

# Women oncology and women's health

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## INTRODUCTION

Women Oncology is a branch of medicine that deals with the identification, prevention, diagnosis, and treatment of cancer. Medical professionals who practice oncology are called as cancer specialists or oncologists.

Each of the cells in the body has a firmly regulated system that controls their growth, puberty, reproduction and eventual death. Cancer begins when cells in a part of the body start to spread out of control. There are various kinds of cancer, but they all start because of out-of-control growth of abnormal cells.

Women's Healthcare & Science refers to the physical and mental wellbeing of woman. Some of them relate to genetic issues such as Diabetes, Thyroid, gynaecological cancer etc. While others may include serious gynaecological issues caused by hormonal or physical disparities especially in women. Women's health has been expressed as "a patchwork quilt with gaps". Although many of the issues around women's health related to their reproductive health, including maternal and child health, genital health, breast health, and endocrinal health, which includes menstruation, birth control and menopause, a broader understanding of women's health to include all aspects of the women's health has been urged. The WHO considers that an undue emphasis on reproductive health has been a major barrier for ensuring access to good standard health care for all women. Conditions that affect both men and women, such as cardiovascular disease, osteoporosis, also manifest disparately in women. Women's health issues also include medical situations in which women face so many problems indirectly related to their biology, such as gender-differentiated access to medical treatment and other socioeconomic factors. Women's health is of important concern due to widespread discrimination against women in the world, leaving them disadvantaged.

When cancer begins in a woman's reproductive system, it is known as gynaecologic cancer. There are five main types of gynaecologic cancers, they are

- Cervical cancer
- Ovarian cancer
- Uterine cancer
- Vaginal cancer
- Vulvar cancer

As a group, these are referred to as gynaecologic cancer. A sixth type of gynaecologic cancer is the very infrequent that is fallopian tube cancer. The five gynaecologic cancers begin in different places in women's body i.e. within a woman's pelvis, which is the area just below the stomach and in between the hip bones. Each gynaecologic cancer is unique, having different signs and different symptoms, different risk factors and different prevention strategies. All women are at risk for gynaecologic cancers, and risk grows with age. When gynaecologic cancers are found early, its therapy and treatment is most effective.

Cardiovascular disease continues to be the leading cause of death among women in the world, accounting for 1 out of every 3 female deaths. Sex-specific data focused on cardiovascular disease have been growing steadily, yet is neither routinely collected nor translated into practice. This broad review

focuses on novel and unique aspects of cardiovascular health in women and sex differences as they relate to clinical practice in the identification, prevention, diagnosis, and treatment of cardiovascular disease. This review also provides current approaches to the evaluation and treatment of acute coronary syndromes that are more widespread in women, including myocardial infarction associated with non-obstructive coronary arteries, spontaneous coronary artery dissection, and stress-induced cardiomyopathy (Takotsubo Syndrome). Other cardiovascular disease entities with higher prevalence or unique considerations in women, such as heart failure with preserved ejection fraction, peripheral arterial disease, and abdominal aortic aneurysms, are also briefly evaluated.

Reproductive health is the human right. Good reproductive & sexual health is the state of physical, mental and social well-being in all the aspects related to the reproductive system of the body. It implicates that the people who are able to have a satisfied, secured and safe sex life have the ability to reproduce, the freedom to decide and how often to do so. To nurture one's reproductive and sexual health, public need the access to perceive the accurate information regarding their secure, safe, effective and acceptable contraception methods of their choice.

## FEMALE AND GENITAL MUTILATION

Female Genital Mutilation is a violation of girls' and women's fundamental human rights. FGM has no health benefits and often it leads to the long-term physical and mental consequences. Medical complications include severe pain, prolonged bleeding, infection, infertility and even sometimes death. It can also lead to increased risk for the transmission of HIV. Women who have undergone genital mutilation can experience various complications during the childbirth, including postpartum haemorrhage, stillbirth and early infant death. Psychological impacts which can range from a girl losing trust in her caretakers to longer-term feelings of anxiety and depression.

## UROGYNAECOLOGY

It's amplitude of Gynaecology and in few countries it is referred as Female Pelvic Medicine and Reconstructive Surgery. All the clinical problems which are associated with the dysfunction of the pelvic floor and the urinary bladder were managed by an urogynaecologist. The bladder, reproductive organs, and bowels are affected by the pelvic floor disorders urinary incontinence; pelvic organ prolapse and faecal incontinence were included in common pelvic floor disorders. Urogynaecologists are also accountable for the care of women who have experienced trauma to the perineum during delivery.

## ONCOLOGY NURSING

An oncology nurse is a specialized nurse who cares for patients fight with cancer. These nurses need advanced, new-fangled certifications and clinical experiences in oncology further than the typical baccalaureate nursing program. Oncology nursing care can be elucidated as meeting the several requirements of cancer patients during the time of their disease including significant screenings and other preventive practices, symptom management, care to maintain as much normal functioning as possible, and supportive measures upon end of life. Oncology nurses must have pertinent training in the administration, handling, side effects, and dosing of chemotherapy. Each institution will have its own policies for several chemotherapy drugs to corroborate adequate training and for prevention of errors.

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