

Joint Event

Public Health, Women's Health, Nursing and Hospital Management

December 03-04, 2018 | Lisbon, Portugal

Woman's health management after the age of 50

Aging is a natural process which you cannot escape, the fact that probably you are getting older, for many women the years between after 50 brings a number of changes, successes achievements and challenges with memories.

Some aspects in life after 50 of women can be controlled and some are out of our hands, along with health issues the risk of many chronic health issues increase with age, but there are several things which we can do to help lower your health risks. It is important to take care of physical, mental & emotional health.

My presentation will be to improve women's health after the age of 50 by avoiding hormones replacement therapy that is estrogens and progesterone. After this age I feel that women are not answerable to any one, as by this age women have fulfilled all duties towards their family and should enjoy and make full use of their life..

Biography

Usha Dane has the below mentioned to her credit: MBBS from BJ Medical College Pune India , FRHS (Fellow of Rural Health Service) MD Naturopathy Medicine. PGPD (Post Graduate Program in Diabetes) From John Hopkins School of Medicine Baltimore. She is Authorized Medical Attendant for Central Government Employees Government of India Panel Doctor for Employees State Insurance Scheme Government of Maharashtra India. Panel Doctor for Life Insurance Corporation of India.

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