

Awareness Programme for Nursing Students

Sara Nursing college,Dharapuram,,,Dt:26-03-2013

The Environment and women's health fact sheet

- * What do you mean by "the environment"?
- * How can the environment affect women's health?
- * How can the environment affect children's health?
- * How can the environment affect women who are pregnant or nursing?
- * How can the environment affect older women?



Chemicals and other substances in the environment can cause serious health problems in women, such as cancer, lung disease, or reproductive system problems. They can also make health conditions worse. Scientists are studying the ways toxins in the environment may play a role in conditions such as breast cancer, endometriosis, and menopause. This fact sheet offers information about these toxins and steps you can take to limit exposure.











How can the environment affect children's health?

Many types of environmental exposures are more harmful for children than for adults.

There are many reasons for this:

Relative to their body weight, children eat, breathe, and drink more than adults do. So children take in higher concentrations of any toxins in their food, water, or air.

As organs develop, they are more likely to be damaged by exposure to toxins.

The ways that toxins are removed from the body are not fully developed in children.

Children spend more time outdoors, where they may be exposed to outdoor air pollution and ultraviolet radiation.

Children do more intense physical activity, causing them to breathe air pollutants more deeply into their lungs.

Young children tend to put their hands, dirt, or objects into their mouths.

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