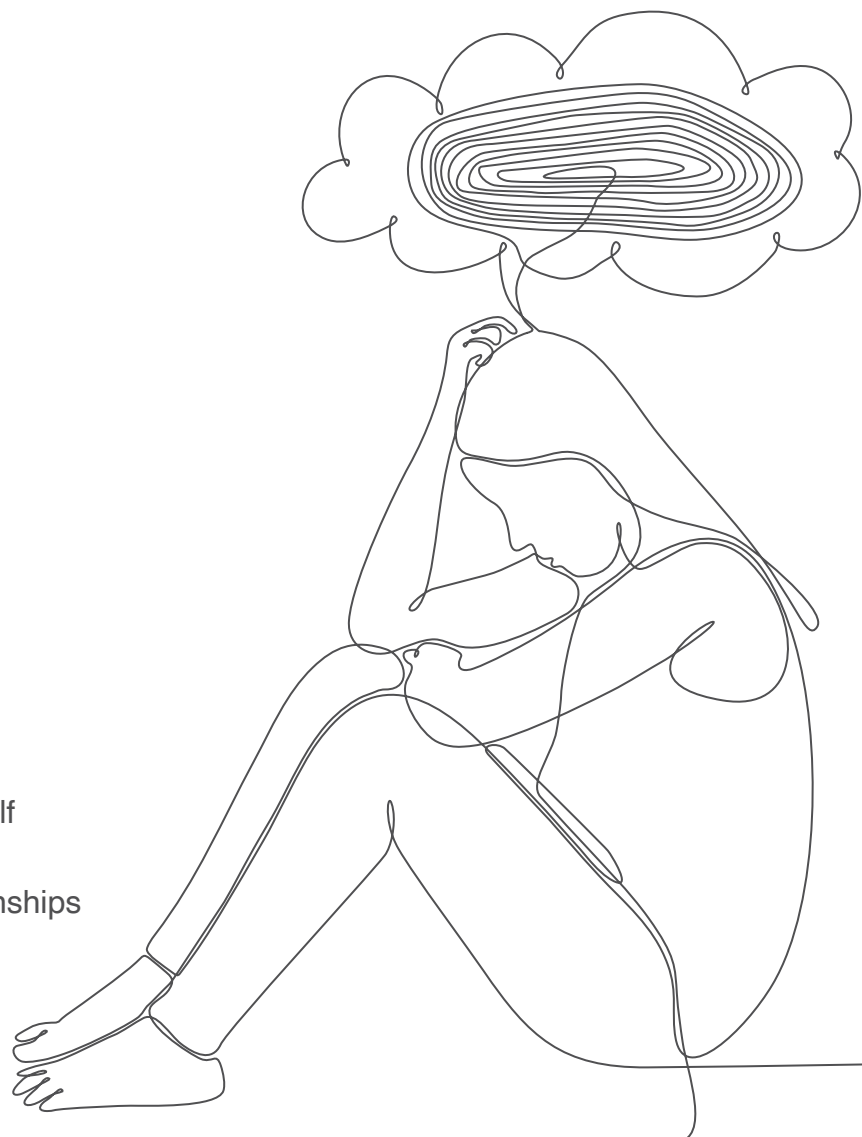
## Types of depression in women:

Depression that affects women may vary according to several factors that a woman goes through in different stages of her life, one of the most common types of depression:

- Prenatal and postpartum depression, where the chances of developing depression increase during pregnancy and in the year following childbirth, due to the change in hormone levels and their differences in the woman's body, the general stress of the body in adapting to pregnancy and then with the new baby.
- Postpartum psychosis
- Anxiety

## Symptoms of depression:

- Sadness
- Loss of interest
- Feelings of guilt and lack of self-esteem
- Disturbed sleep or appetite
- Feeling tired
- Low focus
- Thinking of harming and endangering self
- Impact on daily performance and relationships

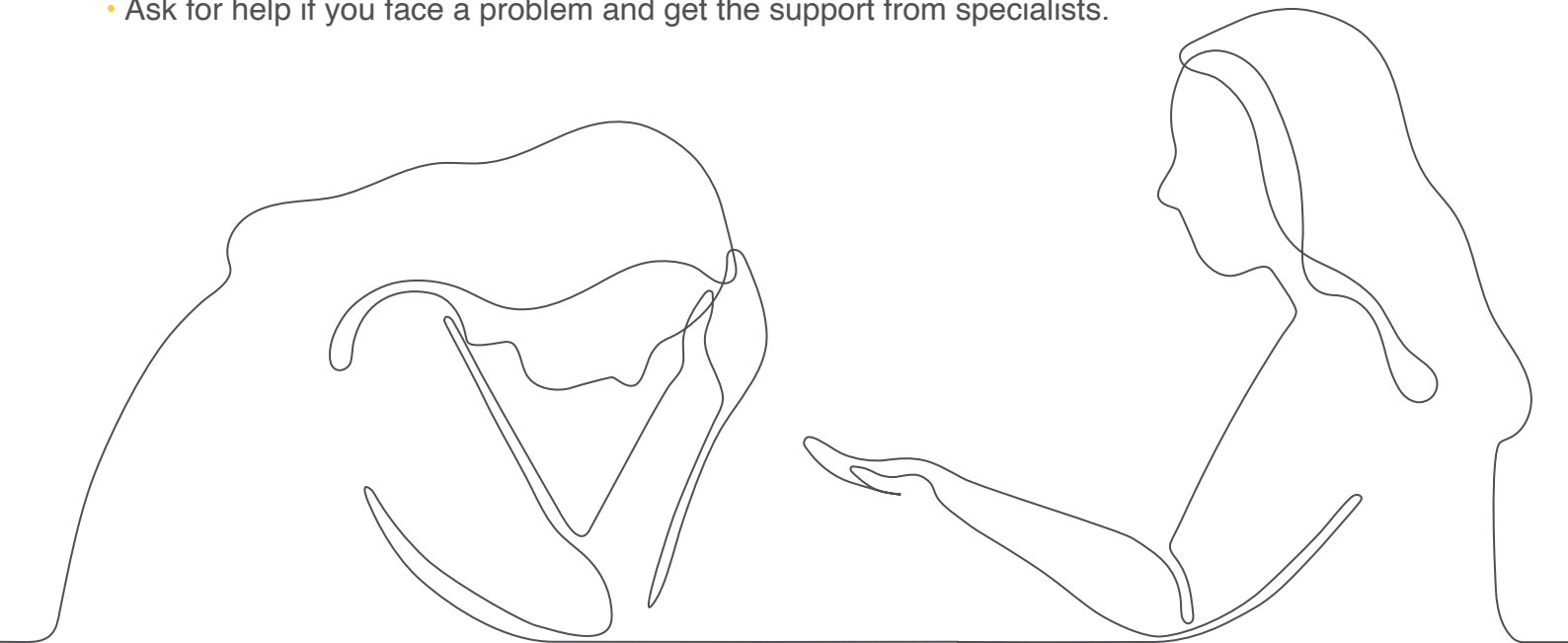


## Depression treatment:

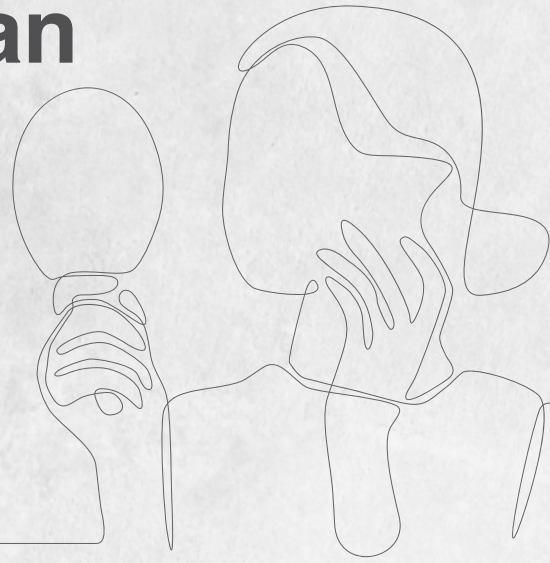
The types of treatments for depression vary based on the degree and type of depression and the severity of its symptoms. Sometimes special sessions with psychiatrists may suffice, and sometimes a person may need some types of medications that help improve the psychological status of an individual.

### 3.The most important ways to maintain the mental health of women

- Before pregnancy, it is a must to take care of mental health safety and to consult a psychologist for support at this stage if needed.
- Reducing psychological stress and tension by knowing how to deal with it in the right ways.
- Increasing awareness and knowledge about the importance of mental health care.
- Ask for help if you face a problem and get the support from specialists.



# Secrets of woman beauty



1. Behaviors to maintain healthy skin
2. Hidden dangers in cosmetics world
3. Important beauty tips



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Skin is one of the largest organs in the body, it is considered the mirror of inside health which reflects your feelings of anger, shyness, fear, and sickness. Many diseases can be discovered through the health of your skin such as kidney, liver, and hormonal problems. Most importantly, your skin is the first layer of defense in the body from external pathogens. In order to stay healthy, follow these tips to keep your skin healthy.

## 1. Behaviors to maintain healthy skin



- Drinking water for no less than **8-10 cups** per day.
  - Healthy skin
  - Strong hair and nails
  - Smooth and soft skin.
  - Delay aging symptoms
  - Protect your skin from dehydration



- Maintain a healthy diet

Foods destroy your skin	Foods good for your skin
<ul style="list-style-type: none"> <li>- Oily foods specially saturated fat.</li> <li>- Excessive consumption of caffeine.</li> <li>- Red meats specially processed meat.</li> <li>- Sugary drinks.</li> <li>- Fast food.</li> </ul>	<ul style="list-style-type: none"> <li>- Dark leafy vegetables.</li> <li>- Carrots.</li> <li>- Avocado.</li> <li>- Fish rich in omega-3.</li> <li>- Nuts such as almond.</li> <li>- Fruits high in antioxidants such as berry and strawberry.</li> </ul>



- Maintain your sleeping patterns and get plenty of rest to keep your skin healthy and fresh.



- Using sunblock with not less than **SPF 30** to protect your skin from sun light: stop tanning as this will destroy your skin layers and increase wrinkles and discoloration.



- Avoid smoking

## 2. Hidden dangers in cosmetics world

Most common behaviour between females is using cosmetic products and visiting beauty saloon to get special services. Follow these tips to ensure the safety of the services for your skin health.



### **Cosmetic products:**

- Always buy products from trusted vendors follows required storage standards.
- Choose products that fit your skin type.
- Keep an eye on the expiration date mentioned below the products from date of use.
- Always clean your skin before bedtime.
- Minimize your use of cosmetic products as much as possible.
- Keep them in cold place away from heat and sun at home.
- Minimize your use of nail polish as much as possible to keep your nails strong and healthy.



### **Beauty salons:**

- Have your own nail tools to ensure that they are clean and that the infection does not spread from one person to another.
- Dry your nail polish naturally instead of UV light drying machine.
- Use your own towel for drying your hair or body in the saloon.
- Make sure to sterilize and clean the styling comb well before using it for you.
- Use hair colors free of ammonia for less allergic reactions.
- Visit trusted beauty clinics for any procedures to ensure the quality and safety of the products.

### 3. Important beauty tips

- Avoid buying beauty products from untrusted sources through social media ads not certified by the government.
- Personal experiences remain personal and not necessarily fit you, always consult experts before.
- Avoid applying more than one treatment to the skin or hair at frequent intervals. It is preferable to wait for the results to appear and avoid side effects







المجلس الأعلى لشؤون الأسرة  
Supreme Council For Family Affairs

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