

LECTURE THREE:

WOMEN'S BODY DEVELOPMENT PHASES AND ENDOCRINE DISORDERS

MODULE I

BASICS IN REPRODUCTIVE HEALTH

PROF. TAREK KARKOUR

LEARNING OBJECTIVES

- Learn the phases of women's endocrine system throughout the different stages
- Explain the prevention role for women health
- Identify the medical terms, locations, and functions of women health treatment.

Lecture:

1. Women's body development phases:

Each phase of a woman's life is filled with opportunities to develop a healthy lifestyle and harness the power to prevent endocrine disorders.

1.1. Childhood

Childhood is a time of rapid growth and development to learn healthy living habits and priorities. It can, however, be a great challenge to instill appropriate values during this age. Parents are responsible for teaching children healthy eating and making physical activity part of daily life.

Young girls are very impressionable. They respond not only to their families, but, also more increasingly to media aimed directly at them such as commercials on TV, radio and print magazines. Young girls receive so many conflicting messages even when they are in elementary school. In many places, young girls emulate the teenagers in their area and seem to grow up too quickly. As a result, the mixed signals they receive about body image emerge into anorexia and obesity at this time in life. Since adequate nutrition is critical for development and function of the menstrual cycle and also for bone development, malnutrition at this time may lead to irreversible problems later in life (i.e., osteoporosis).