

Women an epitome of the society: A look at the cardiovascular diseases in women

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Abstract

“If you want something said ask a man; if you want something done ask a woman’ – Margaret Thatcher

A woman is an adult female human being that belongs to a particular category with a distinctively feminine nature. A woman generally is a special being who carries on her daughterly, motherly and wifely roles without complaints. This makes women to suppress whatever is going on in their life and by the time they shout out in some cases is too late.

According to some researches carried out the population of woman with heart diseases is more that of the men. It is often thought that heart diseases are more for men than in women because they do not know what to look out for. The most common heart attack symptoms in women are the same as in men such as chest pain, pressure or discomfort which last a few minutes. It is also possible to have heart attack without chest pain especially in women. Symptoms might not be noticeable such as shortness of breath, pain in both arms or one, nausea and vomiting, sweating, dizziness to mention but a few. Cardiac diseases can be preventable through awareness or educating women on such diseases, signs and symptoms. Moderate life style, maintain healthy weight and managing risk factors such as high blood pressure and diabetes. Empowering women to be independent as this will enable them manage any problem or heart diseases. Generally, women are vulnerable and thus must be handled with care to reduce the high rate of cardiac diseases and deaths.

Biography

Wing Commander Hajara Bashari is (RN/RM, FP Provider, counselor, ADPA, ADLS) presently the Director Nursing Services Medical Services Branch Nigerian Air Force Headquarters Abuja Nigeria. She is in charge of all nurses in the NAF. Hajara has the flair for writing and has made few publications.

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