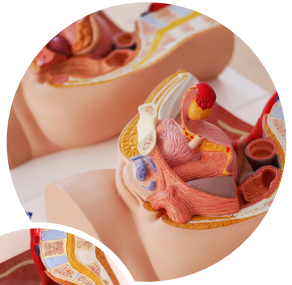


WOMEN'S HEALTH MANUAL

#believeinprevention

About the manual

This manual was created for the “Women’s health” project. It will teach you how to take care of your health and how to detect potential cancer, stroke or a heart attack. It will also teach you how to prevent infertility or incontinence. You will find all the important information here, in order to take a proper care of your health.



About Loono

In Loono, our aim is to show prevention matters. We are a team of medical students, young physicians and other professionals like nurses, paramedics and nutritionists. Together, we organize educational workshops at private companies, schools and festivals. The scope of our workshops range from cancer prevention (**#boobsandballs**), to cardiovascular diseases prevention (**#yourheartforlife**) and sexual health (**#allgooddownthere**). We are also pretty active on social media, where we post articles, pictures, videos and other stuff every day to show the importance of your health. You can follow us under the tag **@loonocz** or listen to our podcasts - just try to write “Loono” to your podcast app.



Loono in numbers

5 years
of existence

80 000
educated
people

6 cities
Praha, Brno, Plzeň,
Hradec Králové,
Olomouc,
Bratislava

1500+
workshops

150
team members

30 000+
fans on social
media

47

Our story

Our founder Kateřina Vacková was diagnosed with a malignant ovarian cancer at the age of 22. Because she listened to the warning signs her body was giving her, she was able to detect cancer at an early stage. As she is now in remission, Kateřina has decided to inspire other young people with her story and founded Loono.

Kateřina



MUDr. Kateřina Vacková
Founder of Loono

I was 24 when we decided to start a family. One would say it would be easy, but after a year of no success, we had to visit a center of assisted reproduction. The spermogram results of my partner were terrible and what's more, I had untreated chlamydia. To make the story short - I managed to get pregnant only after 4 years and 3 IVFs.



iMessage

**Saved lives (people
who discovered serious
diseases in time thanks
to our workshop)**

Under the auspices of:



**1. LÉKAŘSKÁ
FAKULTA**
Univerzita Karlova

With the support of:



Společnost všeobecného
lékařství ČLS JEP

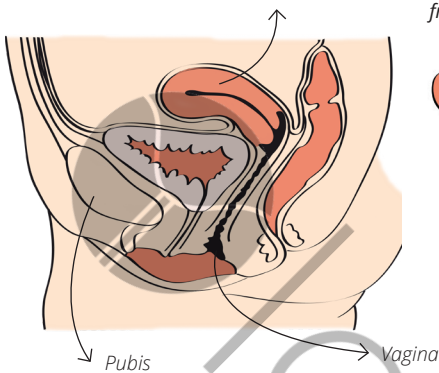
*The project was realised with the financial
support of:*



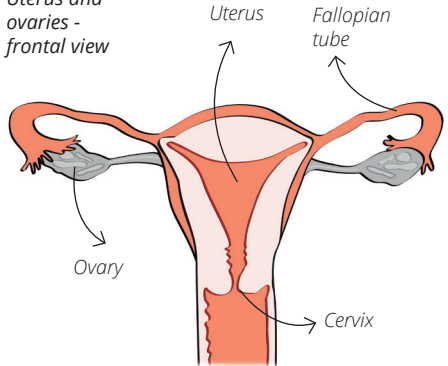
**MINISTERSTVO ZDRAVOTNICTVÍ
ČESKÉ REPUBLIKY**

Women's health

Sagittal section of female pelvis



Uterus and ovaries - frontal view



Uterus and ovaries

Ovaries are responsible mainly for the production of female sex hormones - estrogens and progesterones. Apart from that, ovaries serve as a reservoir for female sex cells - eggs. If the eggs are fertilized, they implant into the thickened walls of the uterus, which then serves as a small "incubator" for babies.

How does cancer of female genital area manifest itself?

Bleeding after menopause

Irregular periods

Bloody discharge



Uterine cancer affects mainly women around the age of 60.



If you experience any of the symptoms, go to your gynecologist!

Cervix

Cervix can be described as a “plug” protecting the uterus from an infection, which can develop in a vagina. At the same time, it secures the baby at its place for the whole 9 months, creating a safe space for its development.

Cervical cancer

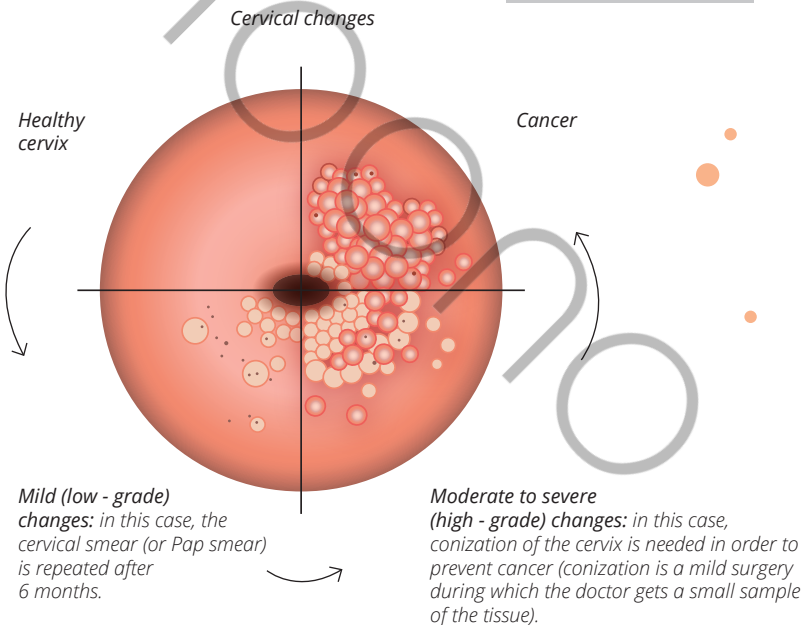
Cervical cancer is predominantly caused by human papillomavirus (HPV 16 or 18). This virus transforms healthy cells into cancerous ones and can also be responsible for genital herpes type 6 or 11. HPV is transmitted by vaginal, oral and anal sex.

How does cervical cancer manifest itself?

Bloody discharge

Bleeding after sex

Lower abdominal pain



Cervical cancer affects mainly women around the age of 40.

Cervical cancer prevention

How to prevent cervical cancer?



Visit your gynecologist once a year.



Get vaccinated (your gynecologist can recommend you a suitable vaccine both for you and your partner).



Use a condom - it lowers the risks of HPV transmission.



Avoid the risks.

HPV Vaccination

Both men and women can get the HPV vaccine in order to protect themselves and their partners - the sooner the better (to get it around the age of 12 to 14 is appropriate).

Every vaccine is used for something different:

Cervarix

protects from HPV type 16 and 18.

Gardasil

(formerly known as Silgard) - protects from HPV types 6, 11, 16, 18.

Gardasil 9

protects from previous types + 5 more types.

Risk factors for cervical cancer

HPV infection

Smoking

Alcohol

Immune disorders

-promiscuity
-early start of sex life
-"untrustworthy" partner



Cervical cancer screening (Pap test):
A Pap test is a procedure to collect tissue from the surface of the cervix and vagina, performed once a year during your regular check-up.

Breasts

Breasts, also known as boobs, are mainly responsible for the production of breast milk. However, we can't deny their aesthetic and seductive function.

67

kilocalories - per 100 millilitres of breast milk - which is more than one beer.

500

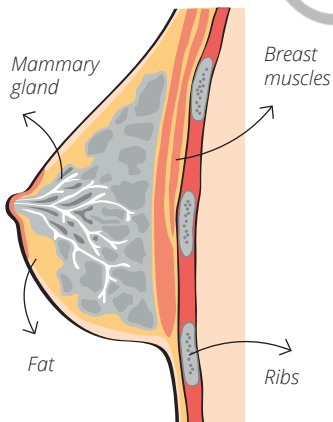
grams - the weight of one average breast.

D

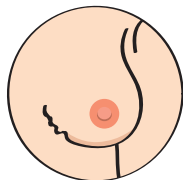
average size of breasts in Czech Republic.

Breast anatomy

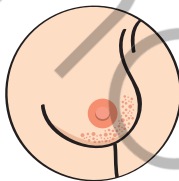
How does breast cancer manifest itself?



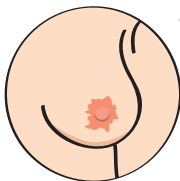
Lump



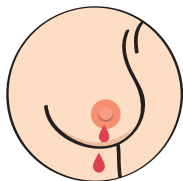
Orange peel skin



Rash, irritation



Nipple changes



Nipple discharge

How to check your boobs



1. Do this examination once a month.

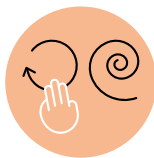
TIP: It's best to do it 3 - 5 days after your period. If you don't have periods, just choose a day that suits you best.



2. Check them in the mirror.

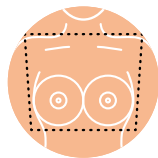
Do they look the same as usual?

TIP: Raise your hands and check them again.



4. Touch them:

Use three fingers. Keep them together and slowly touch your boobs in a circular motion. Then add a little pressure to check deeper layers of your skin.



5. Check the entire breasts.

From your collarbone to the bottom of your bra. Notice any skin changes, painful spots or hard lumps - both on the surface and inside your breasts.

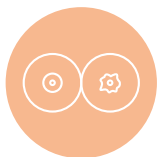
3. Try to notice:



Shape changes



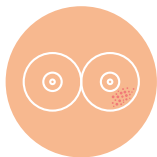
Any changes in size



Changes in shape of your nipples



Nipple discharge

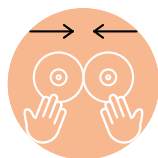


Skin changes



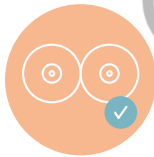
6. Use an opposing hand.

Always use your left hand to touch your right breast and your right hand to touch your left breast. If you have big boobs, check them while standing first and then do it again while lying down on both sides.



7. A sweet reward!

Finally, take your boobs with both hands and casually massage them to be sure you didn't forget to check anything :-).



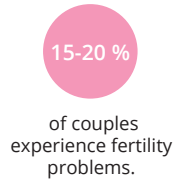
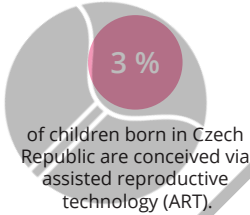
8. If you didn't find anything unusual, we are happy for you! Don't forget to check them again next month!



9. If you feel something is not okay, don't panic and go to your gynecologist. Don't look for advice online, it's useless.

(In)fertility


Infertility is a state, during which a woman cannot get pregnant for a year, while having sexual intercourse twice a week. In 40 % of the cases, the problem is on the male side, in 40 % on the female side and in 20 % of the cases, there is a problem with both of them.



Causes of infertility in female



- **STDs** - They can cause obstructions in fallopian tubes.
- **Age** - After 35, fertility decreases.
- **Endometriosis** - A condition in which cells similar to those in the uterus grow outside of it.
- **Genetic disorders** - obstructions in fallopian tubes or in the uterus, for example.



In the last 50 years, the male limit for "being still fertile" decreased by half, to 15 millions sperm per milliliter of semen.

How to prevent infertility?

Conceive at
a young age

Don't smoke

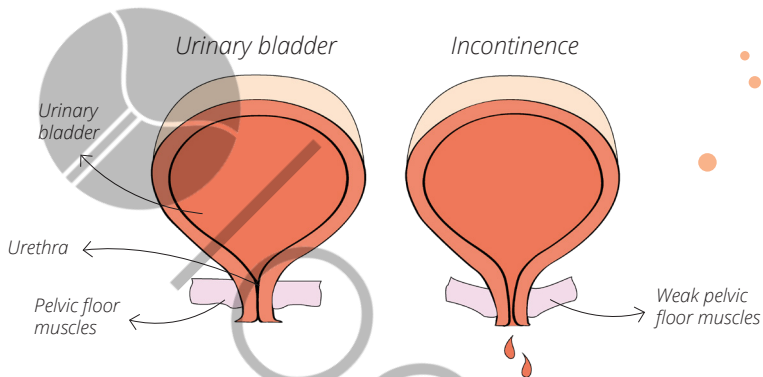
Don't drink
alcohol

Have a healthy diet
(avoid underweight or
overweight)

Get regular
check-ups

Incontinence

Incontinence is any accidental or involuntary loss of urine from the urinary bladder. It affects up to 50 % of women, however only 10 % of them are seeking help. Don't be shy and ask your gynecologist for help in time!



What can cause incontinence?



Childbirth
can damage pelvic floor muscles.



Surgery
can damage nerves or pelvic floor muscles.



Age
the flexibility of pelvic floor muscles naturally decreases with age.



Obesity
puts pressure on pelvic floor muscles.

How to prevent incontinence

Go to your GP, urologist or gynecologist in time

Strengthen your pelvic floor muscles with exercise

Have a healthy lifestyle

Gynecologist



Once a year
(20 min)

During the exam:

- Talk about your family and personal history
- Colposcopy on the chair*
- Cervical smear (**cytology**)
- Ultrasonography (vaginal or abdominal)
- Breast examination (if you want one, we recommend it)

*If you are a virgin, you will not get colposcopy, nor a cervical smear.

What more can you do?

- Go to mammography every 2 years after the age of 45.
- Get vaccinated against HPV (human papilloma-virus) - that's the one causing cervical cancer. It's best to get vaccinated when you are 12 - 14 years old., however you can get vaccinated even if you are older.



Cervical cancer screening (Pap test)

A Pap test is a procedure to collect tissue from the surface of the cervix and vagina, performed once a year. You will get your results in a week or two.

How to prevent cervical cancer?



Go to your gynecologist once a year.



Get vaccinated (your gynecologist can recommend you a suitable vaccine both for you and your partner).



Use a condom - it lowers the risks of HPV transmission.

Cardiovascular system

Cardiovascular system consists of a heart and blood vessels. Its primary task is to supply the body with oxygen and nutrients.

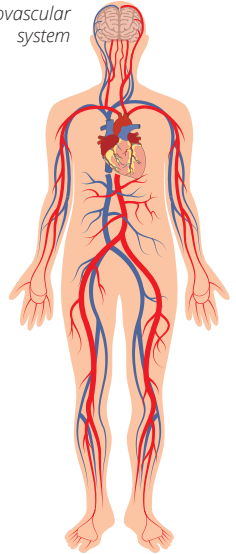
What can hurt the system?

Heart
attack

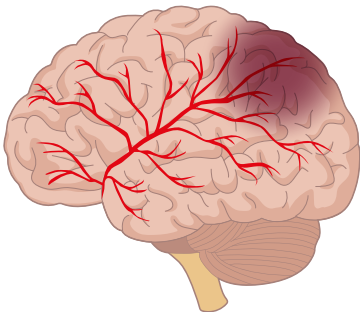
Stroke

Heart attack is a state, during which an artery supplying heart with blood and oxygen becomes blocked. Stroke is a similar state, however the blocked artery supplies brain. Both diseases can cause irreversible heart or brain damage.

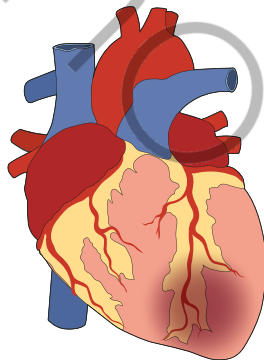
Cardiovascular
system



Development of
a stroke



Development of
a heart attack



Heart attack

How does a heart attack manifest itself?



Chest pain*



Shortness of breath



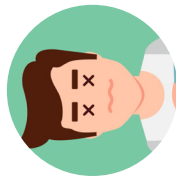
Pale face and sweating



Anxiety



Nausea

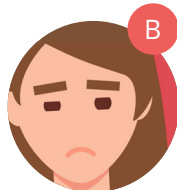


Unconsciousness

Up to 20 % of heart attacks can occur without any chest pain (diabetics and women often experience this absence of pain).

Stroke

How does a stroke manifest itself?



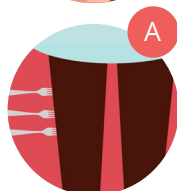
B
Balance
loss of
balance



E
Eyes
vision
problems



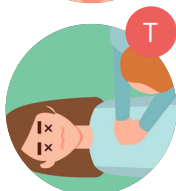
F
Face
asymme-
tric face,
numbness,
tingling



A
Arms
numbness,
tingling



S
Speech
problems
with
speech



T
Time

*Heart attack can also manifest itself with a long lasting back pain. Chest or back pain comes suddenly and lasts for at least 20 minutes.

Don't hesitate and call 155!



If you experience any of these symptoms, or if you see someone experiencing them, call 155 immediately! Stroke doesn't hurt, that's why it's dangerous.

* Don't hesitate and call 155!

How to prevent a heart attack or stroke?

NON - PREVENTABLE factors:



Gender

Men are more prone to both heart attack and stroke, women are more protected thanks to their sex hormones - estrogens.



Age

The risk of having a stroke or a heart attack is higher after you turn 55.



Genetics

If someone from your family had a stroke before the age of 55, tell that to your GP. Familial hypercholesterolemia, for example, is a hereditary disease, which can manifest at a young age.

PREVENTABLE factors:



Smoking

If you quit smoking, the risk of having a heart attack or stroke lowers by up to 50 %.



Sleep

Sleep for at least 7 hours a day and go to bed (and from it) at the same time every day - yes, even at weekends :-).



Lack of exercise

Exercise regularly, at least 5 times a week for 30 minutes.



Blood pressure

If you have high blood pressure, check it regularly and take your pills.



Diabetes

If you have diabetes, get checked by your doctor regularly.

What to do if...

4 important steps, when you think something is not okay with your body.



Don't panic



Don't be shy or ashamed



Don't look for advice on the internet



Go to your doctor

- Your **gynecologist** can help you with irregular or painful periods and with breast changes.
- Go to **mammology** in case you think something is wrong with your breasts.

General practitioner



**Every 2 years
(30 min)**

Before the exam:

- Blood and urine collection (to check levels of sugar and cholesterol)

During the exam:

- Talk about your family and personal history
- Physical examination of your heart, lungs and abdomen
- Blood pressure and BMI check
- Sight, hearing and birthmarks check
- Vaccinations check
- EKG after the age of 40

IMPORTANT: You can call your doctor beforehand and tell him / her you discovered some changes in your body. It will speed up the appointment process.



Support us

We need **your help** to educate even more people.

Support us via
Darujme.cz at
bit.ly/DarujmeLoono



You can buy our
merchandise at
shop.loono.cz



Recommend our workshops
to private companies or
schools via loono.cz



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Want to know more?

More information about how to take care of
your **#boobsandballs**, heart and reproductive
organs, or where to go for a regular check-up
at www.loono.cz/en/prevention.

Test your knowledge
at bit.ly/PreventionTest



Register at
www.loono.cz/en to
receive our newsletter.
Every month, we will
send you some tips on
how to take care of
your health.

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