

Female healthcare: a forgotten cause

Outline

1. Introduction

Thesis statement: Females' health is outrightly ignored in all over the world. Resultantly, they and their children have many difficulties to survive. However, by taking a few prudent steps their health issues can be reduced to minimum.

2. How female healthcare is a forgotten cause

3. How females' health is affected

- a) Females' health is affected due to lack of awareness
- b) Females' health is ruined because they are averse to checking preventable diseases to male doctors
- c) Unavailability of professional doctors causes innumerable health problems for females
- d) lack of priority at government level for females' health harms their health
- e) Under-age marriages of females have many negative effects on their Health
- f) Marriages of females against their wish are injurious to their mental health
- g) Urge of male kids destroys females' health
- h) There are many threats to females' life because most married people do not use contraceptive devices
- i) Females' health is compromised in the absence of complete diet
- j) Females have many health issues because they do not adopt hygienic sanitary practices

4. Effects of females' bad health on their children

- a) Unhealthy females do not beget physically strong children
- b) Children of mentally disturbed females have certain psychological problems
- c) Poor health of females endangers the life of newly born children

5. Way forward to address females' health issues

- a) Governments must provide health facilities to females
- b) Females must be educated
- c) There must be a gap of three years between the two children
- d) Governments must launch helpline to provide health assistance to females

6. Conclusion

Essay

This is a sad fact that in the 21st century, females are still considered subhuman especially in developing countries. It means they have no voice and no choice of their own. Against this background, most of their rights are snubbed. For example, they are not given enough education. When they are uneducated, then they are unaware of their health issues. In addition, they do not ask males to check their preventable diseases. They have neither access to professional doctors nor their health is ` at government level. What is more, their age and will are not considered for their marriage. And they are expected to bear male children. Furthermore, people avoid using contraceptive devices and females are not given proper diet. Neither do they adopt hygienic practices. It means they do not live a healthy life. When mothers are unhealthy, then the health of their children is also affected. In fact, they bear physically and mentally weak children. As a result, their life is endangered by and large. Though females have certain health issues, which have serious repercussions on the health of their children, yet they can be resolved if they are rendered basic health facilities after giving education. Besides, there must be a fair gap between the two children. They must also access to a helpline to get health assistance. In a nutshell, Females' health is outrightly ignored in all over the world. Resultantly, they and their children have many difficulties to survive. However, by taking a few prudent steps their health issues can be reduced to minimum.

Female healthcare is a forgotten cause because their health is often ignored. At first, they remain unaware of certain diseases. Besides, they feel ashamed to get themselves checked to male doctors. And most of their doctors are not professional. When it comes to governments of the countries, they hardly think of females' health. Besides, under-age marriages, and marriages against their wish also ruin their physical and mental health. This is not all. They have to undergo frequent pregnancies due to the yearn of male kids and in the absence of contraceptive devices. At one hand they are impregnated. However, on the other hand, there is no care for adequate diet for them. They also live without ensuring hygienic sanitary practices. Given all that, females have many a health issue since their health is not given proper attention all over the world.

Females' health is affected out and out due to lack of awareness. Haplessly, they do not know how to detect certain diseases among them. When they are unable to find these diseases in them, then they become lethal. As a result, they face serious health issues throughout their lives. For example, in 2018, 2.1 million new cases of Breast Cancer were reported with

627,000 deaths globally (Nazeer Hussain, 'Better campaigning and awareness campaigns for Breast Cancer in Pakistani females', March 2021). In short, Females have innumerable health issues due to lack of awareness in the world.

Besides females' health is ruined because they are averse to checking preventable diseases to male doctors. Ironically, they consider this act odd. Throughout the history of the nations, females have been reluctant to ask males to check their preventable diseases. Subsequently, they have died of them. For example, Mughal Princess Jahanara Begum died because she did not consider a male physician for curing her preventable disease. In this way, females' health issues are augmented, and in some cases, become dangerous.

Unavailability of professional doctors also causes innumerable health problems for females. The reason is that in their absence they have to rely on quacks. Instead of curing them, these quacks increase their health issues to a great extent. Resultantly, they suffer throughout their lives. For example, these quacks while using their little knowledge, make females use alcohol. Though this strategy gives them some relief for a short span of time, yet they are addicted to it during their entire life. Thus, quacks endanger females' life.

Furthermore, lack of priority at government level harms females' health. Unfortunately, their health is not considered essential in the corridors of power. When governments of many countries of the world do not deem females' health an issue, then researchers can not be facilitated to make new medicines that can be panacea for females' illness. It means they have to live with their existing health issues, which beget more illnesses. For example, in the past 40 years, only two new drugs have been approved for use in pregnancy (Birmingham Health Partners, 'Healthy mum, healthy baby', May 2022). In short, health issues of females are not addressed in an efficient manner because governments are not serious about them.

Where the under-marriages of females are concerned, they also have many negative effects on their health. The reason is that they are not ready physically to perform marital affairs. When they are prematurely forced to engage in sexual relations, then certain health issues are inevitable. For example, a teen-age female is prone to have Fistula, which is a sexually transmitted infection. And it causes various health complications for her during her entire life. In this way, under-age marriages of females create health issues for them.

Not only do under-age marriages of females affect their health, but also marriages against their wish are injurious to their mental health. They, for most of the times, remain depressed due to marriage against their will. This depression leads them to take the most difficult

decision of their life by committing suicide. For example, in 2020, a suicide survivor of Pakistan said that she had committed suicide because it had been impossible for her to live with a person with whom she would not like to spend even a moment. Thus, to arrange marriages of females against their will is nothing but to affect their mental health.

And urge of male kids destroys females' health. If they bear a daughter, they have to undergo another pregnancy no matter their health does not permit them to do so. When they are frequently impregnated while outrightly ignoring their health, they get certain health issues. For instance, they have sleep difficulties, never-ending stress, anxiety and depression. In this way, yearn of having more male children is ruining females' health to a great extent all over the world.

Moreover, there are many threats to females' life because most married people do not use contraceptive devices. Regrettably, they do not want to use them. When they engage themselves in marital affairs without using these devices, then unintended pregnancies are inevitable. As a result, the chances of death during child-birth increase to a large extent. For instance, Pakistan's maternal mortality ratio (the number of maternal deaths per 100,000 live births) of 186, which was 276 in 2007 (National Institution of Population Studies, 'Pakistan Maternal Mortality Survey', 2019). In this way, it can be stated with full confidence that females' life is endangered in the absence of contraceptive devices.

Females' health is also compromised out and out in the absence of proper diet across the world. Unfortunately, it is not considered essential for them. When they are not given adequate diet, then they have certain deficiencies. Consequently, their health is affected by and large. For instance, in Pakistan alone, iron deficiency Anemia affected 18.0 per cent of non-pregnant women of reproductive age compared to 21.2 per cent in pregnant women (UNICEF, 'Pakistan National Nutrition Survey', 2018). Given all that, improper diet is responsible for increasing health issues for women in the world.

What is more, females' have many health issues because they do not adopt hygienic sanitary practices. In fact, they have to rely on unhygienic means. When they, instead of using sanitary pads, use dirty rags to manage their periods, then they get certain infections, which augment their health issues. For instance, they endure reproductive tract infections, urinary tract infections, fungal infections and even cervical cancer due to adopting the unhygienic sanitary practices during their menstruation courses. In a nutshell, females face various health issues due to unhygienic practices.

And unhealthy females do not beget physically strong children. They are very weak physically. When females with certain health issues are forced to bear kids, then their children are physically weak. And they have to live with certain problems. For example, they are under wait, their bones are weak and they height remain low due to their mothers' bad health during pregnancy. In this way, females' poor health is, all the more responsible for several health issues of their children.

Besides, children of mentally disturbed females' have certain psychological problems. In other words, they are misfit in a society. When females' wish and health are not considered in family planning, then they have psychological problems. And their problems are transferred to their children during pregnancy. For instance, their children do not like others' company. They do not learn new things either. Furthermore, they do not perform well in their studies. Thus, one can say that children have certain psychological and mentally issues if their mothers have such issues.

Not only does females poor health cause many physical and mental problems for their children, but it also endangers their life in all over the world. In fact, children of unhealthy mothers are hard to survive. Not ensuring proper health facilities for females' during pregnancy is, through and through, responsible for endangering the life of their newly born babies. For instance, 7,000 newly born die of preventable pregnancy-related complications every day across the world. Where toll of stillborn babies is concerned, it is hovering around 500 (World Economic Forum 'Women's health: is this the most underfinanced investment', January 2023). In short, females' bad health during pregnancy makes newly born children difficult to live.

In fact, females have many health issues, which have dangerous effects on themselves as well as on the health of their children, but they can decrease; for this to happen, governments must provide health facilities to women in all over the world. The reason is that it is their first duty. Presently, all the human rights organisations of the world talk of providing basic health facilities to all the humans. It means health issues of females can not be ignored at all costs. For example, UN SDG 3 ensures healthy lives and promotes well-being for all at all ages, which means health of females can not be ignored at all costs. In short, all governments of the world, while considering the importance of females' health, must ensure health facilities for them.

Moreover, all the females of the world must be educated. The reason is that education is the prerequisite for females to possess better health. Throughout the history of the nations, countries where education of females was improved, there their life expectancy also increased. For example, 40 per cent female life expectancy increased in Denmark between 1990 and 2010 mainly due to the increase in female literacy rate there (Marc Luy, 'The impact of increasing education levels on rising life expectancy', March 2019). Given all that, the better health for females can be ensured by educating them all over the world.

And there must be a gap of three years between the two children. In doing so, not only their health, but the well-being of their children is also ensured. Main religions of the world strictly emphasise on family planning, so that females' health can be protected. 'Females must suckle their children for two whole years'; (Al Qur'an, 2: 33). In short, to provide better health to females, they must be allowed to have a gap of at least 3 years between the two children.

What is more, all the governments of the world must launch health helplines for women across the world. The reason is that in the presence of such helplines, they can get health assistance whenever they want. In this regard, governments must take the example of those administrations that, with collaborations of other organisations, have launched helplines to facilitate their females in their health crisis. For example, to render health facilities to its females, the women development department of Balochistan government with the assistance of UN launched helpline 1089 in 2021 (Munaj Gul, 'Health calling for help', December 2022). In a nutshell, governments must consider the example of Balochistan where providing health assistance to females is concerned.

To conclude, females have countless health issues. The reason is that they do not know about various diseases. Neither do they like to have health assistance from males even for preventable diseases. Besides they do not have access to abled doctors. And most countries do not give importance to their health. Where their marriage is concerned, their age and will are hardly considered. Furthermore, others want them to beget more male children. Therefore, they avoid using contraceptive devices. Nevertheless, females' do not have complete diet and hygienic sanitary facilities. Resultantly, their health is affected by and large, which has deleterious consequences for their children. For instance, they have physical and psychological problems. And most children die soon after their birth. Where reducing the health issues for women is concerned, they can decrease if governments start giving basic

health facilities to them. Besides, education, family planning and launching helpline can also play their pivotal role in making females of the world healthy.