



WOMEN'S HEALTH PACKAGE





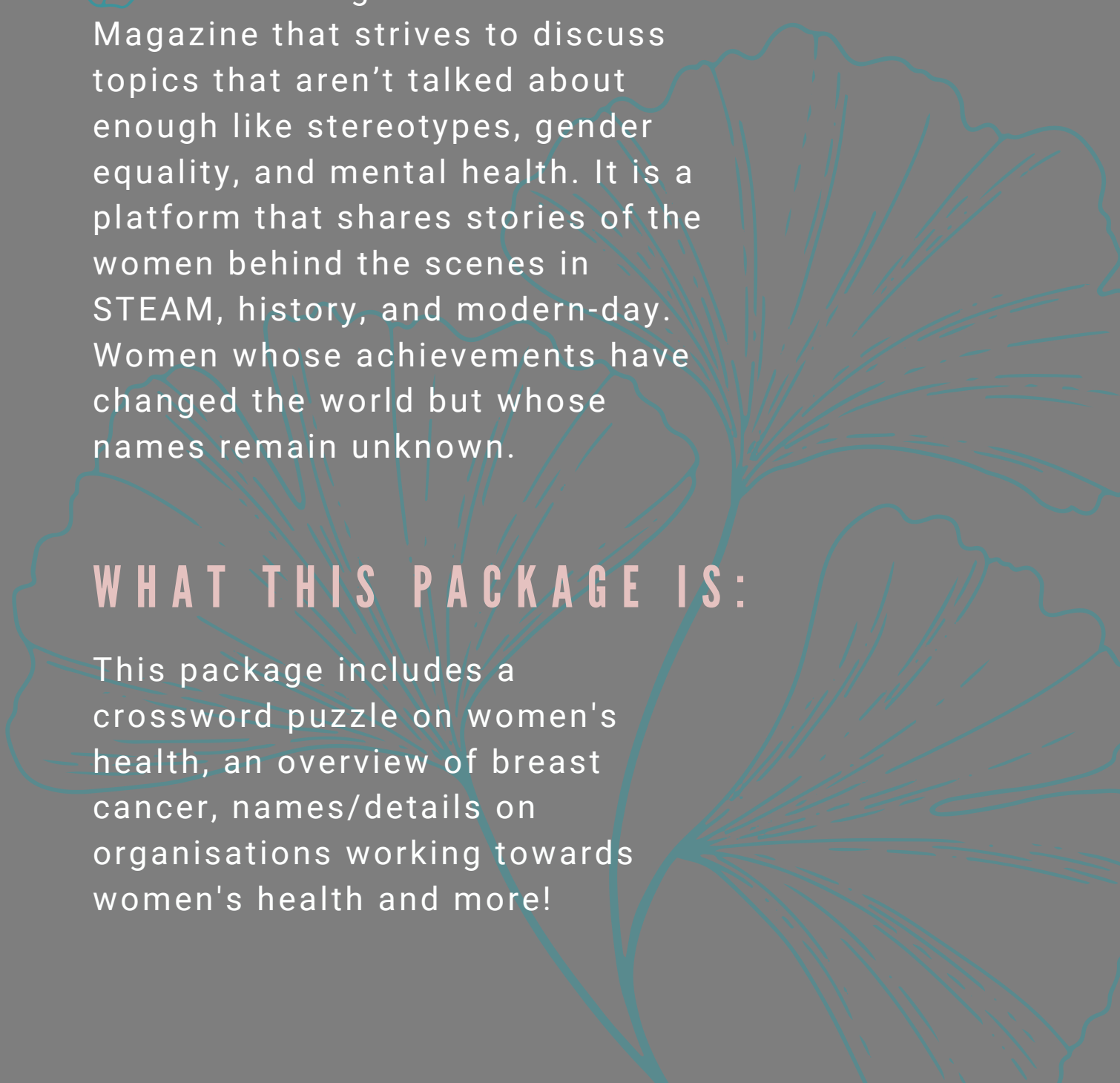
ALL ABOUT THE PACKAGE ON WOMEN'S HEALTH

WHO WE ARE:

She Shines Magazine is a Gen Z Magazine that strives to discuss topics that aren't talked about enough like stereotypes, gender equality, and mental health. It is a platform that shares stories of the women behind the scenes in STEAM, history, and modern-day. Women whose achievements have changed the world but whose names remain unknown.

WHAT THIS PACKAGE IS:

This package includes a crossword puzzle on women's health, an overview of breast cancer, names/details on organisations working towards women's health and more!



HOW WOMEN'S NUTRITIONAL NEEDS DIFFER FROM MEN'S



Women continue to establish special dietary needs as puberty starts. And our dietary requirements continue to expand as we age and our bodies go through more physical and hormonal changes, making it vital that our diets evolve to meet these changing needs.

1 **CALCIUM**

Women are at greater risk of developing osteoporosis than men, so it's important to get enough of calcium to maintain your bone health, in combination with magnesium and vitamin D.

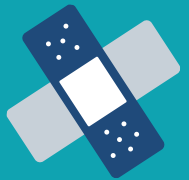


2 **SHOULD YOU AVOID DAIRY BECAUSE OF ITS SATURATED FAT CONTENT?**

Dairy goods are some of the strongest calcium sources. Milk products such as raw milk, cheese, and tofu, however, also appear to contain high saturated fat content.

The USDA advises restricting your consumption of saturated fat to no more than 10 percent of your daily calories.

This indicates that you should moderately enjoy whole milk dairy and, if possible, go for no- or low-fat dairy products. Just be mindful that there is also a lot of added sugar in low fat dairy products, which can have harmful impacts on both your wellbeing and your waistline.



3 **IRON**

Women of childbearing age require more than double the amount of iron that men do, and even more during pregnancy and breastfeeding, due to the amount of blood loss during menstruation.





Diet tips to ease the symptoms of PMS

- 1 Eat foods high in iron and zinc
- 2 Boost your calcium intake
- 3 Avoid trans fats, deep fried foods, and sugar
- 4 Battle bloat by cutting out salt
- 5 Cut out caffeine and alcohol

WORD SEARCH

**SHE
SHINES
MAGAZINE**

E-MAGAZINE

M	M	D	Q	N	T	Y	D	L	M	W	U
W	A	O	G	A	N	T	I	E	S	Q	D
T	R	O	E	M	D	I	S	A	I	X	E
W	P	H	N	O	O	L	C	D	X	B	Q
G	G	R	D	W	P	A	R	E	E	Q	T
E	H	E	E	A	B	U	I	R	S	N	F
M	Z	T	R	S	C	Q	M	S	R	A	V
P	W	S	A	U	Q	E	I	H	F	J	P
O	M	I	F	E	M	I	N	I	S	T	B
W	B	S	Y	Y	P	Q	A	P	T	C	S
E	S	T	H	G	I	R	T	A	R	F	T
R	S	M	R	O	N	R	E	D	N	E	G

BIAS

DISCRIMINATE

EMPOWER

EQUALITY

FEMINIST

GENDER

GENDER NORMS

LEADERSHIP

RIGHTS

SEXISM

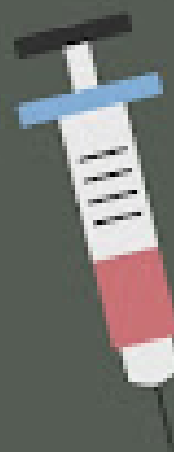
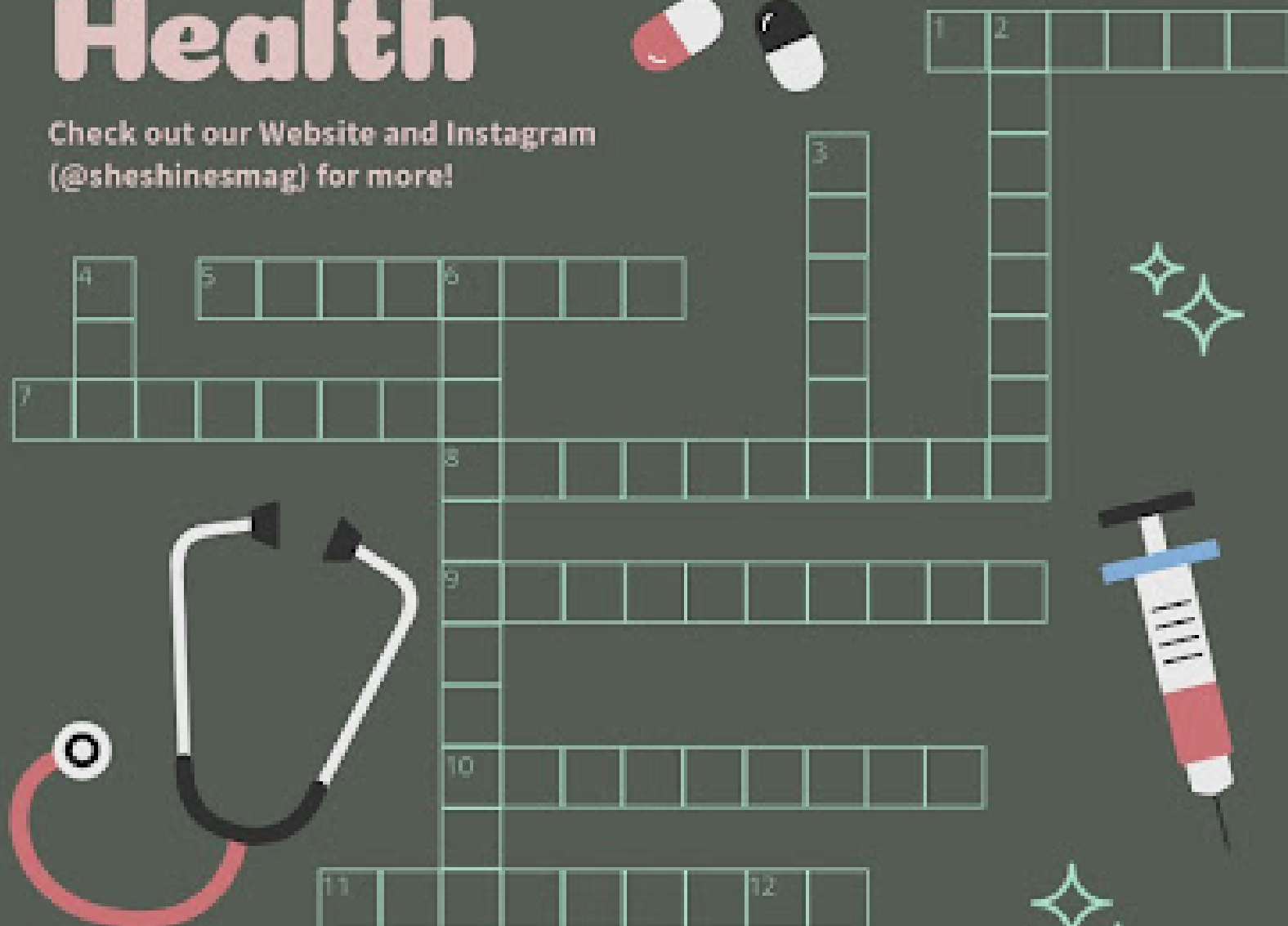
SISTERHOOD

WOMAN

Women's Health



Check out our Website and Instagram (@sheshinesmag) for more!



ACROSS

- 1-This term refers to cell growth that medical specialists deem non-cancerous.
- 5-Where do we get most natural vitamin D?
- 7-A recommended daily activity.
- 8-Clear the mind.
- 9-It involves care of all women's health issues.
- 10-Most important meal of the day.
- 11-The time when menstruation has ended.

DOWN

- 2-A set of hormones emitted by the ovaries.
- 3-A type of cancer commonly found in women.
- 4-Recommended maximum grams of salt per day.
- 6-An extremely important type of protein for women that is found in red blood cells.
- 12- A green vegetable that is rich in iron.



BREAST CANCER

A Brief Overview

One of the most common in type of cancer in men and women. It begins in the breast, growing out of control. It can be scanned through or an X-ray or felt as a lump when felt.

It is treatable by a medical professional, depending on the stage of cancer. Some treatments are chemotherapy, radiation, hormone therapy and surgery.

Signs and Symptoms:

- A breast lump or thickening that feels different from the surrounding tissue
- Change in the size, shape or appearance of a breast
- Changes to the skin over the breast, such as dimpling
- Peeling, scaling, crusting or flaking of the pigmented area of skin surrounding the breast skin
- Redness or pitting of the skin over your breast, like the skin of an orange



Why the pink ribbon?

The pink ribbon represents fear of breast cancer, hope for the future, charitable goodness of people and businesses who publicly support the breast cancer movement.

Work with them or donate
now! Help women
everywhere by taking this
small step!

ORGANISATIONS WORKING TOWARDS WOMEN'S HEALTH

SAMA: RESOURCE GROUP

Sama is a resource group working on issues related to women and health. Sama was initiated in 1999 by a group of feminist activists who were involved in the autonomous women's movement which views health from a broader perspective.

WOMEN'S HEALTH FOUNDATION

Women's Health Foundation is a NGO with that support, educate and advocate for women's health issues in Uganda focussing on sexual reproductive health, post reproductive health, HIV awareness, male involvement in women's health.

JEAN HAILES

Jean Hailes for Women's Health is a national not-for-profit organisation dedicated to improving women's health across Australia through every life stage. They work in public health, research, clinical services and policy.

WOMEN'S HEALTH COALITION

Since 1984, the International Women's Health Coalition has taken courageous stands for women and girls globally. Their Vision: A just and sustainable world where all people, regardless of gender, enjoy their human rights and health.

DONATE: WELLBEING OF WOMEN

The women's health research charity. They invest in groundbreaking research that saves and changes lives. Donate today!

Website: wellbeingofwomen.org.uk



Thank You!

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PACKAGE:

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