



If there were a Vaccine to protect against cancer, wouldn't you get it for your kids ?

HPV vaccine is cancer prevention

Talk to our VAMA Doctor about vaccinating your 11-12 years Daughters against HPV.

- 3. To accelerate disease control or elimination of vaccine preventable diseases
- 4. To counter a specific risk :-
 - a. Adolescent may adopt lifestyle like tattooing, piercing and sexual experimentations which increases the risk for infection from Hep-B virus.
 - b. Travel represents a special need as adolescents enjoy travelling to exotic places.

This vaccination schedule is suggested for those adolescents who have completed their primary vaccination during childhood.

If your child is not vaccinated at all that is not even a single vaccine is given uptill now then too we can give few vaccine and protect them from complications of many disease.

You can contact our adolescent physician personally and get your personalized immunization schedule and gift your loved ones a healthy life.



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ADOLESCENT IMMUNIZATION



Dr. Deepa C. Patel
M.B.B.S., D.C.H., PG-DAP
Adolescent Physician



ADOLESCENT IMMUNIZATION

“Every super mother wants to pass the gift of super human strength against sickness down to her child and adolescent.”

Today's vaccines are among the 21st century's most successful and cost effective public health tools for preventing diseases and death.

Although adolescents constitute 1/5th of India's population, the national immunization programme in our country primarily focus on the children's under five, with barely a provision of tetanus toxoid vaccine for adolescents. Adolescents presents unique challenges for immunization because of their lifestyle and other social issues, while they also offer special opportunities, such as mass vaccination in educational institutions.



REASONS FOR ADOLESCENT IMMUNIZATION

1. To boost immunity that is waning.

- To increase the duration of effective protection derived from the vaccines already given earlier in life especially in the absence of natural boosting from exposure to particular disease.
- The goal is to protect adolescent from the dreaded complications of childhood vaccine preventable diseases when they occur during adolescence. E.g.: chicken pox during childhood is considered as a harmless self limiting infection, it can result in severe complications and may even add to mortality figure in adolescents between 10-18 years of age.

2. Catch-up vaccination

- For those adolescents who were not immunized or partially immunized during their childhood E.g. MMR, Hep-A, Hep-B, varicella vaccine can be given during adolescent phase.

NAME OF VACCINE	TIME OF VACCINATION
TT	Booster at 10 and 16 years.
Rubella	As part of MMR vaccine or (monovalent) 1 dose to girls at 12-13 years of age, if not given earlier.
MMR	1 dose at 12-13 years of age. (if not given earlier)
Hepatitis B	3 doses (0,1,6) if not given earlier.
Typhoid	Vi antigen every 3 years. Conjugate 2 doses 1 year apart.
Varicella	1 st dose up to 12-13 years and 2 nd dose after 13 years of age.(if not given earlier)
Hepatitis A	2 doses (0 & 6 months) if not given earlier.
Cervical Cancer Vaccine (human papiloma virus vaccine)	0, 6 months if < 15 years 0, 1, 6 months if > 15 years.

5. GET LOT OF PROTEIN :- Protein helps to build muscle and strength. It also boosts metabolism. your basal metabolic rate (the calories you burns doing nothing) increased by protein.

6. DO PHYSICAL ACTIVITY DAILY :- Experts recommend 60 minutes of the week. Daily exercise helps the body fight infection and chronic illness. Decreases risk of chronic diseases like diabetes, and hypertension. It increases self esteem and reduces risk for depression and anxiety. Some day to day activity like using stairs, walking, cycling are a good exercise. Play any outdoor game like Basketball, skating, volleyball etc.

7. GO LOW SUGAR :- Food which contains added sugar (e.g. sweets, cake, soft drink) is to be taken occasionally, eat daily foods which contains natural sugar like fresh fruits.

8. DON'T ALWAYS TRUST ADS :- "It's healthy!," "All natural!," "loose weight now!" these are all marketing gimics, natural does not always mean healthy. Just try not to fall for these traps and just flip the package over for actual nutrition facts.

9. COOK FOR YOURSELF :- You can easily make a simple recipe at home that's twice as healthy than restaurant food. There are many quick and easy healthy recipy available on youtube, you can try at home. Help your mother in shopping and preparation of food at home.

10. LISTEN TO YOUR DOCTOR :- Consult your doctor when required. Don't blindly believe in advertisements and follow the scientific norms.



NUTRITION IN ADOLSCENT GIRL

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IMPORTANCE OF NUTRITION IN ADOLSCENT GIRL

Adolescence is the transition period between childhood and adulthood, a window of opportunity for the improvement of **nutritional status** and correcting poor **nutritional practices**. This is about the same period **puberty** sets in, typically between the ages of 10 and 13 years in girls. Adolescence is characterised by the **growth spurt**, a period in which growth is very fast. During this time, physical changes affect the body's **nutritional needs**, while changes in one's lifestyle may affect **eating habits** and **food choices**. **Adolescent nutrition** is therefore important for supporting the physical growth of the body and for preventing future health problems. All parents should therefore pay particular attention to the nutritional needs of their teenagers

Nutrition of the adolescent girl is particularly important but **under-nutrition** (too little food or food lacking required nutrients) in adolescents frequently goes unnoticed by their families or the young people themselves. Adolescence is a time to prepare for the nutritional demands of pregnancy and lactation that girls may experience in later life.



It is also a well established fact that children born to short, thin women are more likely themselves to be stunted and underweight (low weight for age). What is more worrying therefore is that the negative effects of adolescent malnutrition persist throughout a woman's reproductive life. The important nutrients that need to increase during adolescence include energy, protein, calcium, and iron.



NUTRITION TIPS FOR TEENS

1. DRINK WATER :- Drink lots of water, it will keep you refresh and energized. It also prevent dehydration and urinary tract infection (common in girls).

2. GET ADEQUATE SLEEP :- Sleeping is also linked to your nutrition. Adequate sleep gives you energy to keep moving and stay awake , it also affect how you eat. Studies have shown a link between sleep deprivation and overeating.

3. EAT HEALTHY BREAKFAST :- Breakfast a brain food for adolescent. it is important meal for adolescent. Breakfast helps you in concentration and memory in study, gives energy for study and play. Healthy breakfast helps to control weight.

Eat breakfast which contains moderate physical activity most days of sprouted and boiled beans, fresh and dry fruits etc.

4. GET LOTS OF FIBER :- Fiber is single most important piece of nutrition. It gives you energy plus filing of satiety. Include variety of vegetables, salads, whole grain in your diet.

The Risks of Poor Fitness*

PREMATURE DEATH	52% higher risk
DIABETES	39% greater chance of developing diabetes
HEART DISEASE	26% higher risk

Some effective benefits of Aerobic exercise for women are:

- Strengthening of the respiratory muscles to provide the air flow in and out from the lungs.
- Toning of the muscles all through the body to improve the entire circulation process & reduced blood pressure.
- Reduction in body fat in addition to better weight management.

The Fitness classes provided at Vama women's wellness centre can be an excellent way to stay motivated to exercise. Dance based fitness classes (Aerobics) can help to make exercise more fun.

The important idea behind aerobic exercise today, is to get up and get moving!



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PHYSIOTHERAPY AND FITNESS CENTRE

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B.P.T., M.I.A.P.

Physiotherapist & Fitness Expert

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M.P.T., (Ortho), M.I.A.P.

Physiotherapist & Fitness Expert



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VAMA PHYSIOTHERAPY AND FITNESS CENTRE offers a variety of fitness packages to meet your personal training needs. Our expert physiotherapist and fitness trainers will make you really truly fit.

Fitness packages for All:

The exercise program provided at **Vama Physiotherapy & Fitness** centre is tailored to improve both cardiovascular and musculoskeletal endurance and fitness. Exercise programs should contain both light resistance exercises and exercises that will increase heart rate at a safe level according to your fitness. Increasing your muscle mass helps with the breakdown of fats and the regulation of glucose levels in the blood stream. It also boosts metabolism so even after you finish exercising your body will continue to burn fat.

Benefits of doing regular exercises are:

By completing 30 minutes of moderate exercise per day you can:

- Reduce your risk of heart attack and heart diseases.
- Achieve and manage a healthy body weight.
- Lower your blood cholesterol.
- Lower the risk of type 2 diabetes.
- Reduce feelings of stress, anxiety and depression.
- Lower your blood pressure for those who have hypertension (high blood pressure).
- Strengthen your bones, muscles and joints & lowering the risk of osteoporosis.

Advantages of different types of exercises like Stretching exercises for flexibility:

Stretching before and after you exercise is important as it helps to:

- Reduce muscle tension.
- Increase your range of motion.
- Prevent injuries to muscles and joints.
- Reduce your risk of back problems.
- Promote circulation.
- Reduce muscle soreness.
- Improving flexibility makes exercising and everyday tasks easier by enhancing mobility in your joints and muscles.

Resistance/ Cardiovascular Resistance exercise:

It improves muscles strength and tone, which helps protect your joints from injury.

It also increases your muscle to fat ratio – when you gain muscle your body will continue burning fat even when you are resting.

Cardiovascular training has many benefits. It is the key to weight loss and it also helps to:

- Strengthen your heart and lungs, and increase bone density.
- Improve sleep and reduce symptoms of stress, anxiety and depression.

Aerobics Exercises:

An Aerobic activity includes any physical activity that uses large muscle group, can be maintained continuously & is rhythmic in nature. It is a type of exercise that overloads the heart & lungs & causes them to work harder than at rest. It involves a combination of stretching along with the strength training exercises with an aim of perking up every aspect of fitness that includes muscular strength, cardiovascular strength & general flexibility.



The Difference Between

2D



3D



4D



Ultrasound
Scans



DURING LAST FEW WEEKS OF PREGNANCY(3RD TRIMESTER)

In the third trimester (24 to 40 weeks), an ultrasound may be done to

- The most important issue in third trimester is to determine growth of fetus.
- Also the blood supply to the fetus can be assessed by doing doppler examination.
- Also certain structural defects can only be identified in the 3rd trimester of pregnancy.

ULTRASOUND PLAYS A VERY IMPORTANT ROLE IN MONITORING A BABY INSIDE THE MOTHER'S WOMB.IT GIVES US AN OVERALL PICTURE ABOUT THE WELLBEING OF THE FETUS.

THUS IT IS GENERALLY RECOMMENDED THAT A PREGNANT LADY SHOULD BE OFFERED ATLEAST 3 ULTRASOUND SCANS DURING PREGNANCY ATLEAST 1 IN EACH TRIMESTER.

PREGNANCY ULTRASOUND

Dr. Priyanka P. Desai

M.B., D.M.R.D.

Sonography, Mammography
& Fetal Medicine Expert



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What is a pregnancy ultrasound?

Highlights

1. An ultrasound (or sonogram) helps monitor fetal development and screen for any problems.
2. For best results, you should drink two to three glasses of water and avoid urinating before your appointment.

A pregnancy ultrasound is a test that uses high-frequency sound waves to image the developing baby as well as the mother's reproductive organs. It is considered as a safest modality of imaging. The average number of ultrasounds varies with each pregnancy.



Reasons for a pregnancy ultrasound

An ultrasound can be used for a variety of reasons during pregnancy. Your doctor may also order more ultrasounds if they detected a problem in a previous ultrasound or blood test. While ultrasound technology is safe for both mother and child, healthcare practitioners discourage the use of ultrasounds when there is no medical reason or benefit.

During the first trimester of pregnancy

in the first trimester of pregnancy (weeks one to 12), ultrasounds may be done to:

- Confirm pregnancy
- Check the fetal heartbeat
- Determine the gestational age of the baby and estimate a due date
- Check for multiple pregnancies
- Examine the placenta, uterus, ovaries, and cervix
- Diagnose an [ectopic pregnancy](#) (when the fetus does not attach to the uterus) or miscarriage
- Look for any abnormal growth in the fetus
- The first trimester NUCHAL TRANSLUCENCY SCAN (NT SCAN) is a very important tool for detection of chromosomal anomalies like " **downs syndrome** " which can cause mental retardation in the baby and can also detect very severe structural anomalies as early as 12-13 weeks of pregnancy.

During the second trimester of pregnancy-

In the second trimester (12 to 24 weeks) , an ultrasound may be done to:

- Monitor the fetus' growth and position (breech, transverse, cephalic, or optimal)
- Confirm multiple pregnancies
- Look at the placenta to check for problems, such as [placenta previa](#) (when the placenta covers the cervix) and [placental abruption](#) (when the placenta separates from the uterus prior to delivery)
- Check for characteristics of [Down syndrome](#) (normally done between 13 and 14 weeks)
- Check for congenital abnormalities or birth defects examine the fetus for structural abnormalities or blood flow problems
- Monitor the levels of amniotic fluid
- Determine if the fetus is getting enough oxygen
- Diagnose problems with the ovaries or uterus, such as pregnancy tumors
- Measure the length of the cervix
- Guide other tests, such as [amniocentesis](#)
- Confirm an intrauterine death

What preparations are necessary for mammogram?

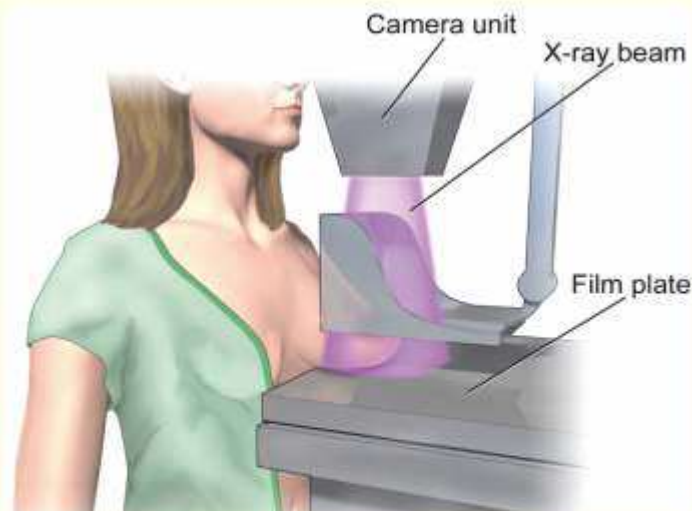
- Mammography should ideally be done 3 to 5 days after the menstrual period.
- On the day of examination, woman should not use perfume, talcum powder or deodorants in the under arm of the breast area.
- Avoid caffeine for 24 hours prior of study.
- It is advisable to wear loose clothing.
- Bring your old mammogram if available.

When should mammography not done?

- Women under the age of 30 years, unless indicated by the doctor
- Pregnant and lactating woman

The unique features of VAMA mammography section:

- Ours is a dedicated state of the art machine.
- Low dose of radiation, high resolution with superior image quality, AEC (automatic exposure control) and optimized compression with automatic decompression are the unique features of our machine.
- Highly trained radiologists and technologists (**all female professionals**) involved with mammography work.
- Correlation with ultrasound is performed for all patients for perfect diagnosis.



MAMMOGRAPHY

Vaccination
Vaccine-preventable Diseases

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Sonography, Mammography
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WHAT IS MAMMOGRAPHY?

Mammography is an X-ray technique to image your breasts for screening of breast cancer. Mammograms play a key role in early breast cancer detection and help decrease breast cancer deaths.

Mammography is important because in its earliest stages breast cancer may not be palpable; it may be too small to feel as a lump or tissue change. Mammography can help detect these changes two years or more before you would feel them.

During a mammogram, your breasts are compressed between two firm surfaces to spread out the breast tissue. Then an X-ray captures black-and-white images of your breasts that are displayed on a computer screen and examined by a doctor who looks for signs of cancer.

A mammogram can be used either for screening or for diagnostic purposes. How often you should have a mammogram depends on your age and your risk of breast cancer.

Types of Mammography

I. Screening Mammography:

The goal of screening Mammography is to detect breast cancer when it is small to be felt. It can pick up lumps of even 3-5 mm. Cancer institution worldwide have laid down the following guidelines for women.

- Women between 40-50 years with high risk should have Mammograms every 1-2 years.

High Risk factors:--

- Family history of breast cancer especially in first degree relative (mother/sister).
- Past history of breast cancer, especially before menopause.
- Never had children or had first child birth after the age of 30 years
- Early onset of menses (before age of 12).
- Late onset of menopause (after the age of 55)
- Patient undertaking hormone replacement therapy.
- Women above 50 years should have mammogram every 2 years.

Diagnostic Mammography

Any women having symptoms of breast disease i.e. lump, pain, discharge nipple retraction or skin texture/ colour changes should undergo a mammogram in consultation with her doctor. Mammography can help to decide whether a lump is benign or malignant and can be a guide for biopsy.

Mammography FAQs

- **Does mammography itself cause breast cancer because of radiation?**

The radiation exposure with mammography is very less. Also if the pros and cons of mammography are weighed, the pros outweigh the cons by far. The radiation effect on the breasts decreases exponentially after 35 years of age. The only precaution to be taken is that the patient should be sure that she is not pregnant.

- **Does the procedure of mammography cause pain?**

With newer equipments employed very little discomfort is felt by the patient. The patient should preferably come after the menstrual period is over, as the likelihood of pain will be the least. However there will be no changes in the findings on mammography during any stage of the menstrual cycle.

- **What is the sonomammography?**

Sonomammography is sonography of the breasts. At VAMA, it is usually done as a complementary procedure to mammography. It helps in distinguishing a cystic mass from a solid mass. Cysts are always benign. Mammography is required as the earliest of cancers are seen only on this modality.

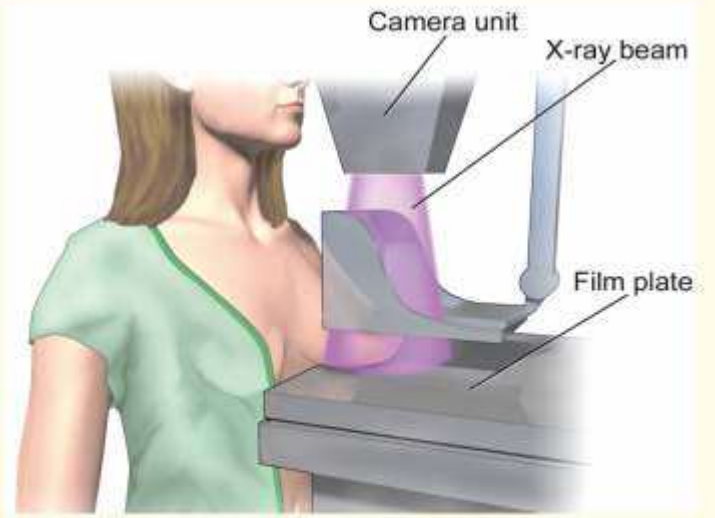
- **Can one definitely tell whether a mass is benign or malignant?**

It is not possible to tell 100% whether a mass is benign or malignant on either mammography or sonography. To be 100% sure, a biopsy is required. Sonography and mammography, both together are 95% accurate in diagnosing a lesion.

- **If a close relative has breast cancer, what are the chances of a person getting it?**

The chances are 5-15% if it is a first degree relative particularly on the maternal side. The person is at a high risk & should start doing mammography 10-15 years earlier than the age at which the relative got breast cancer.

- ખુબ જ નિષ્ણાંત રેડીયોલોજિસ્ટ અને ટેકનીશીયનો (ફક્ત સ્ત્રીઓ) ની ટીમ મેમોગ્રાફીનું કાર્ય સંભાળે છે.
- બધા જ દર્દીઓના પરિણામની ગુણવત્તા સાચવવા માટે સોનોગ્રાફીના રિપોર્ટને પણ ધ્યાનમાં લેવામાં આવે છે.
- * શું કોઈ ચોક્કસ થી કહી શકે છે કે ગાંઠ સાદી કે કેન્સરની છે ?
- ૧૦૦% પરિણામ માટે બાયોપ્સી રિપોર્ટ કરવો જરૂરી છે. સોનોગ્રાફી થી અને મેમોગ્રાફી થી ૯૫% ચોકસાઈ થી આ પરિણામ જાણી શકાય છે.
- * જો કોઈ નજીકના સગાને સ્તનકેન્સર હોય તો દર્દીને કેન્સરના શું ફેરફાર હોય શકે?
- માતા તરફથી લોહીના સંબંધ ધરાવતા હોય તેવા દર્દીઓને સ્તન-કેન્સર નું જોખમ અન્ય બહેનો કરતા ૫ થી ૧૫% વધારે રહે છે. દર્દીના સગાને જ ઉંમરે સ્તનકેન્સર થયું હોય તે ઉંમર કરતા દર્દીએ ૧૦ થી ૧૫ વર્ષ વહેલા મેમોગ્રાફી ની તપાસ શરૂ કરી દેવી જોઈએ.
- * મેમોગ્રાફી માટે શું તૈયારી કરવી?
- સામાન્ય રીતે માસિકચક્રના ૩ થઈ ૫ દિવસ પછી મેમોગ્રાફી થાય તો સારું, જેથી દુખાવો ઓછો થાય.
- દર્દીએ તપાસના દિવસે સ્તન ઉપર ડિઓડોરન્ટ સ્પ્રે, પાવડર નો ઉપયોગ ન કરવો.
- મેમોગ્રાફી કરવાના ૨૪ કલાક પહેલા કોઈપણ પ્રકાર ની ઘેનની દવા લેવી નહીં.
- ઢીલા કપડાં પહેરવા.
- તમારો જૂનો મેમોગ્રામ સાથે લાવવો જરૂરી છે.



મેમોગ્રાફી

ડૉ. રેનુ જે. ગાંધી

એમ.ડી. (રેડીયો ડાયગ્નોસીસ)
સોનોગ્રાફી અને મેમોગ્રાફી એક્ષપર્ટ

ડૉ. પ્રિયંકા પી. દેસાઈ

એમબીબીએસ, ડી.એમ.આર.ડી.
સોનોગ્રાફી, મેમોગ્રાફી અને
ફીટલ મેડીસીન એક્ષપર્ટ



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મેમોગ્રાફી અને સ્તન-કેન્સર

* મેમોગ્રાફી શું છે?

- મેમોગ્રાફી એક પ્રકારનો એક્સ-રે છે કે જેમાં તમારા સ્તનનો ફોટો પાડીને સ્તન-કેન્સર છે કે નહિ તે જાણી શકાય છે. મેમોગ્રાફી ખુબ જ શરૂઆતના તબક્કાના સ્તન-કેન્સરનું નિદાન કરવામાં ખુબ જ ઉપયોગી છે, અને તેની મદદથી સ્તન-કેન્સરના કારણે થતો મૃત્યુદર ઓછો કરી શકાય છે.
- મેમોગ્રાફી એટલા માટે જરૂરી છે કે પ્રારંભિક તબક્કાનું સ્તન-કેન્સર ફક્ત શારીરિક તપાસથી સ્પષ્ટ રીતે જાણી શકાતું નથી. મેમોગ્રાફી સ્તન-કેન્સર કે ગાંઠ તમે જાતે અનુભવી શકો એના બે વર્ષ પહેલાથી પણ તેનું નિદાન કરી શકે છે.

* મેમોગ્રાફી કેવી રીતે કરવામાં આવે છે?

- મેમોગ્રામ દરમિયાન સ્તનો એક્સ-રે મશીનની બે સપાટીની વચ્ચે હળવા દબાવવામાં આવે છે. પછી એક્સ-રે મશીન સ્તનોના ફોટા લે છે. જે કોમ્પ્યુટર ના સ્ક્રીન પર પ્રદર્શિત થાય છે, અને ડોક્ટર તેની તપાસ કરીને કેન્સરની કે અન્ય ગાંઠ છે કે નહિ તેનું નિદાન કરે છે.
- મેમોગ્રામનો ઉપયોગ સ્તન-કેન્સરના નિદાનના હેતુ માટે કરવામાં આવે છે. તમારે મેમોગ્રામ ક્યારે અને કેટલી વાર કરાવવી જોઈએ તે તમારી ઉંમર અને તમારા સ્તન કેન્સર થવાના જોખમ પર આધારિત હોય છે.

* મેમોગ્રાફી ના પ્રકાર

૧. સ્ક્રીનીંગ મેમોગ્રાફી

- સ્ક્રીનીંગ મેમોગ્રાફી નો હેતુ એ હોય છે કે તમારા સ્તનમાં નાનામાં નાની ગાંઠ તમે અનુભવો એ પહેલા પકડી શકે. તેનાથી ૩ થી ૫ મીલીમીટરની ગાંઠ પણ પકડાઈ જાય છે. સ્તનમાં થયેલી ગાંઠ કેન્સર ની છે કે સાદી છે તે મેમોગ્રાફીની મદદથી જાણી શકાય છે. અને જરૂરીયાત પ્રમાણે બાયોપ્સી કરવાની જરૂર છે કે નહિ તેની સલાહ આપી શકાય છે.
- * 40 થી 50 વયની સ્ત્રીઓ કે જેમને સ્તન-કેન્સરનું જોખમ વધારે હોય છે, તેમણે 1 થી 2 વર્ષના અંતરે મેમોગ્રાફી કરાવવી જ જોઈએ.
- માસિક ખુબ નાની ઉંમરે ચાલુ થઈ જવું (12 વર્ષની ઉંમર કરતા પહેલા)
- માસિક ખુબ મોટી ઉંમરે બંધ થવું (55 વર્ષની ઉંમર પછી મેનોપોઝ)
- સ્ત્રીએ લાંબા સમય સુધી હોર્મોન્સની દવાઓ ચાલુ રાખી હોય તો

2 ડાયગ્નોસ્ટીક મેમોગ્રાફી

- જે સ્ત્રીઓને સ્તન-કેન્સર હોવાના લક્ષણો છે જેવા કે, ગાંઠ, સ્તનમાં દુખાવો, સ્તનની ડીટડીમાંથી પ્રવાહીનો સ્રાવ થવો, સ્તનની ચામડી નો કલર અથવા દેખાવ બદલાવો. આવી સ્ત્રીઓએ ડોક્ટરની સલાહ પ્રમાણે મેમોગ્રાફી કરાવવી.

* સ્તન-કેન્સર થવા માટેના જોખમી પરિબલો :

- લોહીના સંબંધ ધરાવતા નજીકના સ્વજનોને સ્તન કેન્સર હોવું જેમ કે માતા / બહેન.
- ભૂતકાળમાં સ્તન-કેન્સરની તફલીફ હોવી
- 30 વર્ષ ની વય પછી પ્રથમ વાર માતા બનેલી સ્ત્રીઓ અથવા એક પણ બાળક ન થયું હોય એવી સ્ત્રીઓ.

* મેમોગ્રાફી વિશે મુંઝવતા સવાલો

- શું મેમોગ્રાફી ના રેડિયેશનથી કેન્સર થઈ શકે? મેમોગ્રાફી ને લીધે થતું રેડિયેશન એક્સપોઝર ખુબ ઓછું છે. ઉપરાંત ૩૫ વર્ષની ઉંમર પછી સ્તન પર રેડિયેશન ની અસર ઘટી જાય છે. એટલે મેમોગ્રાફીથી થતા નુકશાન કરતા ફાયદો ખુબ જ વધારે છે. એનાથી કેન્સર થતુ નથી. પરંતુ ગર્ભવતી સ્ત્રીઓએ મેમોગ્રાફી કરાવવી જોઈએ નહિ.

* શું મેમોગ્રાફી ની પ્રક્રિયા પીડાદાયક છે ?

- સૌ પ્રથમ વાર મેમોગ્રાફી કરાવતા દર્દી ને થોડી અસ્વસ્થતા અનુભવાય છે. સામાન્ય રીતે ચાલુ માસિક દરમિયાન મેમોગ્રાફી ની તપાસ ન કરાવવી જોઈએ કારણ કે તે સમયે હોર્મોન્સના ફેરફારને કારણે સ્તન થોડા ભારી હોવાથી દુખાવો થઈ શકે. બાકી માસિક ચક્રના કોઈ પણ તબક્કામાં મેમોગ્રાફી કરાવવાથી તેના પરિણામ ઉપર કોઈ અસર પડતી નથી, અને તકલીફ પણ ખુબ જ ઓછી થાય છે.

* સોનો-મેમોગ્રાફી શું છે ?

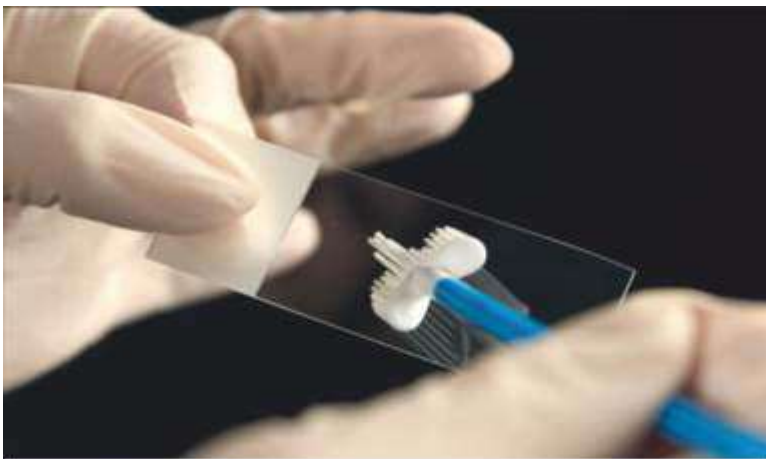
- સોનો-મેમોગ્રાફી એટલે સ્તનની સોનોગ્રાફી. તે સામાન્ય રીતે મેમોગ્રાફી માટે પૂરક પ્રક્રિયા તરીકે કરવામાં આવે છે. તે સ્તનની ગાંઠના પ્રકાર નક્કી કરવામાં મદદરૂપ થાય છે.

* મેમોગ્રાફી ક્યારે ન કરવી જોઈએ ?

- ૩૦ વર્ષની વયથી નીચેની સ્ત્રીઓ કોઈ કારણ વગર અથવા ડોક્ટરની સલાહ વગર મેમોગ્રાફી નહીં કરાવવી જોઈએ.
- ગર્ભવતી સ્ત્રીઓએ અને સ્તનપાન કરાવતી માતાઓએ ન કરાવવી.

VAMA મેમોગ્રાફી વિભાગની આગવી સેવાઓ:

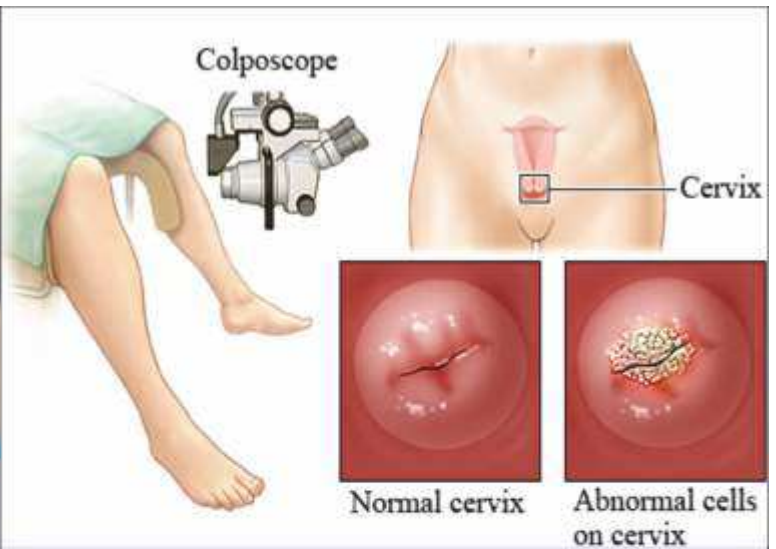
- અમારા મશીનના પરિણામ ખુબ જ સારા છે. ઓછું રેડિયેશન, ઉચ્ચ ગુણવત્તા સાથેની ફોટો ક્વોલીટી, AEC (ઓટોમેટિક એક્સપોઝર કંટ્રોલ) અને દર્દીને પ્રોસીજર દરમિયાન ખુબ જ ઓછી તકલીફ એ અમારા મશીનની આગવી સુવિધાઓ છે.



An unclear test result means that your cervical cells look like they could be abnormal which is also called equivocal, inconclusive, or ASC-US.

If you have an unclear or abnormal Pap test result, you may need further tests and/or treatment including:

- Another Pap test by liquid based cytology (LBC)
- An HPV test: a test that looks for high-risk types of the virus that can cause precancerous cells
- A colposcopy: a special exam to look more closely at your cervix to see if there are precancerous cells.
- If your doctor finds abnormal cells during your colposcopy, you'll probably need treatment. Common treatments include cryotherapy and LEEP.



PAP TEST

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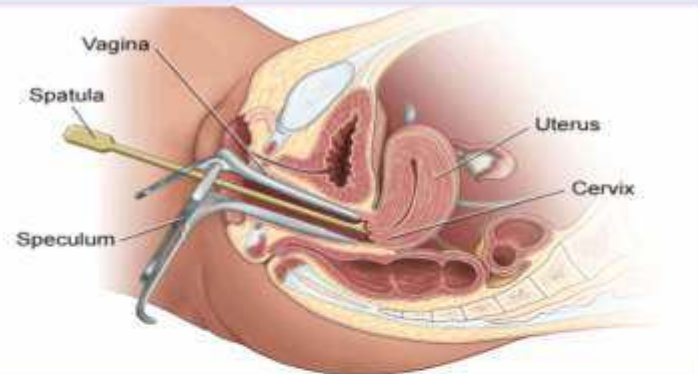
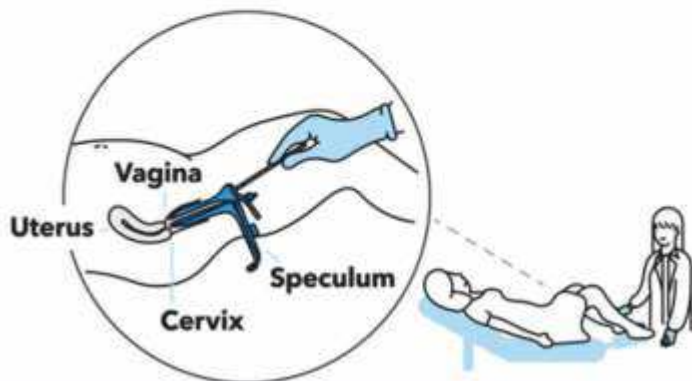
Pap tests, sometimes called Pap smears, are very important tests for finding abnormal cells on your cervix that could lead to cervical cancer. Pap tests find cell changes caused by HPV, but they don't detect HPV itself.

HOW PAPER TEST IS DONE?

Pap tests may be part of your regular check up, Pelvic exam or well-woman exam. During a Pap test, a metal or plastic speculum is inserted into vagina to separate the walls of vagina to visualize the cervix which is opening at lower part of uterus. Then with the help of a tiny spatula or brush, cells are gently collected from your cervix. The cells are sent to a lab to be tested. Pap tests only take a few minutes. It shouldn't hurt, but you might feel some discomfort or pressure when the speculum is inside you. You might also feel a light scratching when cells are taken from your cervix.

IS THERE ANYTHING SPECIAL I NEED TO DO BEFORE GOING FOR A PAPER TEST?

For two days before the test, you should not douche or use vaginal creams, suppositories, foams or vaginal medications. It is also best to not use any vaginal deodorant spray or powders. You should not have sexual intercourse within 24 hours of test. All these can cause inaccurate test results by washing away or hiding abnormal cells. You should not have period during test. The best time to have test is between 10-20 days after the first day of your last period.



DO ALL WOMEN NEED PAPER TEST?

You should start getting regular Pap tests if you are sexually active and over 18 years old or advised by your doctor. In general:

- If you're 21–29 years old, get a Pap test once every 3 years.
- If you're 30–65 years old, get a Pap test and HPV test (co-testing) once every 5 years, or just a Pap test or HPV test every 3 years.
- If you're older than 65, you may not need Pap tests anymore.

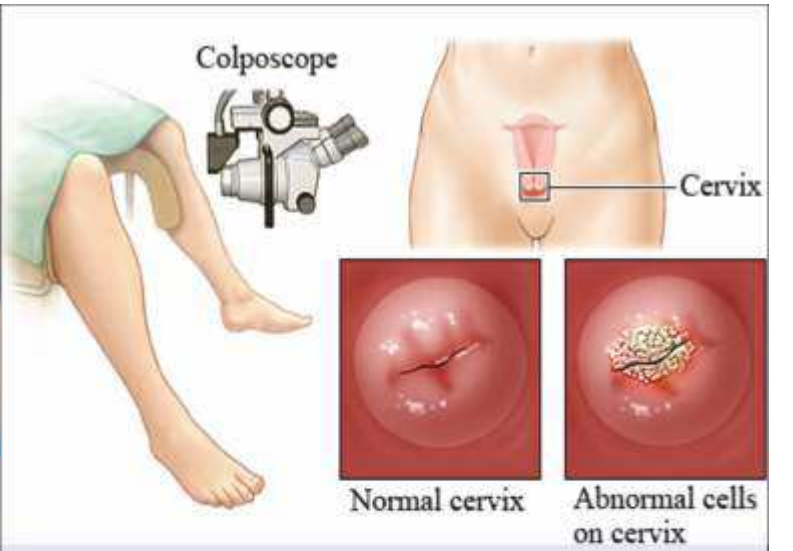
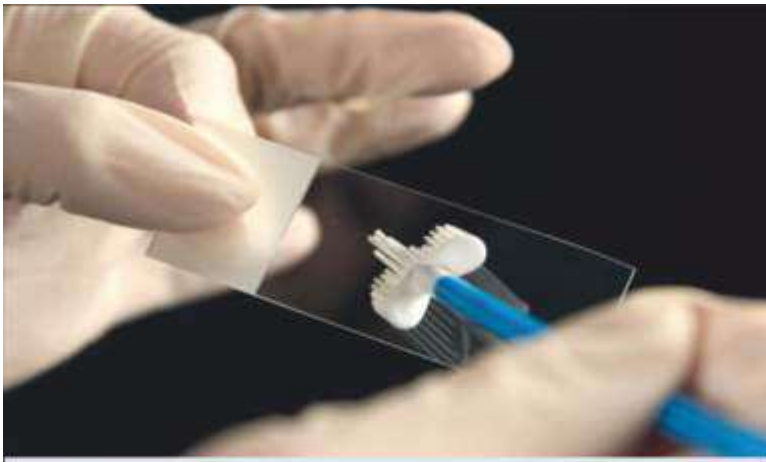
You may need to get tested more often if you've had problems with your cervix before or have a weak.

IF SOMEONE HAS HYSTERECTOMY- DOES SHE STILL NEED PAPER TEST?

Women who had a hysterectomy (surgery to remove uterus) should follow advice of her doctor who had done surgery. If hysterectomy was done because of cancer or precancerous condition, the end of vagina still needs to be tested. Women who have had only the uterus removed (and still have their cervix) need regular pap tests. Women who have had both their uterus and cervix removed, may not need pap test. But it is important to have regular pelvic examination.

WHAT IF I HAVE AN ABNORMAL PAPER TEST?

If your Pap test results are abnormal, don't panic. It's pretty common to have unclear or abnormal Pap test results. Most of the time, it doesn't mean that you have cervical cancer. The changes may be minor (low-grade) or serious (high-grade). The more serious changes are often called precancerous because they aren't cancer yet but can turn into it over time.



જો તમારા ટેસ્ટનું પરિણામ અસામાન્ય(abnormal) અથવા અસ્પષ્ટ(inconclusive) આવે તો તમારે આગળ તપાસ કરાવવી જોઈએ જેમ કે,

- પેપ ટેસ્ટ બીજીવાર Liquid Base Cytology(LBC) પ્રકારનો કરાવવો.
- સાથે જ HPV ટેસ્ટ (કે જે સર્વાઇકલ કેન્સર પેદા કરી શકે એવા વાયરસના નિદાન માટેનો ટેસ્ટ છે) તે કરાવવો.
- કોલ્પોસ્કોપી : આ તપાસ ની મદદથી યોનિમાર્ગમાં રહેલા અસામાન્ય કોષોને અથવા કેન્સરના શરૂઆતના તબક્કાના કોષોને ખાસ માઇક્રોસ્કોપ જેવા મશીનથી શોધી શકાય છે.
- જો તમારા ડોક્ટરને કોલ્પોસ્કોપી દરમ્યાન અસામાન્ય કોષો જોવા મળે તો તમને સારવારની જરૂર પડે છે જેની સામાન્ય સારવાર કાયોથેરાપી, કોટરી અને લીપ પ્રોસીજર છે.)

પેપ ટેસ્ટ

ડૉ. રૂપલ એન. શાહ

એમ.ડી., ડી.જી.ઓ.
ઓબ્સ્ટેટ્રીશિયન, ગાયનેકોલોજિસ્ટ
અને ફર્ટીલીટી સ્પેશિયાલિસ્ટ



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પેપટેસ્ટ,

તેને ક્યારેક પેપ સ્મીયર ટેસ્ટ પણ કહેવાય છે. આ તપાસ ગર્ભાશયના મુખના અસામાન્ય કોષો (કે જેનાથી ભવિષ્યમાં ગર્ભાશયના મુખ Cervix નું કેન્સર થઇ શકે, એના નિદાન માટે ખુબ જ અગત્યની છે. HPV નામના વાયરસ દ્વારા થતા કોષોના ફેરફાર ને પેપ ટેસ્ટ ની મદદ થી જાણી શકાય છે.

• પેપ ટેસ્ટ કેવી રીતે કરવામાં આવે છે ?

પેપ ટેસ્ટ એ તમારી સ્ત્રી સ્વાસ્થ્ય ની નિયમિત રીતે કરાતી એક તપાસ છે. પેપ ટેસ્ટ દરમિયાન ગર્ભાશયના મુખ પર થી નાના સ્પેચ્યુલા અથવા બ્રશ ની મદદથી કોષોને હળવેકથી એકઠા કરાયા છે. અને આ કોષોને કાયની સ્લાઇડ પર મુકીને લેબોરેટરીમાં તપાસ માટે મોકલવામાં આવે છે. પેપ ટેસ્ટ લેવા માટે થોડી જ મિનિટો લાગે છે, અને તેનાથી તમને કોઈ ઇજા થતી નથી.

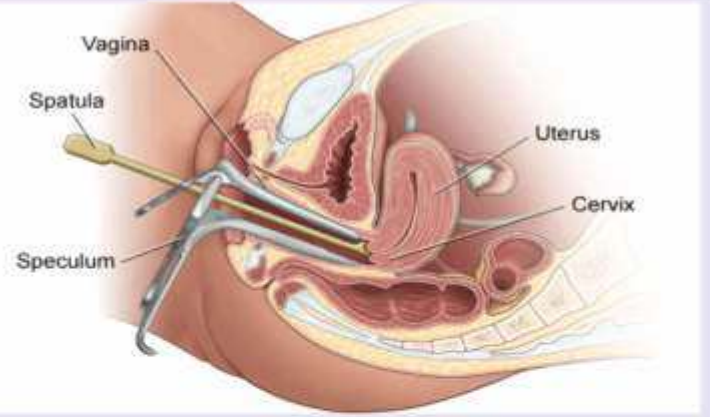
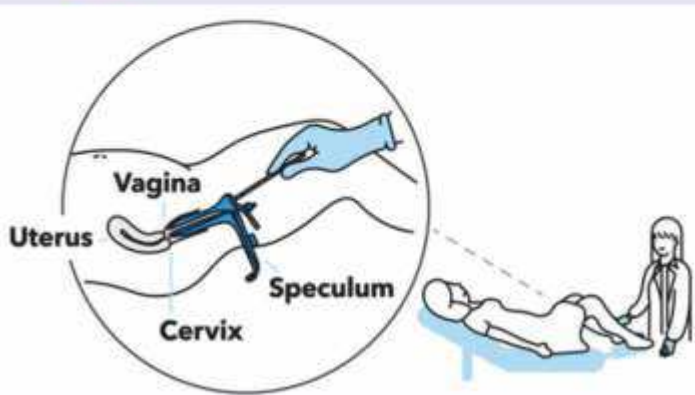
• આ ટેસ્ટ કરાવતા પહેલા કોઈ કાળજી રાખવાની જરૂર પડે ?

આ ટેસ્ટ કરાવવાના બે દિવસ પહેલા યોનિમાર્ગમાં મુકવામાં આવતા ડુશ, ક્રીમ, અંદર મુકવાની દવાઓ વગેરેનો ઉપયોગ બંધ કરવા જોઈએ. કોઈપણ પ્રકારના સ્પ્રે અથવા પાઉડરનો ઉપયોગ પણ ન કરવો જોઈએ. આ ટેસ્ટ કરાવવાના ૨૪ કલાક પહેલા શારીરિક સંબંધ ના રાખવો જોઈએ માસિકધર્મ દરમિયાન પણ પેપ ટેસ્ટ ન થઇ શકે. પેપ કરાવવાનો આદર્શ સમય માસિકના ૧૦ થી ૨૦ દિવસ વચ્ચેનો હોય છે.

• કઈ ઉંમરની સ્ત્રીઓએ પેપ ટેસ્ટ કરાવવો જોઈએ ?

તમારા ડોક્ટરના માર્ગદર્શન અનુસાર ૧૮ વર્ષથી ઉપરની સ્ત્રીઓ જ્યારથી પ્રથમ વાર શારીરિક સંબંધ બાંધે ત્યારથી આ ટેસ્ટ કરાવવો જોઈએ.

• ૨૧ થી ૨૯ વર્ષની ઉંમર સુધી આ ટેસ્ટ દર ૩ વર્ષે કરાવવો જોઈએ.



• ૩૦ થી ૬૫ વર્ષની ઉંમર સુધી આ ટેસ્ટ અને HPV ટેસ્ટ દર ૫ વર્ષે કરાવવો જોઈએ

• ૬૫ વર્ષ થી ઉપરની સ્ત્રીઓને આ ટેસ્ટની લગભગ જરૂર પડતી નથી.

• ગર્ભાશય કઢાવી નાખ્યા પછી પણ આ ટેસ્ટ કરવાની જરૂર પડે ?

જે સ્ત્રીઓને ગર્ભાશય કઢી નાખવાનું ઓપરેશન થયું હોય તેમણે ડોક્ટર ની સલાહ પ્રમાણે કરવું જોઈએ. જો કોઈએ ગર્ભાશય અથવા ગર્ભાશયના મુખના કેન્સરને કારણે ગર્ભાશય કઢાવી નાખ્યું હોય તેમણે યોનિમાર્ગ (Vault or Vagina) ના કોષોને લઇ ને પણ આ ટેસ્ટ કરાવવો જોઈએ. આ ઉપરાંત ગર્ભાશય કઢાવવાના ઓપરેશન સાથે ગર્ભાશયનું મુખ (Cervix) ન કાઢ્યું હોય, તેમણે નિયમિત આ ટેસ્ટ કરાવવો જોઈએ. જે સ્ત્રીઓને ગર્ભાશય તેમજ તેનું મુખ કઢી નાખ્યું હોય તેમને આ ટેસ્ટની જરૂર પડતી નથી. પરંતુ તેમની રેગ્યુલર તપાસ જરૂર કરાવવી જોઈએ.

• પેપ ટેસ્ટનો રિપોર્ટ એબ્નોર્મલ આવે તો શું કરવું?

જો તમારો રિપોર્ટ અસામાન્ય (abnormal) આવે તો તમારે ગભરાવાની કે દુઃખી થઇ જવાની જરૂર નથી. મોટાભાગના કિસ્સાઓમાં તેનો મતલબ તમને ગર્ભાશયનું કેન્સર છે તેવો નથી હોતો. પરંતુ યોનિમાર્ગના કોષોમાં કેટલીક વખત કેન્સરને લગતા પ્રાથમિક ફેરફાર થવાની ભવિષ્યમાં સંભાવના હોઈ શકે છે.

ઘણી વખત અસ્પષ્ટ (inconclusive) પરિણામ એટલે ગર્ભાશય ના મુખના કોષો અલગ જાતના દેખાય, એવું પણ હોઈ શકે છે જેને ASC-US કહે છે.

Who can receive this vaccine?

- The vaccine is for girls and young women, 9 to 26 years of age.
- It is recommended up to the age 45 years.

Who cannot take vaccine?

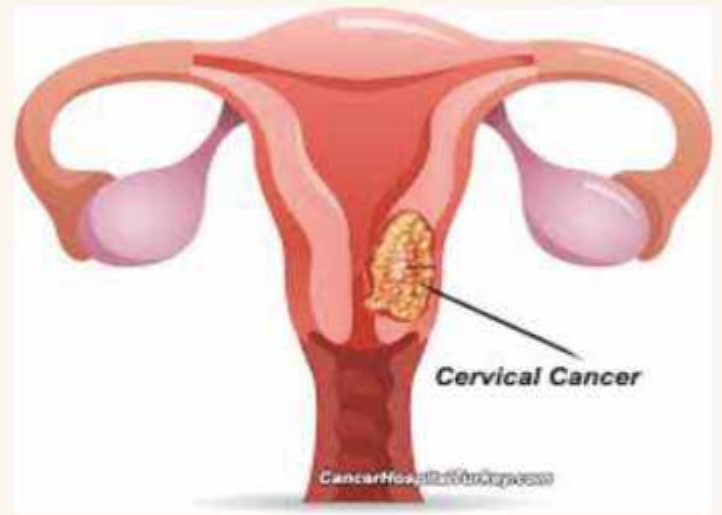
- Has an allergic tendency or allergic reaction with 1st dose.
- Has a weakened immune system. Because of illness (can take after the cure of illness) genetic defect or HIV infection.
- Is pregnant or planning to get pregnancy.

How to take Vaccine?

It is given in 3 doses. Ideally the doses are given as:

- First dose- to start at any time you decide.
- 2nd dose- 2 months after the first dose.
- 3rd dose- 6 months after the 1st dose.
- As far as possible complete 3 doses to get full benefit of vaccine.
- If condom is used every time and in a correct way besides HPV infection many sexually transmitted diseases can be prevented, but protection is not 100% so vaccination is necessary to take for everybody.

Pap smear:
cells are scraped from the cervix
and examined under a microscope
to check for
disease or other
problems



CERVICAL CANCER

Dr. Drashti R. Patel

M.S., (O & G), CIMP

Menopause Specialist

Dr. Rupal N. Shah

M.D., D.G.O.

Obstetrician, Gynaecologist
& Fertility Specialist



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Cervical cancer is cancer of lower part of uterus which is accessible through Vagina. Cervical cancer is caused by certain types of human papilloma virus (HPV) that are transmitted during sexual activity..

What is Human Papilloma virus?

HPV are common virus. There are many types of HPV. 80% of sexually active people contract this infection by sexual contacts during their life. There are no symptoms of this infection. Some cause no harm and goes away on its own. Some may persist and can develop in to precancerous lesion, cervical cancer or genital warts depending upon the type of virus. Before causing cancer this infection causes abnormality in outer cells of cervix which can be easily diagnosed by a simple test called Pap's test.

Cervical cancer risk can be greatly reduced, but not eliminated, if you have regular Pap Test and HPV test
A Pap test can find abnormal cells before they become cancer cells, generally it takes long time for conversation in cancer cells but rarely it takes less than one year.

An HPV Test is done in a similar way as a Pap test and finds the types of HPV that are linked to cervical cancer. This test is costlier than simple Pap test.

Who are at risk of getting infection?

- Early sexual activity (before 18 years).
- Multiparty (having many children)
- Having multiple sexual partners.
- Smoking.
- Having low immunity.
- World over every year 270.000 women died of cervical cancer. In developed countries there is 7% reduction in cervical cancer every year because of regular Pap Test. 80% of deaths takes place in the developing countries . 27% of total deaths in the world from cancer cervix take place in India. As only 40% of women can receive medical services, It is advisable to give vaccines for this cancer.

Why is Pap testing is important?

- Cells in the lining of the cervix may gradually change from normal to precancer to cancer, usually take several years.
- Pre and early cancerous changes in the cervix can be found by the Pap test (also called Pap smear).
- Since precancer and very early cervical cancers are nearly 100% curable, this test can prevent nearly all deaths from cervical cancer.

Cervical cancer or HPV vaccine is effective against certain types of Human Papilloma virus which are responsible for producing cancer. There are many types of viruses which are responsible to create cancer but in 80% of cases Virus no. 16 and 18 types are responsible and available vaccines are effective against these types of virus. As HPV virus is transmitted by sexual contact, vaccine is 100% effective when it is given in adolescent girls.

In western countries it is included in regular vaccines as national program for 12 to 13 years of girls.

In United States it is not covered by National program but it is recommended for girls aged 12 to 17 years of age and up to age 26 years.

Australia started school based national program for girls aged 11 to 12 up to 26 years.

In some of the countries the vaccine is recommended in adolescent and young boys (9 to 26 Years).

It protects them from cancers of penis, anus ,oral cavity and genital warts linked with HPV. It reduces spread of HPV infection in women resulting in to reduction of cervical cancer.

There are two types of vaccines. Quadrivalent which is also effective against HPV types 16 and 18 responsible in 80 % of cervical cancer and also HPV 6 and 11 types which prevent 90 % of genital warts. 2nd is Bivalent, effective against HPV types 16 and 18. Besides they are effective against HPV types 31, 33, 36, 45, 52 and 55 which are carcinogenic but less virulent.

Genital warts are non cancerous genital lesions They often appear as skin colored growth they are found on inside or outside of genital organs They can hurt, itch ,bleed and cause discomfort .These lesions are not usually precancerous. In cases of vaginal, vulvar and oral cancers caused following HPV infections can also be prevented by this vaccine. The vaccine is not the treatment for infection, it is a preventive measure. Second bivalent effective against mainly 16 and 18 types and other few types which are responsible for few cases of cancer.

What are the side effects of Vaccine?

No serious side effects are reported during clinical trials of these vaccines. The most commonly reported but rare side effects are pain, swelling itching and redness at the site of injection site, fever, nausea, dizziness, vomiting and fainting, headache, joint pain, body ache, swollen glands etc..

She-"Devine" package(for > 50 years

Test = CBC with ESR

Metes = Blood Glucose - FBS & PP2BS, HB1AC

Routine

er Diseases = LFT

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Cancer Marker Test

• Pap Smear-conventional*

• *add on LBC with HPV

• Mammography

Diagnostic Tests

• ECG

• Chest X-ray

• USG Pelvis and abdomen

• Bone Densitometry

Consultations

• Physician

• Gynecologist

• Menopause specialist

• Ophthalmologist

• Physiotherapist and Fitness Expert

• Dietitian

• Psychiatrist(Optional)

Instructions

There will be few more lines

Health checkups may take 2-4 hours and may require 2-3 visits as certain tests like Mammography, Sonography and certain consultations with expert doctors can be by appointment.

We are having arrangement For your X-ray chest and bone densitometry test at Synergy Imaging Centre, Jeevandeep Copmplex, Near Nirmal Hospital, Opp J.K Tower, RingRoad, Surat. Our front desk staff will help you to book your appointment.

GIFT

"VAMA HEALTHY SHE CARD"

to yourself or to all beloved women
of your life today.....



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Vama Well Women Health Che
Get one step ahead of disease
as your active life demands a healthy min
Book Your Good Health Today



Register for
VAMA WELL WOMAN HEALTH C
OR
Pamper your loved ones with
gift of good health!

Age is the foundation of healthy adulthood. It is very important to monitor the physical, mental, emotional and social development of a person. These packages will help in the overall well-being as determine and underlying concerns, if any.

Vama Wellness Centre for Women offers a comprehensive health check for girls between the ages 9 to 19 that helps in identifying any health problems.

These are a few health checks for teens that you can opt for.

Teen Package (without vaccination)

Group
Blood Test



and Pelvis
with
Physician

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Teen Package (with vaccination)

Group
Blood Test



and Pelvis
with
Physician

apist
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Vaccination
vaccine(2 doses)



/Obesity Package
Personal tests

ar, Fasting Insulin,
H, Testosterone
tin



estosterone

and Pelvis
with
Physician
Physician



apist
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Pre-Marital "Wife to be" Package

Pre-marital testing is a set of comprehensive medical tests and consultations that can ensure better medical compatibility between partners. For a woman considering marriage, pre-marital screening helps identify her own potential health problems and risks for her future offspring. Our Pre-marital counseling sessions can help ensure that you and your partner have a strong and healthy relationship, giving you a better chance for a stable and satisfying marriage.

Laboratory Tests

- Haematological Profile
- Blood Group & Rh Factor • Diabetes (RBS)
- TSH • Hepatitis HBsAG • HIV
- Venereal Disease Screen (Syphilis)
- Rubella IgG • Hb electrophoresis • Urine Analysis



Diagnostic Tests

- Abdomen and Pelvic Ultrasound

Consultation

- Gynecologist
- Counseling Sessions (For couple)
(includes Sex Education, Marital relationship, Birth control) by Pre-Marital Counselor



Pre Pregnancy Health Package

Yes, it's worth visiting your doctor before you become pregnant. Giving your baby the best start in life means getting your own health sorted well before you become pregnant.

Get a preconception checkup even if you've already had a baby. Your health may have changed since you were last pregnant. A preconception checkup is especially important if you've already had a premature baby, a baby with a birth defect, a miscarriage or stillbirth.

Blood Tests

- Haematological Profile • Blood Group & Rh Factor
- Diabetes (RBS) • TSH • Hepatitis HBsAG • HIV
- Venereal Disease Screen (Syphilis)
- Rubella IgG • Hb Electrophoresis • Urine Analysis

Midcycle Pelvic Sonography

- Consultation
- Gynaecologist
- Nutritionist
- Fetal medicine Expert's Counseling*
- Add on – in case of genetic problem in family or history of previous baby with birth defect or genetic problem.



Vama Wellness Centre for Women's Healthy She
Is your health slipping down in your priority?
Are you a superwoman-multitasking between your job and household?

Vama has taken a step towards creating a healthy world, now it's your turn to take one step forward for good health with a simple start point...

1) Healthy She - "Dashing" package (for < 35)

Pathology Test = CBC with ESR, Blood Group

Test for Diabetes = RBS

Urine Test = Routine

Tests for Liver Diseases = SGPT, SGOT

Tests for Heart Diseases = Lipid Profile

Test for Kidney Diseases

- BUN

- Creatinine

Thyroid Hormone Test = TSH

Arthritis screening

- Calcium • ESR • Uric Acid

- B12 and Calcium

Diagnostic Test = USG Pelvic & Abdomen

Cancer Marker Test = Pap Smear

Consultations

- Gynecologist

- Physician

- Dietitian

2) Healthy She - "Dynamic" Package (for > 35 years women)

Pathology Test = CBC with ESR, Blood group

Test for Diabetes = Blood Glucose - FBS & PP

Urine Test = Routine

Tests for Liver Diseases = SGPT, SGOT

Tests for Heart Diseases = Lipid Profile

Test for Kidney Diseases

- BUN

- Creatinine

Thyroid Hormone Test = TSH

Arthritis Screening

- Calcium

- ESR

- Uric Acid

- RA factor

B12 and Calcium

Cancer Marker Test

- Pap Smear-Conventional*

- *Add on LBC with HPV

- Sonomammography and Mammography

Diagnostic Tests

- ECG

- Chest X-ray

- USG Pelvis and Abdomen

Consultations

- Physician

- Gynecologist

- Menopause Specialist

- Ophthalmologist

- Physiotherapist and Fitness Expert

- Dietitian



Ca



8 Why is it important to keep exercising after my baby is born?

- Exercising after your baby is born may help improve your physical & mental well being.
- Daily exercise can help restore muscle strength & firm up your body
- Improves your cardiovascular fitness & restore muscle strength
- Promotes weight loss, improves mood, relieves stress & helps prevent postpartum depression.

9 Benefits of Aerobic exercise during Pregnancy :

- When you are fit, you are more likely to give birth to a leaner & healthy baby.
- Provides the needed stamina for labour & delivery.
- Reduction in body fat in addition to better weight management.
- Prevents the excessive weight gain during pregnancy which reduces your risk of developing gestational diabetes in later stages of your life.
- Fit moms bounce back into shape after delivery much more quickly than sedentary women.
- Toning of muscles all through the body to improve the entire circulation process & reduced blood pressure.

10. Pilates in pregnancy assists in developing core strength by facilitating correct positioning for exercise, breathing & muscle activation.

Pilates in pregnancy helps maintain your abdominal muscle tone, which will support your growing belly, minimize back pain & gives the expecting mothers more stamina for pushing during labour.



PREGNANCY & FITNESS



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Dr. Priyanka P. Desai
MBBS, D.M.R.D.,
Fellow in Fetal Medicine
Sonography, Mammography
& Fetal Medicine Expert



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VAMA PHYSIOTHERAPY AND FITNESS CENTRE offers a variety of fitness packages to meet your personal training needs. Our expert physiotherapist and fitness trainers will make you really, truly fit.

Antenatal Care at Vama Women's Wellness Centre provides the expecting mothers with an opportunity to understand the importance of proper exercises during pregnancy. The Antenatal classes aim to maintain fitness while incorporating strength, balance & coordination. Exercise is a great way to enhance both mental and physical health during pregnancy.

Antenatal & Postnatal FAQ's:

1. Is it safe to exercise during pregnancy?

- If you are healthy and your pregnancy is normal, it is safe to continue or start most types of exercise, but you may need to make a few changes. Physical activity does not increase your risk of miscarriage, low birth weight, or early delivery.

2. What are the benefits of exercise during pregnancy?

Regular exercise during pregnancy benefits you and your fetus in these key ways:

- Reduces back & pelvic pain.
- Eases constipation.
- Promotes healthy weight gain during pregnancy.
- Improves your overall general fitness and strengthens your heart and blood vessels.
- Improves body postures & stress relief.

3. How much should I exercise during pregnancy?

- A pregnant woman should exercise at least 150 minutes of moderate-intensity aerobic activity every week. An aerobic activity is one in which you move large muscles of the body (like those in the legs and arms) in a rhythmic way. Moderate intensity means you are moving enough to raise your heart rate and start sweating. Examples of moderate-intensity aerobic activity include brisk walking and other general activities. You can divide the 150 minutes into 50-minute workouts on 3 days of the week.

4. What precautions should I take when exercising during pregnancy?

- There are a few precautions that pregnant women should keep in mind during exercise:
- Drink plenty of water before, during & after your workout. Signs of dehydration include dizziness, a racing or pounding heartbeat & urinating only small amounts or having urine that is dark yellow.
- Always wear loose & comfortable clothes along with a sports bra that gives lots of support to help protect your breasts.
- Avoid standing still or lying flat on your back as much as possible. When you lie on your back, your uterus presses on a large vein that returns blood to the heart.

Standing motionless can cause blood to pool in your legs and feet. Both of these positions can decrease the amount of blood returning to your heart and may cause your blood pressure to decrease for a short time.

5. What are some safe exercises I can do during pregnancy?

Whether you are new to exercise or it already is a part of your weekly routine, choose activities that our experts agree are safest for pregnant women:

- Walking - Brisk walking gives a total body workout and is easy on the joints and muscles.
- Swimming - The water in the pool supports your weight so you avoid injury and muscle strain. If you find brisk walking difficult because of low back pain, swimming is a good way to stay active.
- Stationary bicycling – Because of your growing belly can affect your balance and make you fall, hence stationary cycling is advised
- Modified yoga and modified Pilates - Yoga reduces stress, improves flexibility, and encourages stretching and focused breathing. There are even Prenatal Yoga and Pilates classes designed for pregnant women. These classes often teach modified poses that accommodate a pregnant woman's shifting balance.

6. What exercises should I avoid during pregnancy?

- While pregnant, avoid activities that put you at increased risk of injury, such as the following:
- Any type of Abdominal trauma or pressure, such as weightlifting
- Any type of contact or collision, such as martial arts, soccer, basketball, cricket
- Activities that may result in a fall, such as downhill snow skiing, water skiing, surfing, off-road cycling, gymnastics, and horseback riding
- Supine exercise position (lying on your back) – the weight of the baby can slow the return of blood to the heart; some of these exercises can be modified by lying on your side.

7. What are warning signs that I should stop exercising?

- Stop exercising and contact our gynecologists if you have any of these signs or symptoms:
- Dizziness or feeling faint
- Shortness of breath before starting any exercise
- Chest pain
- Headache
- Muscle weakness
- Calf pain or sudden swelling of ankles, hands or face
- Regular, painful contractions of the uterus
- Vaginal bleeding or amniotic fluid loss
- An unusual change in baby's movement
- Sudden lower back or pelvic pain.

At VAMA, grab the opportunity to turn your lifestyle to become active, fit and healthy physically and mentally. We assist you to monitor your weight changes and to help you achieve your body weight goal and by helping you lose the extra weight effectively.

We also help clients with weight gain problems and help them achieve the desired weight gains in extremely thin young girls.

Make your appointment with the Dietitian at VAMA women's wellness center today, to see the life-changing results today for your own health.



NUTRITION AND DIET CARE

Mrs Khushbu Choksi

MS (Nutritional Science), USA



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Inspiring better health

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WELLNESS CENTRE FOR WOMEN

Inspiring better health

Nutrition before, during & after the Pregnancy:

Eating a well balanced and healthy diet is very important for the proper growth and development of the growing baby inside you.

Meeting daily nutrition needs will not only help the proper growth of baby, but it also helps to keep the mother healthy and provides you with the strength to meet the physical, emotional and physiological needs of a growing baby inside you.

A well-guided diet by a qualified Dietitian helps you to monitor your healthy weight gain during the pregnancy as well as weight loss before and after the pregnancy.

We are here to provide you expert opinions, diet plans, monitored weight gain during your entire pregnancy. Your healthy weight loss after pregnancy is equally important for the health of mother and the baby. All the dietary guidelines on each stage during the pregnancy & also before and after the pregnancy/delivery and much more is provided to you during your visit to the VAMA wellness centre.

At VAMA, we provide a complete guidance of developing healthy food habits along with proper diet plans and monitoring at your each visit. This will help you with enjoying a healthy and active pregnancy.



Nutrition before, during & after the Menopause:

Menopause is a point at which a woman has her last menstrual (periods) cycle. It is further broadly divided into three stages:

Pre-menopausal: The menses (periods) come every monthly but the hormonal imbalances start in the body, and some symptoms such as hot flush, irritability, etc may or may not be seen.

Choosing the Best Sources of Protein during Menopause



Peri-menopausal: Irregularity in menses (periods) frequency starts at this stage and some symptoms are very visible in the women at this stage.

Post-menopause: Having no periods for past 12 months.

At each of these stages of menopause, diet plays a very important role. Proper diet helps with the balance of hormones and to lower the various emotional and physical symptoms such as depression, irritation, drastic and sudden weight changes, etc.

At VAMA, the clinical dietitian is certified to assist you with smoother transition to this stage of life during menopause. We assist you to maintain healthy lifestyle and weight and to keep your blood sugars, cholesterol, thyroid and all pathological health reports within controlled limits.

At VAMA, our team of experts will also guide you and monitor your blood reports for the well being of your health during this stage. It is further broadly divided into three stages:

Nutrition for Weight Loss at all ages:

Proper eating and lifestyle changes can help you lose weight in healthy ways and helps you maintain weight within the healthy range.

Management of healthy body weight within normal ranges is very important to prevent several other body complications and diseases like diabetes, hypertension, heart attacks & various difficulties during pregnancy and later during menopause.

Overweight and obesity are eating up our kids, our teenage generations and adults. It is making the future generations lethargic, lazy and prone to diseases. It is important for parents to help their teen children in achieving healthy food and lifestyle habits at young age for good health of lifetime.

Fight your health risks today by enrolling and VAMA and managing healthy body weight and by losing your body weight effectively.