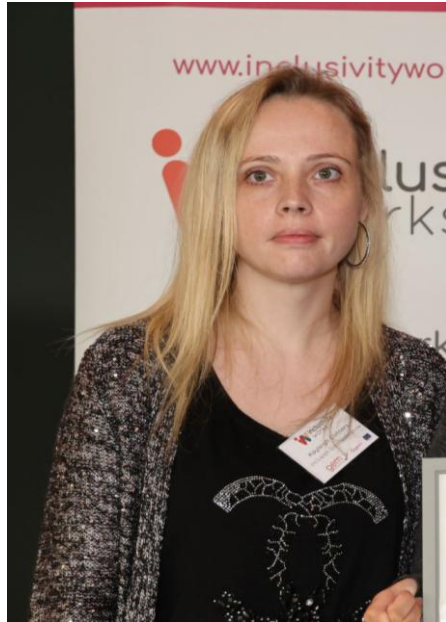




# A presentation by...



Kayleigh



Cody

# Women's and Men's Health

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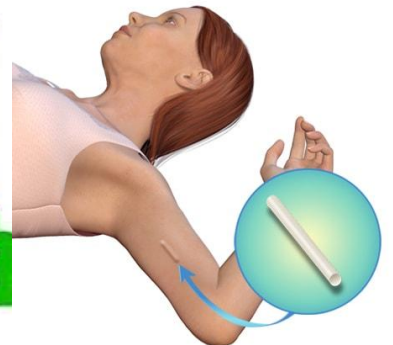
# Periods can be hard for girls/ladies to cope with

- Some ladies/girls are likely to have a pain in the tummy.
- They can also have sore breasts
- Some women can get heavier pain when they have a period. They can get tired easily and have a bad back
- With down syndrome young women can get their period a bit earlier than other young girls
- Changes in hormones can make women feel worried, angry or sad just before their period starts



# Autistic young women coping with periods

- Some autistic young women can't cope with periods because they can change their moods quite quickly.
- Some women with a learning disability can cope with periods & also they can cope with the pain.
- Some women with a learning disability might not cope with periods blood they not very good with change the pads & tampons. They won't be able to do this themselves, they need more help with or show them
- Some women won't understand how periods work. You can get a leaflet from your G.P or website
- It can help young women to have a nice bath to take your mind off of it. It can help you to feel nice and relaxed
- If periods are very difficult, they could speak to their doctor and they can give you pills or implant to stop the periods



# Pregnancy for young women

- It is your right to have a child even if you are disabled. Having a baby can cause health risks to young women for example,

- Weight

- Infections

- Hormonal imbalance

- High blood pressure

- Eclampsia which can cause death

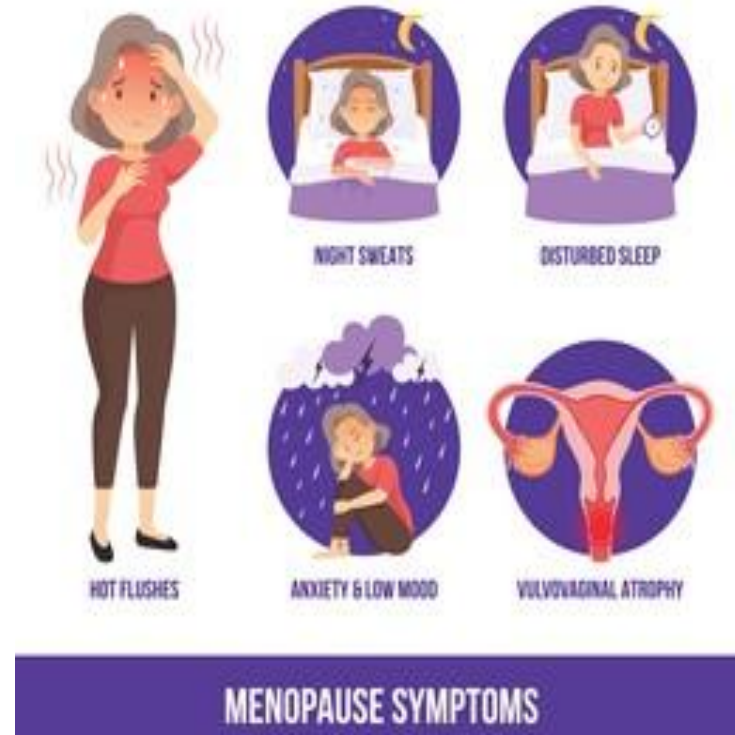
- Being stressed while pregnant may cause the baby to have a learning disability





# Women with menopause

- Some people with a learning disability & Autistic people might not be aware of menopause
- The menopause is when your periods stop. It usually happens between 45 and 55 but you might get symptoms before the age of 40.
- There are lots of signs of menopause but that doesn't mean you will have them all
- They are period changes, hot flushes, trouble sleeping, night sweats, anxiety, low mood, dry skin, headaches, migraines, joint pain, change in body shape, fast heart beat
- If you're worried about the menopause talk to your doctor. There is treatment that can help you feel better

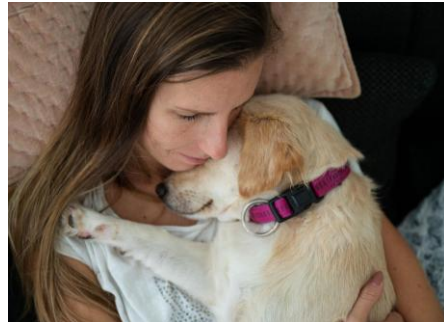


# What can help women's wellbeing?

- **Massage.** As women managing our stress levels is really important for our wellbeing. Black women are more likely to suffer with their mental health and die from mental health related conditions due to barriers in society like accessing health care, racism and stereotyping of always being strong women.



Having a  
cuddling with  
your cat



Dog therapy



Going to spa day  
with your mum or  
your best friend  
with you



Having a massage to  
help you relax

# Men's Health

## Some signs of stress

It is important for men to be aware that they can be having signs of stress and how it can affect their health.

- Stress can have an impact on mental health. Suicide is the biggest killer of men under the age of 50. Men with learning disabilities and autism could be at more risk of stress due to not enough social support or limited coping skills. And being more likely to not get the help they need as they are less open with their feelings. As well as understanding what is a serious health problem and what is not.
- Studies have found that more men tend to self-medicate and take part in risky behaviours like binge drinking and gambling.

- Men with learning disabilities tend to not live as long as men without however it does depend on how severe your learning disability is and other health issues.

- ANY IDEAS ON WHAT COULD HELP MEN MORE WITH MANAGING STRESS? One suggestion could be more active

## Aches & pain



## Headaches



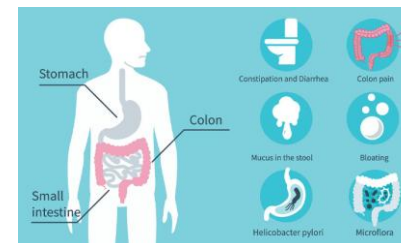
Some men will take tablet if they have pain in the body



## Not sleep



## Digestive issues



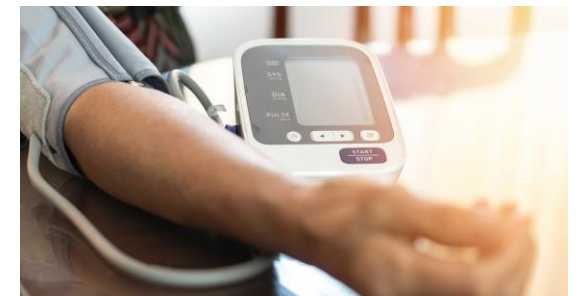
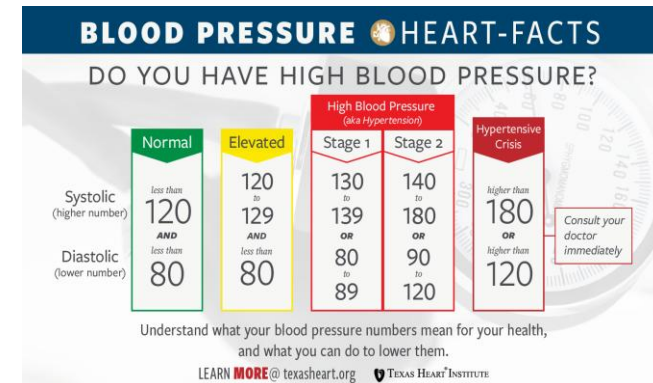
They can also use cream to stop muscle pain





# Why can men have high blood pressure?

- Because of their diet, for example having too much salt and fat like in processed meat for example sausages, bacon, burgers.
- Too much food
- Not enough exercise
- Lack of sleep can make blood pressure high
- Some men can get worried or stressed from work or home
- They can talk to doctors about your health and your doctors give you a tablet to take
- Important to get help because it can lead to stroke, heart disease or diabetes
- Do more exercise and also change your diet.
- If you want to reduce your blood pressure you can lose weight by cutting down on fatty food, fizzy drinks and alcohol
- Don't have too much takeaway food because it is not good for you, but sometimes it is ok to have a treat
- Eat more healthy food like spinach, broccoli and green vegetables to keep your body healthy



# Questions

- What health needs do women with a learning disability need more support with?
- What health needs do men with a learning disability need more support with?
- What would help men or women with a learning disability to have better health?