

Title:

Common Women's Health Issues for Young Women

Word Count:

521

Summary:

Modern medicine and statistics have found that some problems and health concerns are more common in certain age groups than in others. For example, women within the ages of 25 and 40 are more prone to certain health-related conditions than women in other age groups. Another common concern among this age group is stress.

Keywords:

women's health issues

Article Body:

Statistics and medicine have always had some ties with one another in Western medical philosophy, making it easier to paradoxically both specify and generalize patients. Populations are divided into groups, then by even more demographics, all in an effort to find out which groups are more likely to respond to a certain treatment. At the same time, the numbers are used to analyze whether or not medication would be effective on a large population to be useful. Each segment of the population undergoes varying degrees of scrutiny, with sections showing medical commonalities. One of these groups would be women's health issues, particularly those between 25 to 40.

Stress, believe it or not, counts among the most prominent women's health issues in the aforementioned age group. Triggers for stress tend to vary widely from person to person, but there are a couple of causes that are common, regardless of demographic. Professional careers, family life, social pressures, and personal goals are all on a woman in this age group. Juggling all of these has never been easy on anyone, but some believe that the internal "family versus career" debate puts more stress on women due to expected social pressures. Statistically speaking, they are more prone to stress than other female age groups, particularly those between 25 and 40. As a possible outcrop of stress, conditions such as anxiety and depression have also been noted in this age group. However, it is worth stating that the forms of anxiety and mood disorder that are common between 25 and 40 are usually not female-specific, such as postpartum depression. One of the factors contributing to the emerging prevalence of this problem would be the delicate balance between cultural perceptions of how it compares and contrasts with career and drive. Tears and crying are often seen as weaknesses, for example, so women striving to earn positions of power in the business world often make an effort to suppress emotional reactions. Medicine and science both state that crying and the release of tears, in an appropriate context, can actually relieve a good amount of stress and tension in women. In theory, this

^therapeutic~ hitting objects is for men under the same situations.

Skin care is also a major concern for the 25 to 40 age group, particularly because it no longer has the strength of youth. It is a little known fact that teenage skin is much more resistant to outside factors as well as being more sensitive to topical treatments. Time also contributes to the lower level of concern as career or family concerns begin to take more priority over appearances. There are various ways to maintain the overall health of their skin without investing time she may not have, ensuring that skin care is not a concern later on in life.

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