

Meu Corpo, Minha Saúde

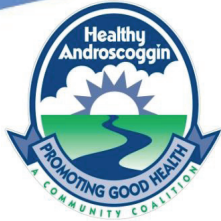


Série de Workshops sobre a Saúde das Mulheres
Parte I

My Body, My Health



Women's Health Workshop Series
Part I

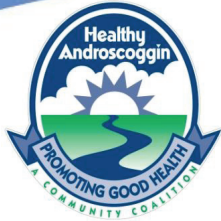


A discussão de hoje incluirá:

- Apresentação geral sobre a saúde das mulheres, incluindo:
 - Órgãos reprodutores
 - Por que eles são importantes para a nossa saúde
 - Como podemos detectar e evitar doenças
- Discussão – serão formados 3 grupos com base no idioma
- Relatório – discussão sobre as perguntas e conversas de cada um dos grupos

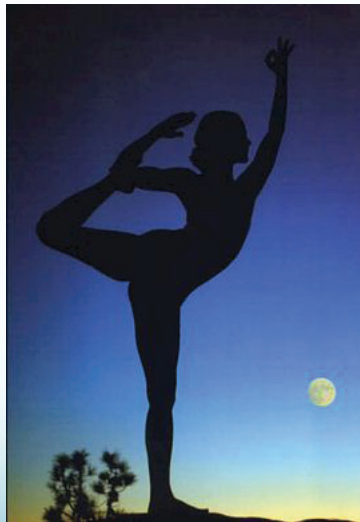
Today's discussion will include:

- Overview of women's health including:
 - Reproductive organs
 - Why they are important to our health
 - How can we detect and prevent disease
- Discussion – will break out into 3 groups based on language
- Report back – discuss the varying questions and conversations in each of the small groups



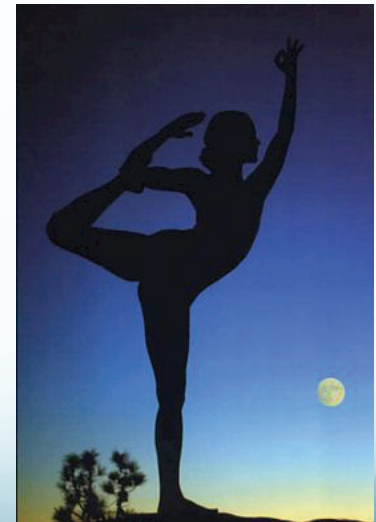
Saúde das Mulheres

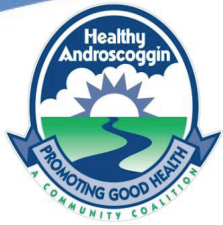
- O corpo feminino varia conforme a mulher e precisa de um cuidado especial para se manter saudável.
- Às vezes, uma mulher pode se sentir bem, mas na verdade pode estar com problemas.
- É muito importante que a mulher faça exames de rotina uma vez por ano, para que o médico possa detectar os problemas no início, quando é mais fácil de tratar.



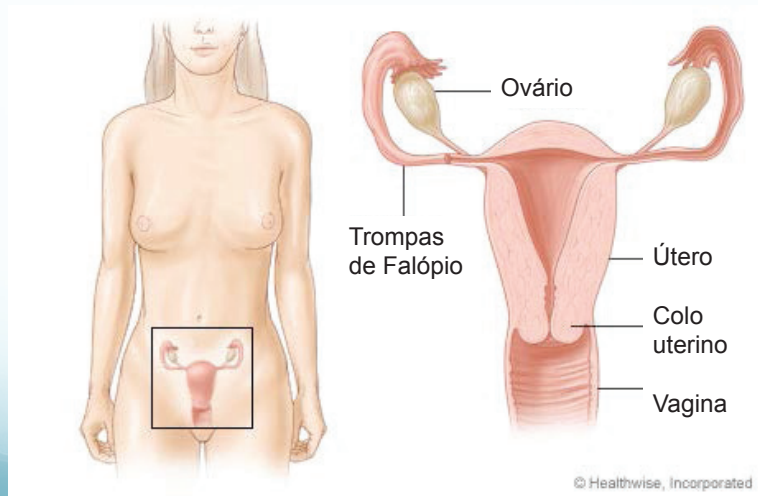
Women's Health

- Women's bodies are different and need special care to be healthy
- Sometimes a woman might feel healthy, but actually have problems
- Its very important for a woman to get a check-up once a year so the doctor, can find problems early when they are not very difficult to fix

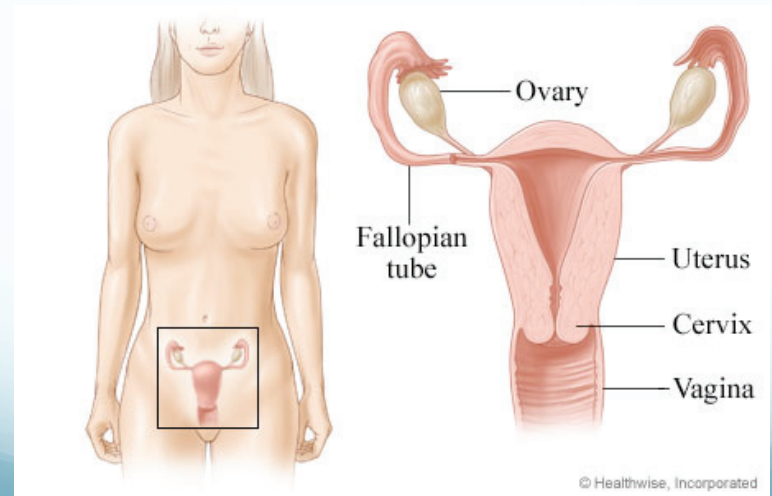


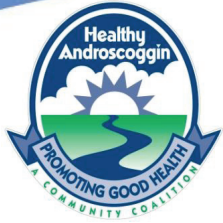


Anatomia dos Órgãos Reprodutivos Femininos

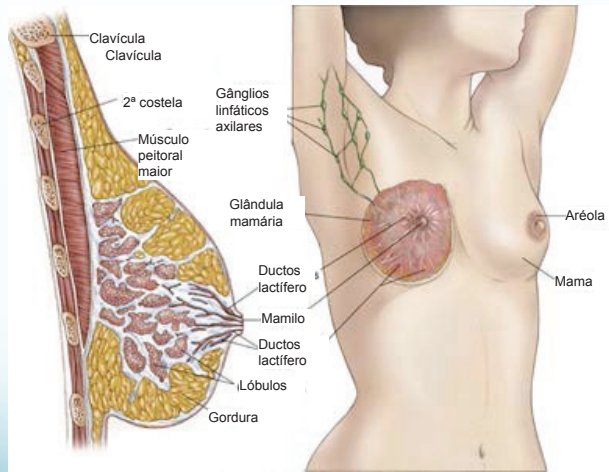


Female Reproductive Anatomy

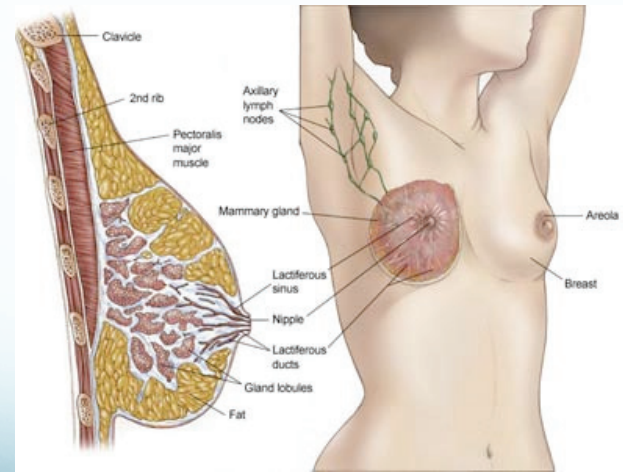


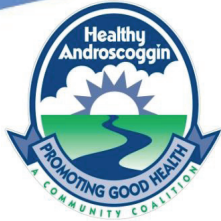


Mamas



Breasts





As mamas são importantes

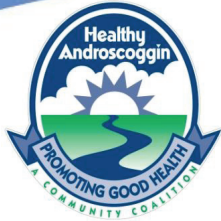


- Para a produção de leite na gravidez
- Como fonte de nutrição para o bebê
- Como prazer sexual

Breasts are important



- For milk production after pregnancy
- Nutrition source for newborn baby
- Sexual pleasure



Câncer de Mama

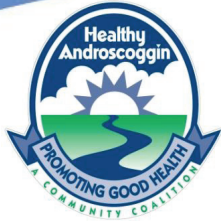
- O câncer de mama é um tipo de câncer muito grave que causa a morte de muitas mulheres
- No início, a mulher pode não sentir nada de errado.
- O médico faz vários exames para detectar o câncer de mama.



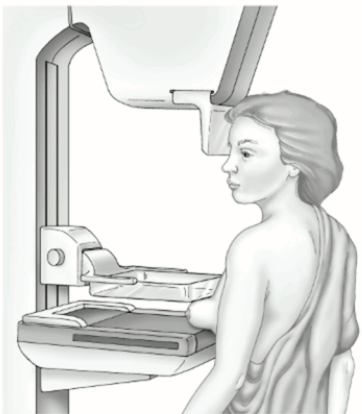
Breast Cancer

- Breast cancer is a very serious cancer that causes many women to die
- In the beginning, a woman might not feel like she has anything wrong
- A doctor will do several tests to check for breast cancer





Um desses exames é a mamografia

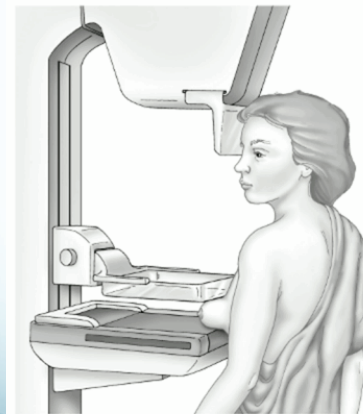


Mamografia

© Stan and Amy Collins

- A mama da mulher é pressionada suavemente pela máquina de mamografia, que tira uma foto da mama
- A foto pode ajudar a detectar o câncer de mama
- **Todas as mulheres com mais de 50 anos devem fazer o exame de mamografia a cada 2 anos**

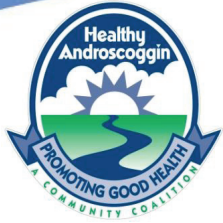
One test is called a Mammogram



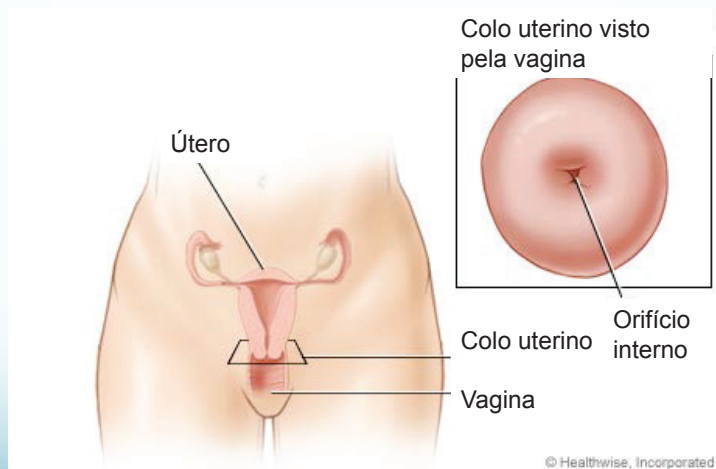
Mammogram

© Stan and Amy Collins

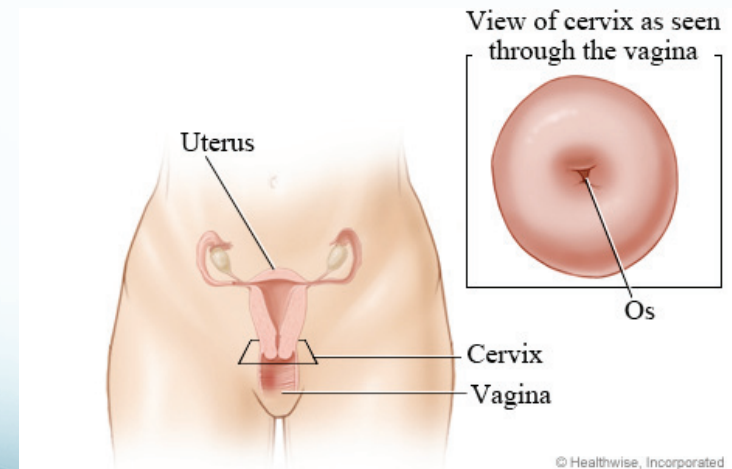
- A woman's breasts are pressed gently through a mammogram machine where a picture is taken
- The picture can help detect breast cancer
- **All women over the age of 50 should get a mammogram every 2 years**

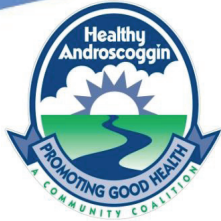


Colo Uterino



Cervix

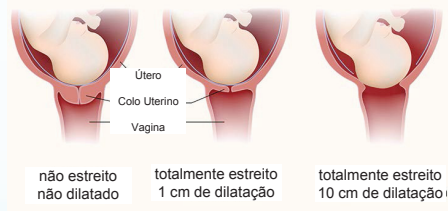




Colo Uterino

- Durante a gravidez, atua como uma barreira/porta para manter o bebê no útero
- Durante o parto, o colo uterino dilata para permitir a passagem do bebê
- O sêmen/esperma masculino passa pela vagina e vai para o útero para se unir a um óvulo e produzir a fertilização

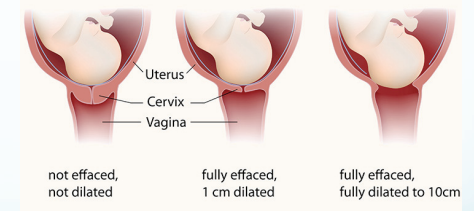
Estreitamento e Dilatação do Colo Uterino

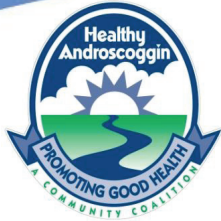


Cervix

- When pregnant, serves as a barrier/door to keep the baby in the uterus
- During labor, the cervix dilates/opens to allow the baby to pass through
- How semen/male sperm passes from the vagina into the uterus to meet with an egg and cause fertilization

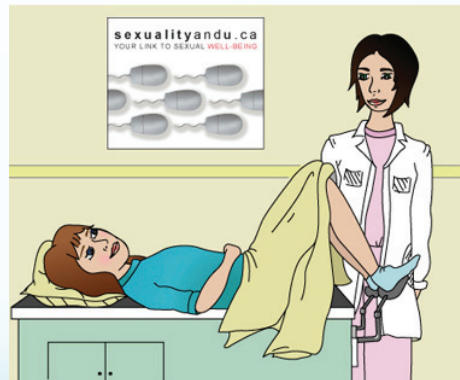
Cervical Effacement and Dilatation





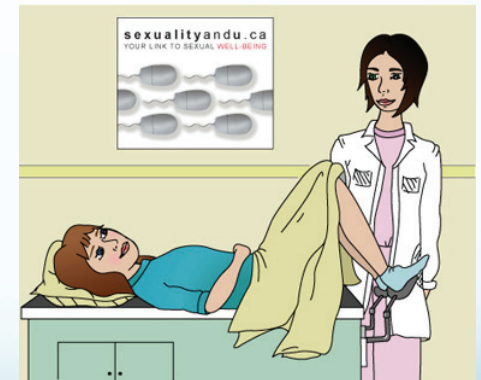
Câncer de Colo Uterino

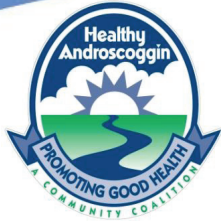
- O colo uterino corre o risco de ter câncer causado por vírus como HPV (vírus do papiloma humano)
- O médico fará o exame pélvico para detectar câncer de colo uterino e outros problemas
- Esse exame não causa dor



Cervical Cancer

- The cervix is at risk for cancer from viruses like HPV (Human Papilloma Virus)
- A doctor will check for cancer and other problems with a *Pelvic Exam*
- It should not hurt





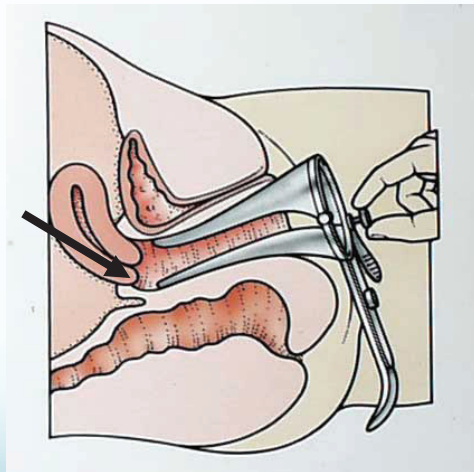
O médico também realiza o exame Papanicolau

- O médico abre a vagina e colhe fluido do colo uterino com uma haste especial
- Todas as mulheres devem fazer o exame Papanicolau se tiverem mais de 21 anos de idade.

Fluido colhido do
colo uterino
ou
outro



Colo uterino visto
por um espéculo
com a paciente na
posição de
litotomia



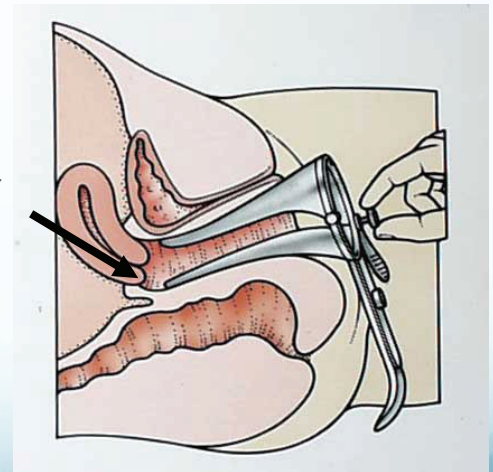
The doctor will also do a pap smear

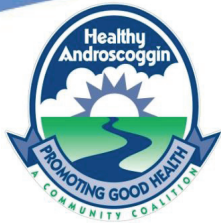
- The doctor will open the vagina and brush the cervix with a special swab
- All women should get a pap smear if they are older than age 21

Sampled from the cervix
and viewed under a microscope
or
other

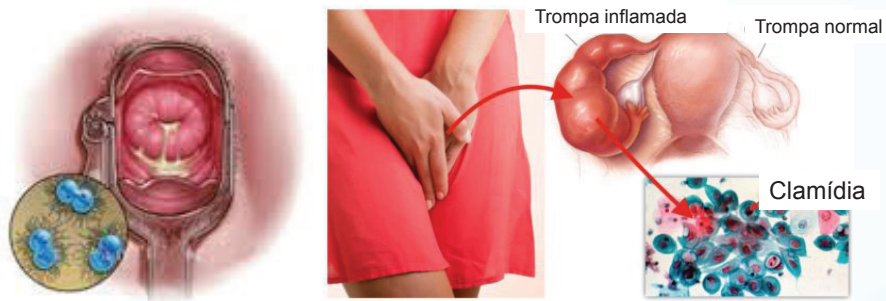


Cervix viewed
through speculum
with patient in
lithotomy position



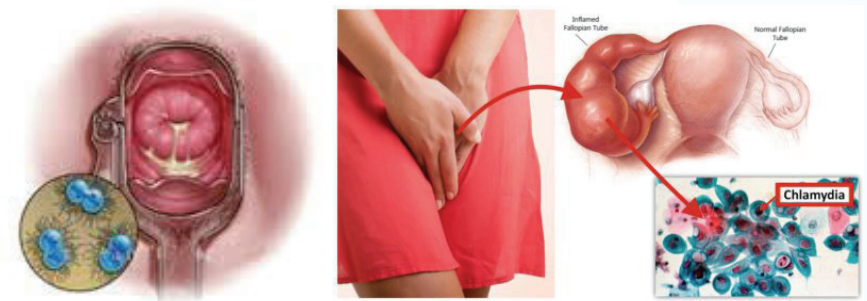


Infecções contraídas na relação sexual (doenças sexualmente transmissíveis)

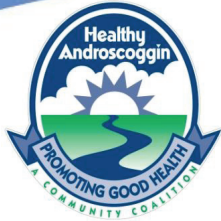


- As mais comuns são: gonorréia e clamídia
- Elas **SERÃO** retransmitidas para ambos até que **OS DOIS** sejam tratados com antibióticos
- Sintomas: nenhuma ou queimação ao urinar, urinação atípica, dor durante a relação sexual

Infections From Intercourse (sexually transmitted disease)

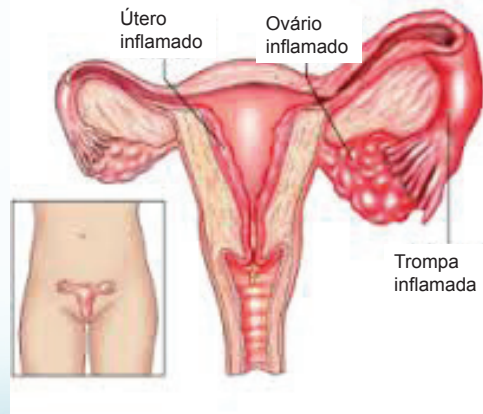


- Most common are Gonorrhea and Chlamydia
- They **WILL** pass back and forth until **BOTH** people are treated with antibiotics
- Symptoms: None, or burning when you pee, unusual discharge, pain with intercourse



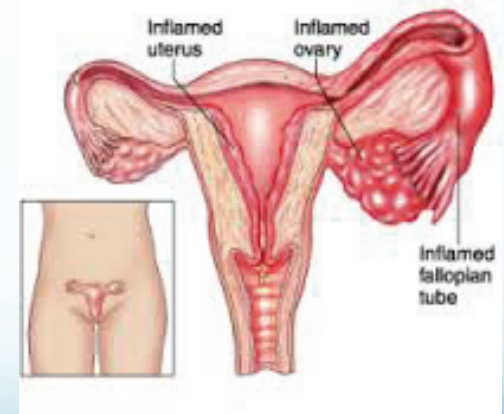
Infecções contraídas na relação sexual (doenças sexualmente transmissíveis)

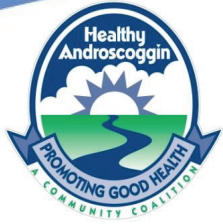
- Se não forem tratadas, podem causar infecções graves e tecido cicatricial, dificultando gestações futuras
- O exame é com a coleta de fluido do colo uterino ou exame da urina
- Tratamento: com antibiótico para a mulher e seu parceiro



Infections From Intercourse (sexually transmitted disease)

- Untreated they can cause serious infections and scar tissue, making future pregnancies more difficult
- Testing is by swabbing the vagina or examining the urine
- Treatment = antibiotics for you and your partner





“Gardasil”

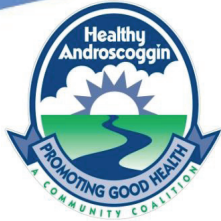
Existe uma vacina que pode ajudar a evitar o câncer de colo uterino



“Gardasil”

There is a vaccine that can help prevent cervical cancer

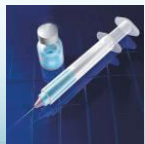




É muito importante que todas as meninas e mulheres de 11 a 26 anos de idade sejam vacinadas



A menina/mulher tem que receber a vacina **3 vezes**. A vacina não previne todas as doenças sexualmente transmissíveis ou câncer.



Its very important that all girls age 11-26 get vaccinated

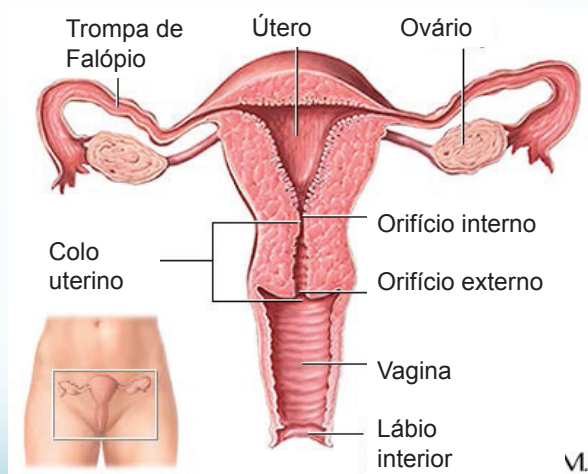


A woman has to get the vaccine shot **3 times**. It does not prevent against every sexual disease or cancer

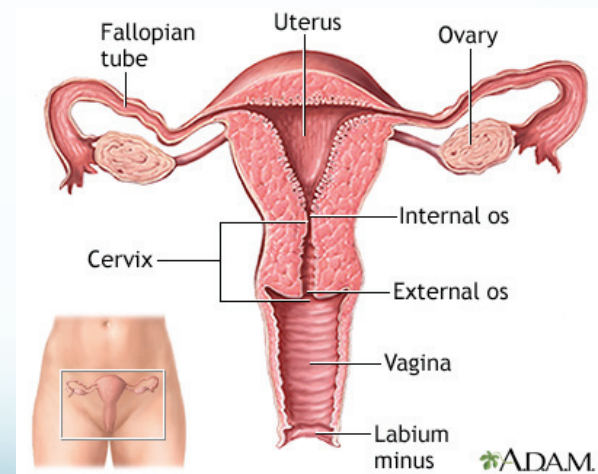


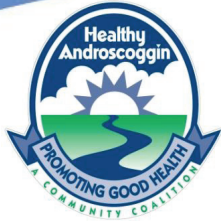


Ovários

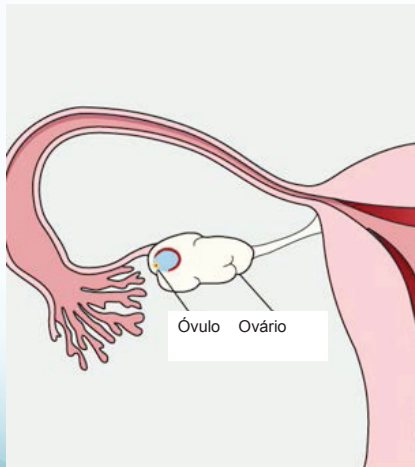


Ovaries



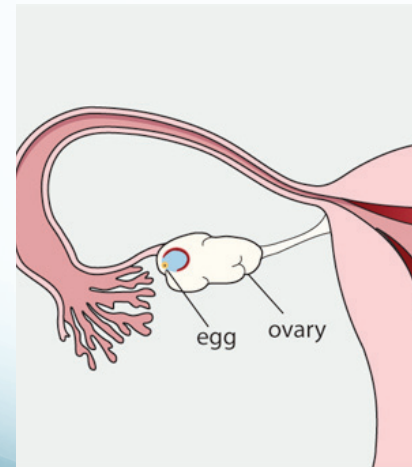


Os ovários são importantes

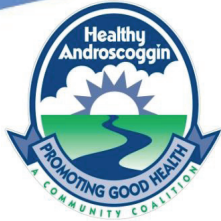


- Para menstruação da mulher
- Como fonte de óvulos, que, quando forem fertilizados, dão origem aos bebês
- Possuem hormônios importantes para a formação óssea e para a libido sexual
- É rara a ocorrência de câncer nos ovários

Ovaries are important

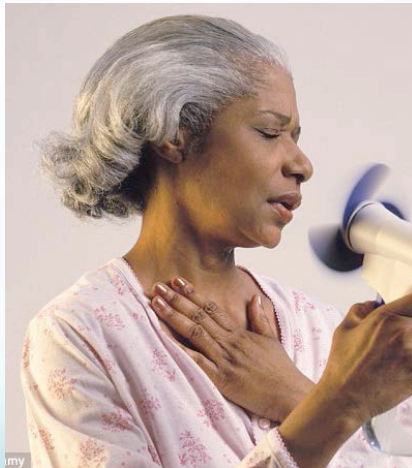


- For female menstruation
- Source of eggs, that when fertilized, grow into babies
- Have hormones which are important for bone growth, sexual libido
- It is rare to get cancer in the ovaries



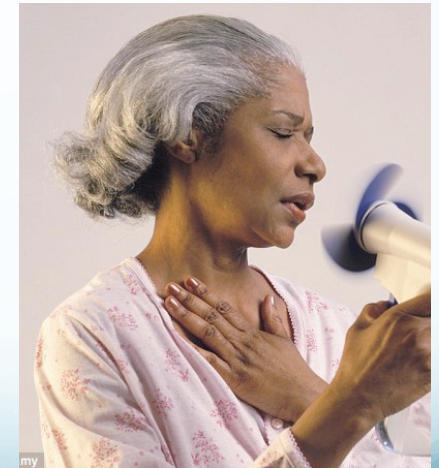
Menopausa

- Acontece quando a menstruação mensal da mulher deixa de ocorrer
- Faz parte do envelhecimento natural, pode deixar a mulher com mal-estar
- A mulher pode se sentir com calor, com frio, cansada, pode ter dificuldade para dormir, pode aumentar o peso, sentir-se triste ou nervosa
- Sexo pode se tornar menos prazeroso ou desconfortável



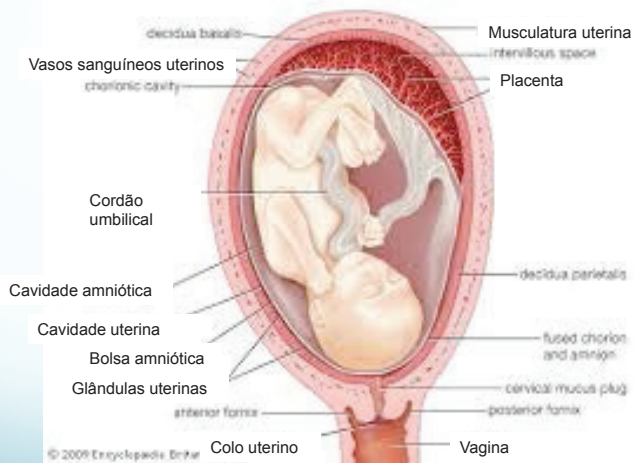
Menopause

- Happens when the woman's monthly bleeding ends
- Natural part of aging that can make a woman feel ill
- Women can feel hot or cold, tired, have trouble sleeping, gain weight, feel sad or angry
- Sex can become less pleasant or uncomfortable



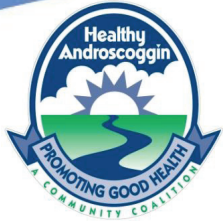


Útero



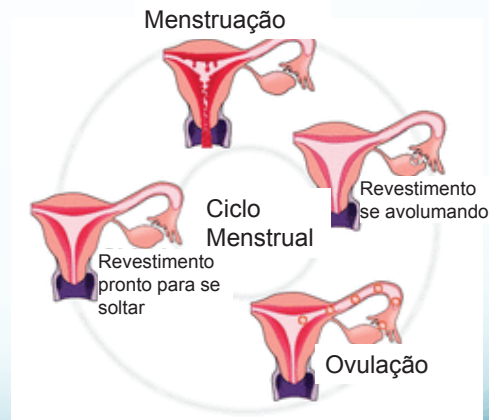
Uterus





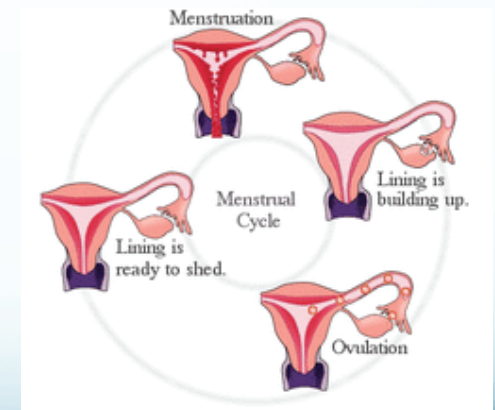
Útero

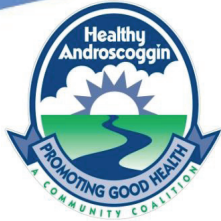
- Serve como o abrigo para o feto em crescimento
- O revestimento se solta quando a mulher não está grávida, criando o sangramento mensal



Uterus

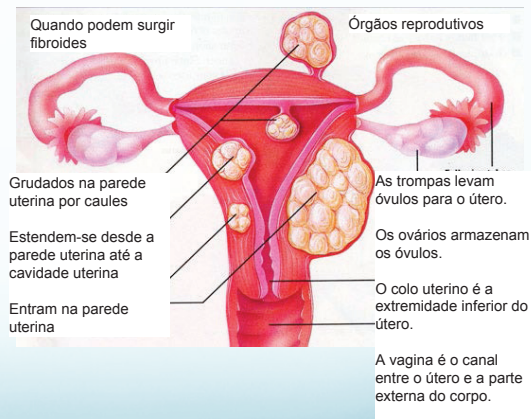
- Serves as a home for a growing baby
- The lining sheds when not pregnant and creates monthly bleeding





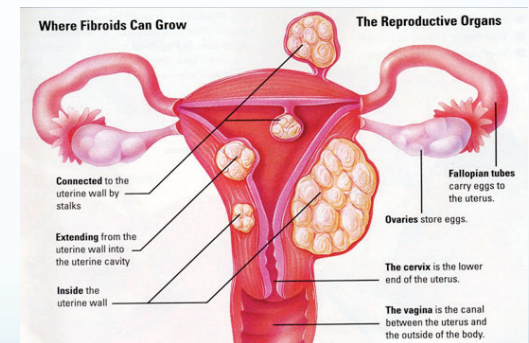
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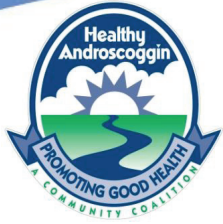
- As mulheres podem ter câncer no útero
- As mulheres também podem ter fibroides ou massas que crescem no útero, que podem causar dor ou sangramento irregular



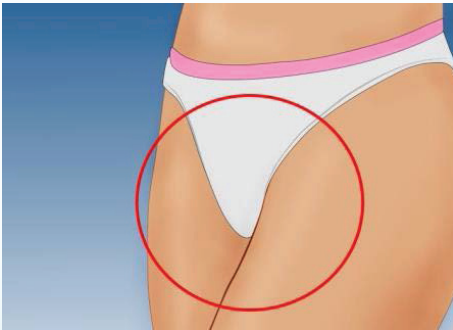
Uterus

- Women can develop cancer in the uterus
- Women can also have fibroids or masses that grow in the uterus – these can sometimes cause pain or irregular bleeding



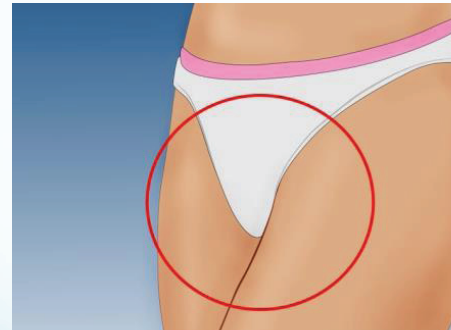


Vagina

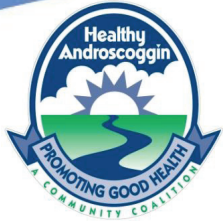


- Clitóris: prazer sexual
- Uretra: para urina
- Vagina: sangramento menstrual, por onde passam os bebês

Vagina



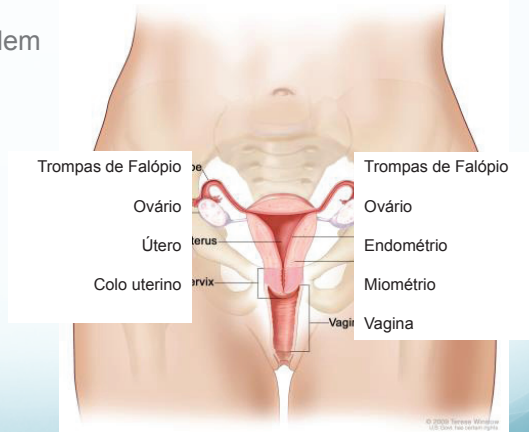
- Clitoris: sexual pleasure
- Urethra: for urine
- Vagina: menstrual bleeding, where babies pass through



Vagina

- Correntos vaginais podem ser normais
- Infecções por fungos
- Infecções sexualmente transmissíveis

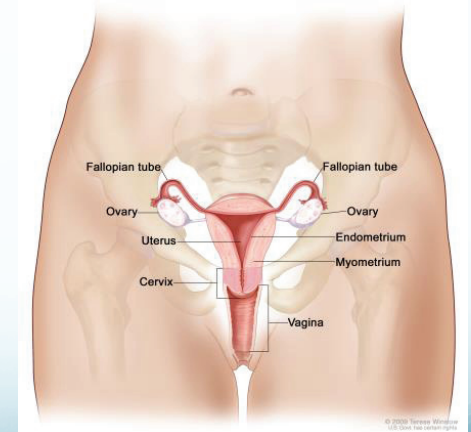
Sistema Reprodutivo Feminino

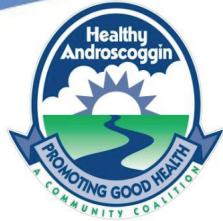


Vagina

- Discharge from the vagina can be normal
- Yeast Infections
- Sexually transmitted infections

Female Reproductive System





Higiene Vaginal

Hidratante diário para
 segura vaginal

Não é necessário usar
 sabonete ou outros produtos
 para lavar a vagina

Para lubrificação durante a relação sexual



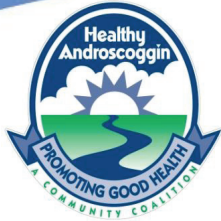
Vaginal hygiene

Daily Moisturizer for
 vaginal dryness

No need to use soap or
 other products to clean
 the vagina

For lubrication during sex





Discussão

Vamos agora dedicar 20 minutos para perguntas e conversa adicional

Tópicos para discussão: planejamento familiar, gravidez e período pós-parto, libido sexual

Discussion

Let's now take 20 minutes for questions and additional conversations

Topics to consider: family planning, pregnancy and post-partum period, sexual/libido

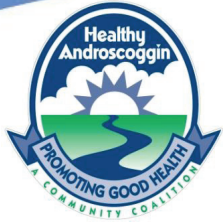


Fechamento

- Quais foram as perguntas, os temas e tópicos discutidos?
- Qual é o tópico de interesse para a sessão do próximo mês? Ideias: planejamento familiar, gravidez/amamentação, período pós-parto, libido sexual, higiene íntima feminina

Closing

- What were the questions, themes, topics discussed?
- What seems to be the topic of interest for next month's session? Ideas include: family planning, pregnancy/breastfeeding, post-partum period, sexual libido, feminine hygiene

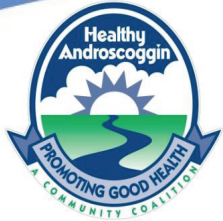


Lembre-se, você é
responsável pela sua
saúde!



Remember, you are
responsible and in
charge of your
health!





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