

Female healthcare: a forgotten cause

Outline

1. Introduction

Thesis statement: Female health is outrightly ignored all over the world. Resultantly, they and their children have many a difficulty 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) Aversion to check preventable diseases to male physicians ruins female health
- c) Lack of access to professional doctors causes innumerable health problems for child-bearing females
- d) Negligence of female health on governmental level harms their health
- e) Under-age marriages of females have many negative effects on their Health
- f) Psychological trauma of forced marriages of females is injurious to their mental health
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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 provided enough and proper education. When they are uneducated, then they are unaware of their health issues. In addition, they hesitate checking their preventable diseases to male doctors. They have neither access to professional doctors nor their health is considered a serious issue at governmental level. What is more, their age and consent 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, females bear physically and mentally weak children. As a result, life of such children is endangered by and large. Though females have certain health issues, which have serious repercussions on the health of their children, yet these problems can be resolved if females 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 free health assistance. In a nutshell, Female health is outrightly ignored all over the world. Resultantly, they and their children have many a difficulty 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 not given proper attention. At first, they do not know about certain diseases. Besides, they are reluctant 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 for 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 across 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 about several ailments among them.

Besides aversion to check preventable diseases to male physicians ruins female health. Ironically, they consider this act to be the violation of privacy. Throughout the history of the nations, females have been reluctant to consult male physicians to get their preventable diseases checked. Subsequently, they have died of them. For example, Mughal Princess Jahanara Begam died because she did not consult a male doctor for curing her preventable disease. In this way, females' health issues are augmented, and in some cases, become dangerous.

And lack of access to professional doctors causes innumerable health problems for child-bearing females. The reason is that in their absence, females have to rely on unskilled midwives. Instead of making the process of delivery safe, these unprofessional midwives increase innumerable complications for child-bearing mothers. As a result, they suffer out and out. For example, in many traditional deliveries, midwives use crude sharp instruments to cut the baby's umbilical cord, which leads a mother to easily get tetanus infection. In this way, Females have many a health issues in the absence of professional doctors.

Furthermore, negligence of female health on governmental level harms their health. Unfortunately, their health is not considered essential in the high echelons of power. When governments of many countries of the world do not deem female 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 psychological trauma of forced marriages also is 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 for male kids due to patriarchy destroys females' health. If they bear a daughter, they have to undergo another pregnancy no matter their health permits them to do so or not. 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 for having more male children is ruining females' health to a great extent all over the world.

Moreover, aversion to contraceptives among married couple causes many threats to females life. Regrettably, they do not want to use them due to misleading notion of religion. 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, failure to adopt hygienic sanitary practices increase health issues for females. 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 worsen their health. 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. These children have many an issue. When females with certain health issues are forced to bear kids, then their children can not be healthy. Consequently, they have to live with certain problems. For example, they are under weight, their bones are weak and their 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 mental problems if their mothers have such issues during their pregnancies.

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 prioritise female health 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 facilities for females must be ensured rain or shine. In short, all governments of the world, while considering the importance of female 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 succeeding 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 succeeding children.

What is more, all the governments of the world must launch health helplines to provide free health assistance to females 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 without charging their females in their health crisis. For example, to render free 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, female healthcare: is a forgotten cause. Unfortunately, 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 due to patriarchy. Therefore, they avoid using contraceptive devices. Moreover, females' do not have complete diet and hygienic sanitary facilities. Resultantly, their health is affected by and large, which has deleterious consequences on their children. For instance, their children 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.