

Female Healthcare ... A forgotten Cause

OUTLINE:

1- Introduction:

Thesis Statement:

ACCESS to healthcare is part of our basic right to a life of dignity. Throughout history, the center of medical research and the reference point for medicine was men's bodies. In clinical research, women are overwhelmingly underrepresented in trials for medicines and treatments. This fundamental exclusion on the basis of sex at the starting point of healthcare, according to medical research, shows the rampant gender bias permeating the entire system. There is a dire need to address these issues in order to make a prosperous world.

2- How is gender disparity in Pakistan's healthcare system contributing to dismal health of women?

3- Reasons for female health issues

- a) Poor nutrition
- b) Reproductive health problems
- c) Frequent pregnancies
- d) Failure of medical system to meet women's needs.

- e) Lack of Educated health specialists
 - f) women health a neglected human right
- 4- Health issues faced by females in Pakistan

- a) Heart Disease
- b) Maternal mortality
- c) Malnutrition
- d) Less spending on health care
- e) Unintended pregnancy and abortion

5- Way forward to not forget women health care

- a) Create awareness through Campaigns
- b) Encourage innovation and manufacturing of medical devices in Pakistan
- c) Improving medical nursing and technical education, as well as upskilling current workers.
- b) Improve Sanitation and basic health facilities.

6- Conclusion

"Women's health needs to be front and center — it often is not, but it needs to be."

By Cynthia Nixon

To live a healthy life is one of our basic rights but in Pakistan it is neglected for females. According to Cynthia Nixon women's health needs to be "priority and focused but many times it is ignored. Women represent the cornerstone of a family's overall health, ensuring they have access to quality care also can lead to improved health for families and children. The health of families and communities are no doubt, tied to the health of women. Females have a unique set of health care challenges and are at higher risk of developing certain conditions and diseases than men. Gender disparity in Pakistan's health care system is contributing to dismal health of women. The leading causes of death for women include heart disease, poor nutrition, reproductive health problems, frequent pregnancies and

Failure of medical system to meet women's needs. In Pakistani society female face several health care problems such as maternal mortality, less spending on health care, unintended pregnancy and abortion. To overcome and not to forget women health care is not impossible. It's just need to be focoused.

Improvement of sanitation system, Create awareness through campaigns, Increase investment in medical research as well as upskilling of current workers can create a major improvement in Women's health care.

Access to health care is part of our basic right to a life of dignity. Throughout history, the center of medical research and the reference point for medicine was men's bodies. In clinical research, women are overwhelmingly underrepresented in trials for medicines and treatments. This fundamental exclusion on the basis of sex at the starting point of health care, according to medical research, shows the rampant gender bias permeating the entire system. There is a dire need to address these issues in order to make prosperous world.

The status women health is deplorable in Pakistan. Majority of Pakistani women have no access to basic health facilities. According to United Nations report 48% of them ever can not speak about their issues particularly in rural areas. Majority of basic health care and (rural) rural health care centers are not functional. One of the major reasons of this worst condition is gender disparity and diminished role of women in family system.

Globally Females are suffering with health issues. There is a few reasons for female health issues. Poor nutrition is a basic and common ^{cause} ~~reason~~ of the females problems.

The Poverty rate for families with children headed by women is higher than those headed by man or those headed by married couples. More than 16 million women lived in poverty in 2016. This poor nutrition leads towards weakness of reproductive health problems. Martin Luther King once said:

"Of all the forms of inequality, injustice in health is the most Shocking and inhumane."

In 2021 UNFPA reported that 12 million women in poorer countries lost access to contraception during the pandemic. In Ukraine where the conflict of with Russia continues, the situation is just a disaster.

Pakistan is poor & country but there is no control on population. Frequent pregnancies is the major cause of excessive death of females. Many women experience health problems during pregnancy. These complications can be the vulnerable. According to a report released recently by the United Nation, nearly 50% of global pregnancies are unintended. Among these major more than half end with unsafe abortions that leading to 5-13% of maternal deaths. ~~not~~ Failure of medical system to meet women's needs is a major reason of female health care problems. Women's access to essential health services, in many cases, has been cut off and recovery efforts have been actively deprioritized. Over the past two years the COVID pandemic has exposed the shortcomings of global health and public infrastructure. Women and girls health has been severely

affected. Females face many complicated problems but our systems slow upskilling unable to meet their demands. World is shifting towards global village but is failed to manufacture advanced medical devices and medicines. Major cause of this systematic failure is lack of expert staff.

Lacking of Educated health specialists is like to a booster for this vulnerable condition. In Health sectors of Pakistan, there is still a lack of educated and professional individuals although number of students are graduating each year. The main reason is less availability of seats in public sector that hinders the educated people to come and serve the nation. Even in the medical education females face inequality. More than 85000 women doctors do not practice, a 2019 report.

"Stop making doctors sit at home, doctors belong in operation Theaters"

If we observe it is clearly seen that females health right is fully neglected consciously.

women health is a neglected human right. The every day objects we all use, down to seatbelts in cars, are not primarily designed for the female. Women are 17% more likely than men to die if they are in a car crash. There are much higher rates of cancer in low/middle income countries - over 50 percent of deaths from ^{Breast} (Cervical) cancer and 88% from cervical cancer occur in less developed regions. Globally officials are not ready to consider high death rates of female as a major threat to family. Family is a family's health are no doubt, tied to the health of women that's why health of woman can not be neglected.

It is not only in the western countries but in Pakistani women also face severe health issues. Even in Islam women and men in an equal degree and there is no discrimination between male and female. But due to the prevailing socio-culture norms sometimes the guarantee of Islam do not get translated into tangible actions.

It is narrated in the hadith that the Prophet Muhammad (pbuh) once said,

"Take advantage of five before five: Your youth before your old age, your health before your illness, your riches before your poverty, your free time before your work, and your life before your death."

(Shu'ab al-Iman)

In Pakistan heart disease is a common and main cause of death for women. Contrary to popular belief, breast cancer is not the leading reason of death among women. Research and studies shows that more than half of females mortality rate is increasing due to heart diseases. According to the World Health Organization, women in Pakistan have much higher age-standardized rates of death from cardiovascular disease, compared with men, by Dr. Zainab Samad down Oct, 2018.

Maternal mortality rates are on its peak among females. This also shows global gender gap. Unplanned pregnancies

are playing basic role in maternal deaths. Maternal mortality rate 127/10,000 live births, infant mortality rate 1/122 Chances of death. Total fertility rate (3.0) are high. In terms of Global gender gap 143/144. Regarding family planning only few of married women use contraceptives. Maternal mortality rate is also high because in Pakistan females diet is poor.

During pregnancy female feed its fetus, due to this a waste needs more attention on her diet. But in Pakistani Society no one care about mothers health, everyone want a healthy baby boy. These are fact no one wanna talk. Even the woman herself does not talk about it, these her health is completely ignored. About 18.2% women of reproductive age are iron deficient. This is more pronounced among residing in rural than urban setting.

Sindh has the highest proportion of iron deficiency anemia with about a quarter (23.8%) of all WRA affected, followed by Balochistan 19.0% and in Punjab 18.7%, UNICEF report 2018. It become very common,

Death of female due to insufficient vitamins. bitter Fact is that no one want to spend on health care female

To spend on health care is considered as a ~~way~~ wastage on money in Pakistan. Women's health contributes in a significant way to stronger, healthier societies. Women's health encompasses much more than just reproduction.

It's necessary to be conscious about women's health as she has a unique set of health care challenges. Women spend about 15 percent of their lives in unhealthy conditions, compared with about 12 percent for men. Thus, they carry a heavier disease burden than men, and given their crucial role in the health of their spouses and children, this burden is shared by many. Nearly 11,000 women and girls die annually while giving birth. It's really high in number, but our society just need next pregnancy as soon as possible.

Unintended pregnancy in Pakistan

Society is a common story as they are not conscious about their female health. In our society citizens do not have access to cheap contraceptives and a lack of awareness about contraceptives means that the unwanted pregnancy rate is shockingly high. Unwanted pregnancy leads towards abortions. Nearly half of all pregnancies in Pakistan 11.2 million are unintended.

The share of unintended pregnancies ending in abortion rose from 30% to 61%.

As above have mentioned maternal mortality, malnutrition, less spending on health, and unwanted health and unsafe abortions are leading towards higher mortality rates in females death. We need to step up and take care of our women health.

It is time to take serious steps to not forged women health care. When women are able to live in a safe and healthy life, they can participate effectively in the economy and society. This helps overcome poverty, reduces inequalities and is beneficial for children's nutrition, health and school attendance.

Create awareness through campaigns at national and international level like pink ribbon campaign for breast cancer. Our society do not have proper knowledge about female complicated health issues.

"Women's health is one of WHO's highest priorities." (Gao Harlem)

Early awareness can create major positive impact on disease reduction. Campaign raise awareness about particular problem as well as raise funds for prevention programs, support services and vital for research. As we can see the benefits of breast cancer awareness.

"A heightened awareness of the disease has unquestionably led to a greater number of women being screened for breast cancer,"

After effective awareness campaigns it is necessary to improve sanitation and basic health facilities. As we observe during 2022 flooding there was sanitation problem for female even they do not meet their menstrual needs. First provide more support to local level sanitation plans and strategies. Second more work on faecal sludge monitoring and management. Third communicate the benefits of investing in sanitation to communities. Poor sanitation is linked to the transmission of diarrhoeal diseases as well as typhoid, intestinal worm infections and polio. Women and girls are especially affected by inadequate sanitation conditions due to biological, physiological factors.

When sanitary conditions will improve next step is to Encouraging innovation and manufacturing of medical devices in Pakistan. Lack of medical devices is one of the major problem of health sector in Pakistan. Advanced medical devices can play effective role to the reduction of diseases. Medical devices are essential to prevent, diagnose, treat and rehabilitate illnesses and diseases in a safe and effective way. United states medical industry professionals all over the world have top medical technology. That's why they have better medical facilities. In Pakistan maternal mortality ratio per 100 is 140 But in USA 24/1000. Pakistan needs to improve medical technology and increase investment in medical research will play a vital role to improve medical conditions across the globe. Women health research have the potential to yield very large gains, including reduction of health care costs, increase in labor productivity and improvement in quality of life for women. Modern medical advances have helped millions of people live longer, healthier lives. We owe these improvements

to decades of investment in
medical research - Ike Skelton

With advanced medical technologies and research it is also need of time to improving medical, nursing and technical education, as well as upskilling of current workers. Training of medical staff enable the employee to do job better. Upskill of nurses leads to improved medical health at national level. It will be more helpful to create long term differences in medical sector. Establish institutions for technical education for present workers and create more sources for awareness.

"Communities and Countries and ultimately the world are only as strong as the health of their women"

Michelle Obama

Putting it briefly, Females are facing multiple health-related challenges that are lurking behind the curtains. For instance poor nutrition, frequent pregnancies, Reproductive health problems, Heart diseases, Maternal mortality, Malnutrition

and lack of Educated health specialists.
yet these issues, though formidable, are
not impossible to resolve. The reason is
that there are some voices to guide the
Public. Awareness through campaigns, improvement
of sanitation, Basic health facilities,
Advanced medical technology and skillful
staff would play a more proactive
role in female health care. If these
conscious efforts are launched in concert
with the global bodies and the public,
humankind will be surely confident to
meet the challenges head-on through
robust technological and economic resources
at hand.