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# MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

**Module 7 - Teaching session (7.1)**

## Women's health and relevant Health Apps



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# Teaching Session: Content

1. [Introduction and Presentation](#)
2. [Health Apps for Women's Health](#)
3. [Menstrual Cycle and Contraception Methods](#)
4. [Pregnancy and Post-partum](#)
5. [Screening and Prevention](#)
6. [Menopause](#)
7. [Discussion and evaluation](#)



### Objectives

- ✓ To increase awareness about women's health and the impact it has on a community.
- ✓ To increase awareness about the benefits of health self-management for migrant women.
- ✓ To become familiar with the use of apps related to women's health.



Source: Image by nuraghies on Freepik



## Competences

- ✓ Learners will be able to identify which aspects of Women's health are most relevant for them and the community they belong to.
- ✓ Migrant women will be able to identify the main areas where their health self-management can be improved.
- ✓ Learners will know how to use and can benefit from a set of health apps.
- ✓ Learners will benefit more from accessing local health services.



[Image by vectorjuice on Freepik](#)



## 7.1.1 Introduction and Presentation

### Objectives

- To introduce the Mig-Health Apps project and the organization of the training course.
- To help the trainer understand the main characteristics of the learners (including their digital skills).



[Designed by Freepik](#)





## 7.1.2

# Health Apps for Women's Health

## Objectives

- To raise awareness of women's health and the impact it has on the community as a whole.
- To encourage health self-management.
- To help learners become familiar with the use of this family of health apps.



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## Women's Health and Gender Bias

Women's health is, to date, a matter of global interest, because, in many societies, they represent a disadvantaged group, characterized by a discrimination that is rooted in sociocultural factors.

Barriers that hinder women's access to healthcare:

- Limited knowledge of women's health;
- Social stigma;
- Lack of funds;
- Traditional beliefs.

Although the world is slowly adapting to address women's health problems, inequalities persist, especially in developing countries and among migrant women.



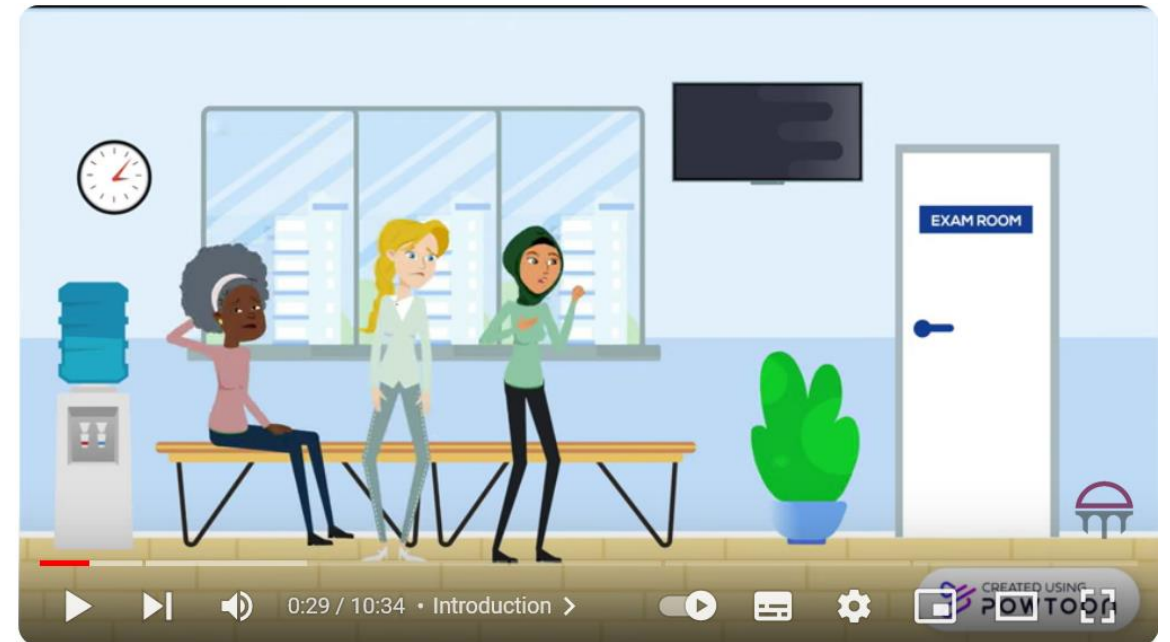


## Women's Health and Gender Bias

Closing the Gap: Addressing Gender Inequities in Healthcare – VIDEO

<https://www.youtube.com/watch?v=Z5IPshBI06Y>

10:34



Closing the Gap: Addressing Gender Inequities in Healthcare

## Women's health and gender bias

Close to one in four women of reproductive age still have no access to modern contraception.

More than half the people aged over 15 living with HIV around the world are women.

Unsafe abortion remains a major cause of death in pregnant women globally.

The WHO provides an opportunity to address these issues with its 2019 Self-care guidelines.

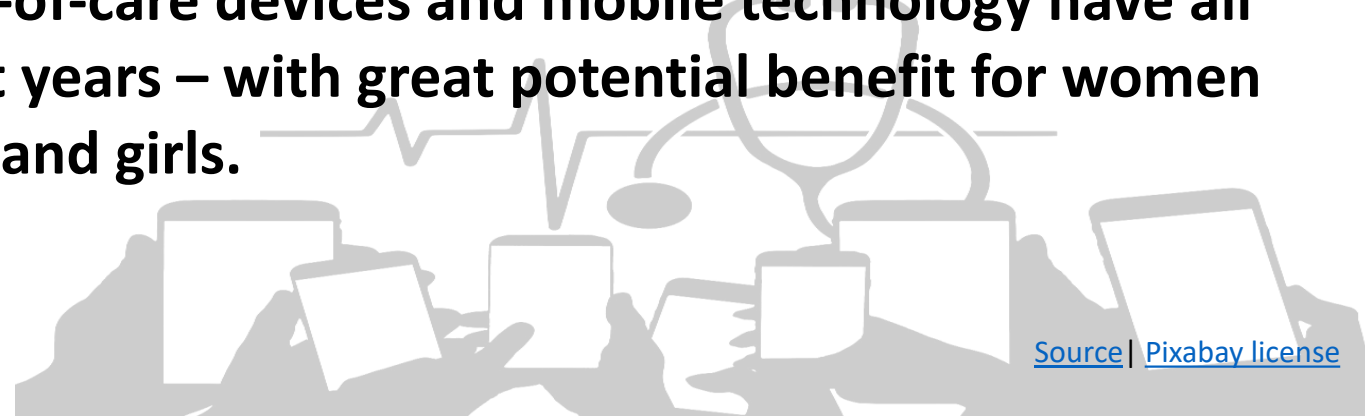


## Self-care

Self-care focuses on equipping and entrusting people to take a central role in their own health. Self-care includes:

- self-management of medication, treatment, examination, injection and administration;
- self-testing, ranging from sampling and screening to diagnosis, collection and monitoring;
- self-awareness, spanning self-help, self-education, self-regulation, self-efficacy and self-determination

**Simplified tests and treatments, point-of-care devices and mobile technology have all made self-care more possible in recent years – with great potential benefit for women and girls.**



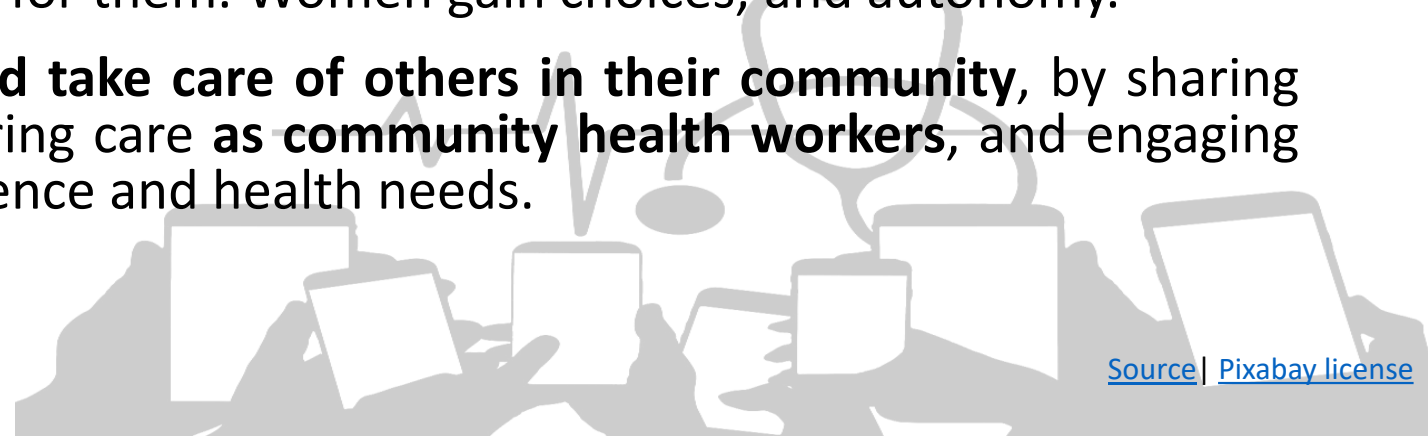
## Self-care means Empowerment

Self-care interventions can:

- Extend healthcare outside the hospital or the clinic, beyond the doctor or the nurse;
- Deliver evidence-based and low-risk healthcare options directly and discreetly in the community or individual homes;
- Offering more convenience or more confidentiality, self-care approaches can enable early diagnosis and more timely medical care;
- Through focusing on a woman's individual needs, they can also improve the quality of care that she receives: care that is appropriate, respectful and built on trust.

**Self-care empowers women** because it gives them access to information and services that allow them to decide on what works best for them. Women gain choices, and autonomy.

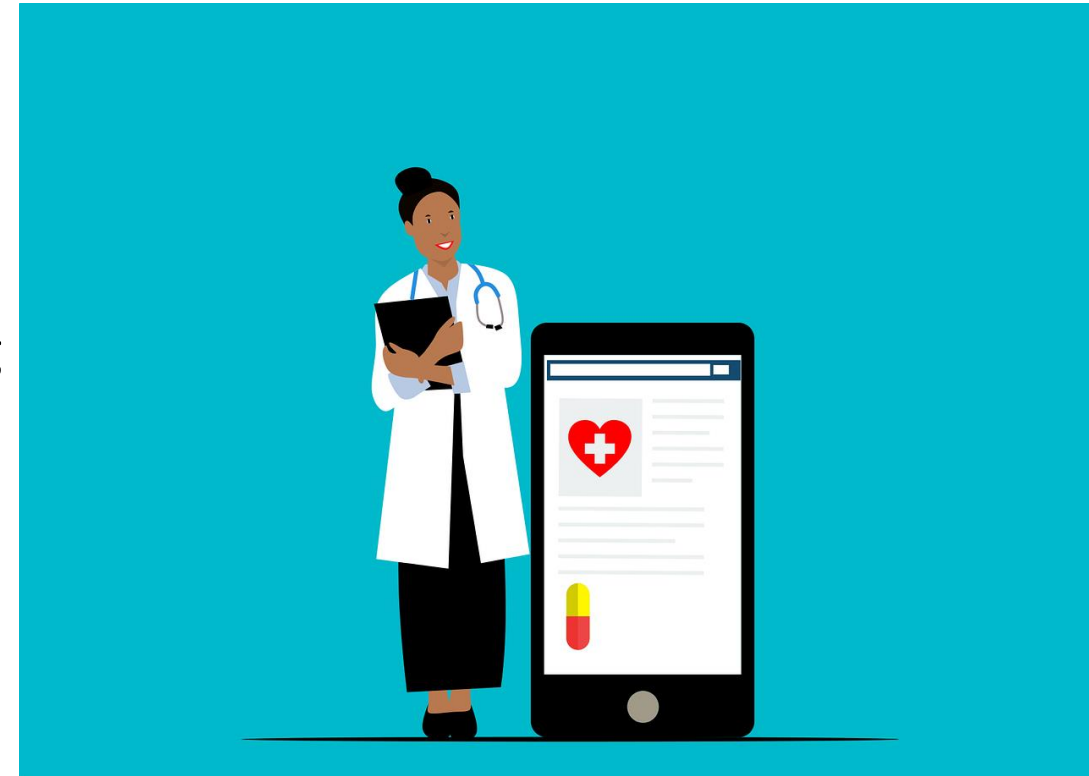
**Self-care also allows women to help and take care of others in their community**, by sharing reliable information peer-to-peer, delivering care **as community health workers**, and engaging with people within the same lived experience and health needs.



## Women's Health Apps

Despite gender bias and the stigma associated with women's health issues for centuries, there are many health apps addressed specifically to women on the market. We divided them into 4 main groups, according to their purpose:

- Apps related to **Menstrual Cycle and Contraception**;
- Apps related to **Pregnancy and Post-partum**;
- Apps focusing on **Screening and Prevention**;
- Apps for **Perimenopause and Menopause**.





## Women's Health Apps

Women's Health and Wellness Apps –  
VIDEO

<https://www.youtube.com/watch?v=DRRQyaTiSz8>

2:09



Women's Health and Wellness Apps



## Women's Health and You

**What are the most important women's health issues for you?**

**Are you familiar with Self-Management of these issues?**

**What do you find to be the main problems?**





### 7.1.3

# Menstrual Cycle and Contraception

## Objectives

To learn about:

- Basic concepts about menstrual cycle and contraception methods.
- Reasons for using menstrual cycle trackers.
- Identify and classify menstrual cycle tracker apps.



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## Menstrual Cycle

Menstruation is the shedding of the lining of the uterus (endometrium) accompanied by bleeding. It occurs in approximately monthly cycles throughout a woman's reproductive life, except during pregnancy. Menstruation starts during puberty (at menarche) and stops permanently at menopause (defined as 1 year after the last menstrual cycle).

**A menstrual cycle is one of the most important vital signs for female health. By keeping track of it, tracker apps can flag any potential underlying health problems.**

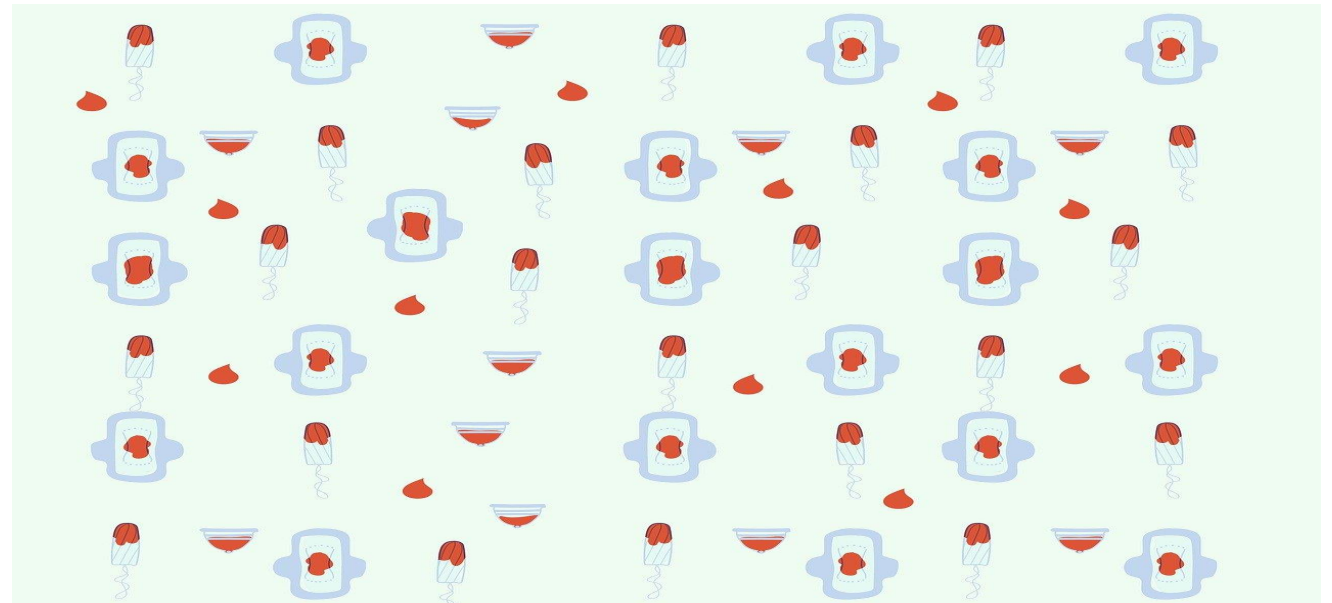


## Period Tracking Apps

By definition, the menstrual cycle begins with the first day of bleeding, which is counted as day 1. The cycle ends just before the next menstrual period. Menstrual cycles normally range from about 24 to 38 days. Only 10 to 15% of women have cycles that are exactly 28 days. Also, in at least 20% of women, cycles are irregular. That is, they are longer or shorter than the normal range.

At their most simple, women input the start and end dates of their period into the app, which then calculates the next start date based on this information. It can also use this data to estimate ovulation, when conception is most likely.

Some offer to track additional data including basal body temperature, sleep patterns, menstrual pain and sexual activity, which can provide further clues - although there have been concerns around what else this data can be used for by the developers of the app.





## Period Tracking Apps

### Videos

<https://www.youtube.com/watch?v=WOi2Bwvp6hw> - This is Your Period in 2 Minutes

<https://www.youtube.com/watch?v=XJ8Zqq84s00> - Your cycle in 3 minutes (Flo)

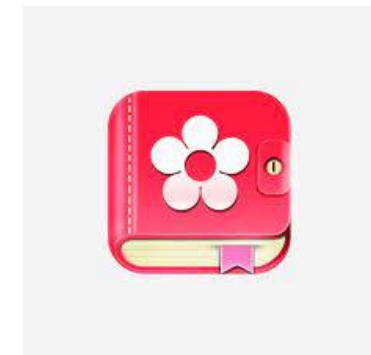
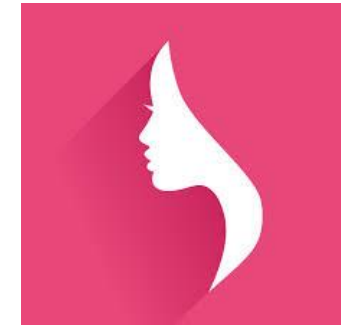
<https://www.youtube.com/watch?v=kLpzLHj-RzE&t=53s> - Ciclo mestruale: le false credenze (Italian)



## Reasons to use Period Tracking Apps

Period trackers are used for a number of reasons, including:

- Trying to have a baby;
- **Trying to avoid having a baby;**
- Tracking symptoms of conditions such as PCOS (polycystic ovary syndrome) or PMT (premenstrual tension);
- Tracking changes to a woman's periods during the perimenopause;
- Planning events such as holidays or weddings, when bleeding might be inconvenient.



## Contraception

### **Use of methods or devices to prevent unintended pregnancy.**

Contraceptive information and services are fundamental to the health and human rights of all individuals. The prevention of unintended pregnancies helps to lower maternal ill-health and the number of pregnancy-related deaths.

By reducing rates of unintended pregnancies, contraception also reduces the need for unsafe abortion and reduces HIV transmission from mothers to newborns. This can also benefit the education of girls and create opportunities for women to participate more fully in society, including paid employment.

Therefore, contraception is a component of general, sexual and reproductive health and helps one fully live her/his sexual life without worries and to responsibly manage fertility.

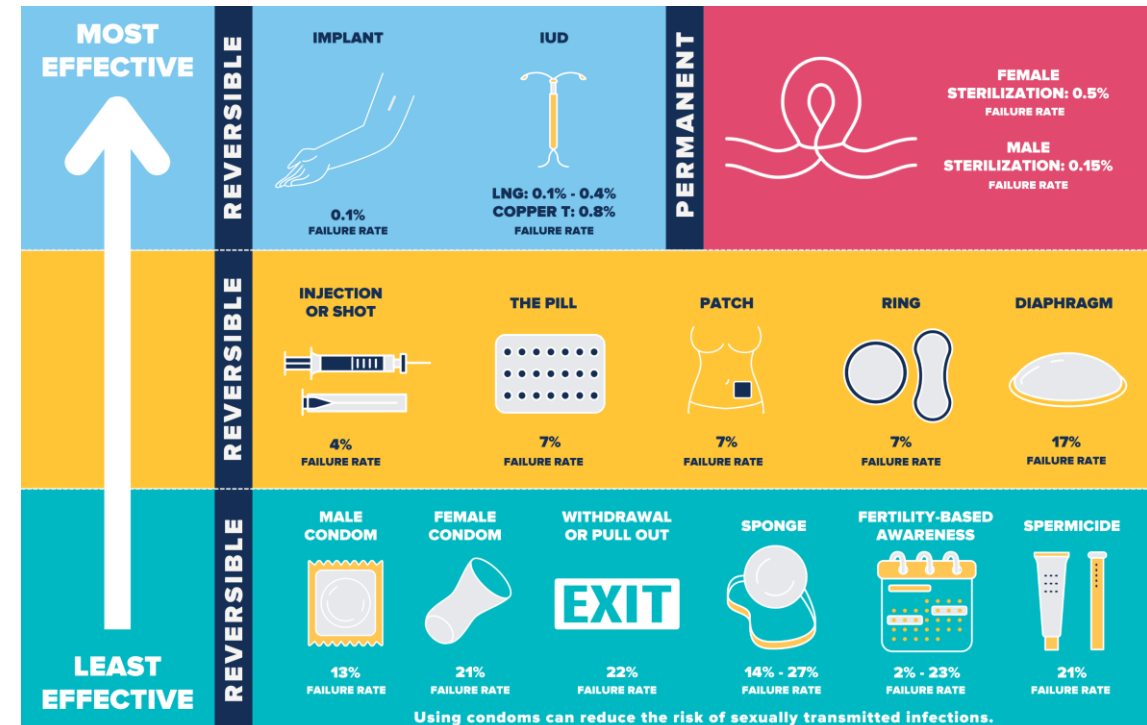


# Methods of Contraception

## Period Tracking Apps by themselves are not safe contraception methods.

There are many different types of contraception, with varying rates of effectiveness depending on correct usage. Some methods may be obtained over the counter, others may require medical advice or even surgical intervention. Health care providers play an important role in helping people find and use a method that is both effective and acceptable.

- **Hormonal Contraception:** Usually oral **pills or implants, patches or vaginal rings**. These release small amounts of one or more hormones which prevent ovulation.
- **“Barrier” or Mechanical Contraception:** Male condoms, Female condoms, Contraceptive diaphragm or cap, Intrauterine devices (IUDs)
- **Emergency Contraception:** It is possible to prevent pregnancy after unprotected sex or if contraception has failed, either with a pill or with an IUD. There is a five-day window for this.



## Period Tracking Apps

Name	Cost	Available on	Link	Description
Maya	Free/Premium	Android, IOS	<a href="https://www.maya.live/eng.html">https://www.maya.live/eng.html</a>	Cycle and Health Tracking, Fertility Prediction, Pregnancy Tracking, Community for Women
WomanLog	Free/Premium	Android, IOS	<a href="https://www.womanlog.com/apps/womanlog">https://www.womanlog.com/apps/womanlog</a>	Cycle Tracking, Fertility Prediction, Symptoms Tracking, Reminders
Flo	Free (14 days)/Premium (2,75€/6,49€)	Android, IOS	<a href="https://flo.health/product-tour/tracking-cycle">https://flo.health/product-tour/tracking-cycle</a>	Cycle Tracking, Fertility Prediction, Pregnancy Tracking, Resources and articles
Clue	Free/Premium	Android, IOS	<a href="https://helloclue.com/">https://helloclue.com/</a>	Cycle Tracking, Symptoms Tracking, Reminders, Fertility Prediction, Pregnancy Tracking
Period Calendar Period Tracker	Free/Premium	Android	<a href="https://play.google.com/store/apps/details?id=com.popularapp.periodcalendar&amp;hl=en&amp;gl=US">https://play.google.com/store/apps/details?id=com.popularapp.periodcalendar&amp;hl=en&amp;gl=US</a>	Cycle Tracking, Fertility Prediction, Symptoms and moods tracker, Reminders
My Calendar Period Tracker	Free/Premium	Android, IOS	<a href="https://simpleinnovation.us/">https://simpleinnovation.us/</a>	Cycle Tracking, Fertility Prediction, Symptoms and moods tracker, Reminders, Highly customizable





## Period Tracking Apps

### Videos:

<https://www.youtube.com/watch?v=6Ht9LdXBg3U> – Maya (Spanish)

<https://www.youtube.com/watch?v=sDGIXcGjgig> – Flo (Hindi)

<https://www.youtube.com/watch?v=If-Da2kzeG0> – Flo (English)

[https://www.youtube.com/watch?v=oR7\\_qat20vw](https://www.youtube.com/watch?v=oR7_qat20vw) - Period tracking apps review | Clue, Eve, Period tracker lite (English)

<https://www.youtube.com/watch?v=6nud8XApWb4> – Clue (English)

<https://www.youtube.com/watch?v=MDE-16osGx0> - WomanLog Period Tracker and Calendar

<https://www.youtube.com/shorts/RC0t1EikoI4> - Period Calendar Period Tracker (English/Hindi)

<https://www.youtube.com/watch?v=boSuzXUTX8M>





## 7.1.4

# Pregnancy and Post-Partum

## Objectives

To learn about:

- Basic concepts about pregnancy and post-partum.
- Maternal health and pregnancy care.
- How to identify and classify pregnancy tracker apps.



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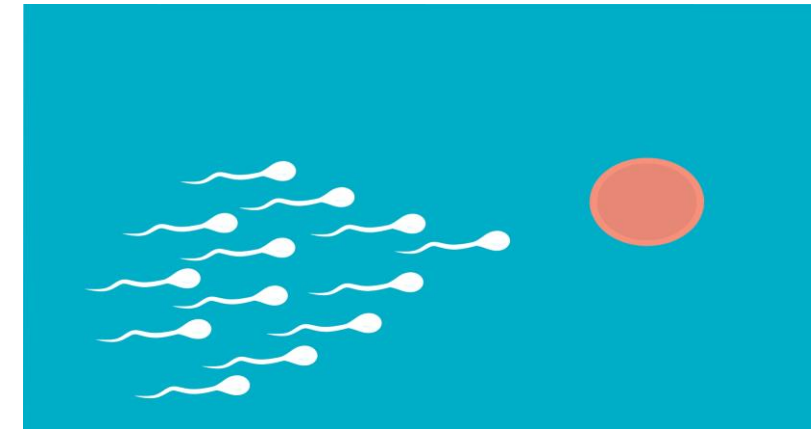
## Pregnancy

Pregnancy happens when sperm enters a vagina, travels through the cervix and womb to the fallopian tube and fertilises an egg. Women are more likely to get pregnant around the time they are ovulating, when an egg becomes ready and they are at their most fertile. Women under 40 who have regular sex without using contraception, enjoy an 8 in 10 chance of getting pregnant within 1 year.

Pregnancy usually lasts about 40 weeks (280 days) from the first day of your last menstrual period to your due date. A **full term pregnancy** lasts between 39 weeks, 0 days and 40 weeks, 6 days. This is 1 week before your due date to 1 week after your due date.

In an **early term pregnancy** the baby is born between 37 weeks, 0 days and 38 weeks, 6 days; **late term** means the baby is born between 41 weeks, 0 days and 41 weeks, 6 days; while **postterm** is when the baby is born after 42 weeks, 0 days.

Every week of pregnancy counts for your baby's health. For example, your baby's brain and lungs are still developing in the last weeks of pregnancy. If your pregnancy is healthy, wait for labor to begin on its own.



## Pregnancy

### Videos:

[https://www.youtube.com/watch?v=7nw-QA\\_-ED8](https://www.youtube.com/watch?v=7nw-QA_-ED8) - This is Your Pregnancy in 2 Minutes

[https://www.youtube.com/watch?v=KwP\\_y5IEHM](https://www.youtube.com/watch?v=KwP_y5IEHM) – This is Your Childbirth in 2 Minutes

<https://www.youtube.com/watch?v=cfn04QUO4B8> - What to expect in your First Trimester of pregnancy

<https://www.youtube.com/watch?v=IPj4dJnP85o> - What to expect in your Second Trimester of pregnancy

<https://www.youtube.com/watch?v=lpDW00nQhUo> - What to expect in your Third Trimester of pregnancy



## Maternal Health and Pregnancy Care



Maternal health refers to the health of women during pregnancy, childbirth and the postnatal period.

Each stage should be a positive experience, ensuring women and their babies reach their full potential for health and well-being.

Antenatal care is the care women get from health professionals during pregnancy, to make sure both mother and baby are as well as possible. It's sometimes called pregnancy care or maternity care.

It's important to see a doctor or obstetrician as early as possible to get antenatal (pregnancy) care and information you need to have a healthy pregnancy (before 8/10 weeks into the pregnancy).

Living a healthy lifestyle and getting health care before, during, and after pregnancy can lower your risk of pregnancy complications.



## Pregnancy Tracker Apps

Pregnancy apps help keep women informed about what is going on each week of the pregnancy and make sense of it all.

These apps tell you how your baby is developing and give you statistics, like how big your baby is (the size of a walnut? An avocado?), they can also help you monitor your body's pregnancy changes and some feature a solid health information repository of pregnancy related topics.

These apps continue to go above and beyond technologically, and while they can be helpful guides, they shouldn't replace actual doctors.





## Pregnancy Tracker Apps

Name	Cost	Available on	Link	Description
Amila – Pregnancy Tracker	Free	Android, IOS	<a href="https://amila.io/">https://amila.io/</a>	Pregnancy Tracking, Resources and articles, calculate current week of pregnancy, calculate due date, track pregnancy weight, track baby kicks and contractions, track the progress of pregnancy bump, make notes of pregnancy symptoms and doctor appointments.
BabyCenter – Pregnancy App & Baby Tracker	Free	Android, IOS	<a href="https://www.babycenter.com/mobile-apps">https://www.babycenter.com/mobile-apps</a>	Pregnancy Tracking, Fertility Prediction, 3-D Fetal development videos, tips, pregnancy workouts and nutrition advice, Pregnancy calendar, Baby Names Finder, Baby Registry Checklist, Online Birth Class and more
Ovia Pregnancy & Baby Tracker	Free	Android, IOS	<a href="https://www.oviahealth.com/join/">https://www.oviahealth.com/join/</a>	Womb View 3D illustrations for each pregnancy week, visual baby due date countdown and weekly videos and content about pregnancy symptoms, body changes, and baby tips, Baby Size Comparison, Baby Names Finder, Pregnancy tracker and baby growth calendar and more



## Pregnancy Tracker Apps

Name	Cost	Available on	Link	Description
Sprout	Free/ Premium	Android, IOS	<a href="https://sprout-apps.com/sprout-pregnancy-iphone-app/">https://sprout-apps.com/sprout-pregnancy-iphone-app/</a>	Due date calculator, Daily and weekly information about mother and developing baby, Weight Tracker, Kick Counter, Contraction Timer, Checklists and more
Momly	Free/ Premium	Android	<a href="https://play.google.com/store/apps/details?id=com.pregnancy.tracker.due.date.countdown.contraction.timer&amp;hl=en_SG">https://play.google.com/store/apps/details?id=com.pregnancy.tracker.due.date.countdown.contraction.timer&amp;hl=en_SG</a>	Pregnancy Week by Week – Tips and Articles, Baby Size Visualizer, Due date countdown, Pregnancy calendar, List of baby names, Contraction timer, Birth plan, Hospital bag Checklist, Baby shopping list and more
What to Expect - Pregnancy & Baby Tracker	Free	Android, IOS	<a href="https://www.whattoexpect.com/mobile-app/">https://www.whattoexpect.com/mobile-app/</a>	Due Date Calculator, Pregnancy Tracking, Baby Size Comparison, Keep track of symptoms, pregnancy weight, kick counts and memories, Expert-reviewed articles on pregnancy symptoms and health, videos and more



## Pregnancy Tracker Apps

### Videos:

<https://www.youtube.com/watch?v=WncQSJDsbTU> – Amila Pregnancy Tracker (Hindi)

<https://www.youtube.com/watch?v=lKtxxnHn9vM> – Ovia Pregnancy Tracker (English)

<https://www.youtube.com/watch?v=8UIMBDHjUjk> – BabyCenter (Punjabi)

<https://www.youtube.com/watch?v=YJoFfezQEbQ> – What to Expect review (English)

[https://www.youtube.com/watch?v=QvC\\_ZBodr80](https://www.youtube.com/watch?v=QvC_ZBodr80) - Sprout Pregnancy App Tutorial (English)

[https://www.youtube.com/watch?v=hsEW\\_j20P5w](https://www.youtube.com/watch?v=hsEW_j20P5w) - Pregnancy App Reviews: Pregnancy+, What to Expect, Baby Bump Pro, The Bump, Sprout, Pink Pad Pro, Baby Center, Ovia Pregnancy (English)





## 7.1.5 Screening and Prevention

### Objectives

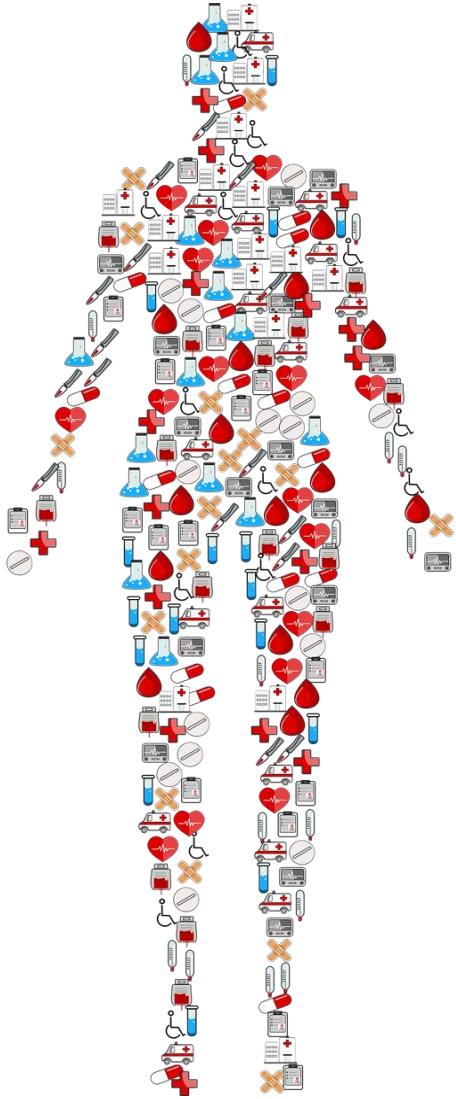
To learn about:

- The basic concepts about gender differences in health.
- The Gynecologic & Breast cancers.
- The Prevention and Screening.
- View Examples of Health Apps in this area.



[Designed by Freepik](#)

## Gender Differences in Health



Gender differences in health appear from birth and are associated with life expectancy and healthy ageing of men and women.

**Women live longer, but with disease and disability.**

Women live more years with **neurodegenerative** and **rheumatic diseases** and they suffer falls and fractures more frequently.

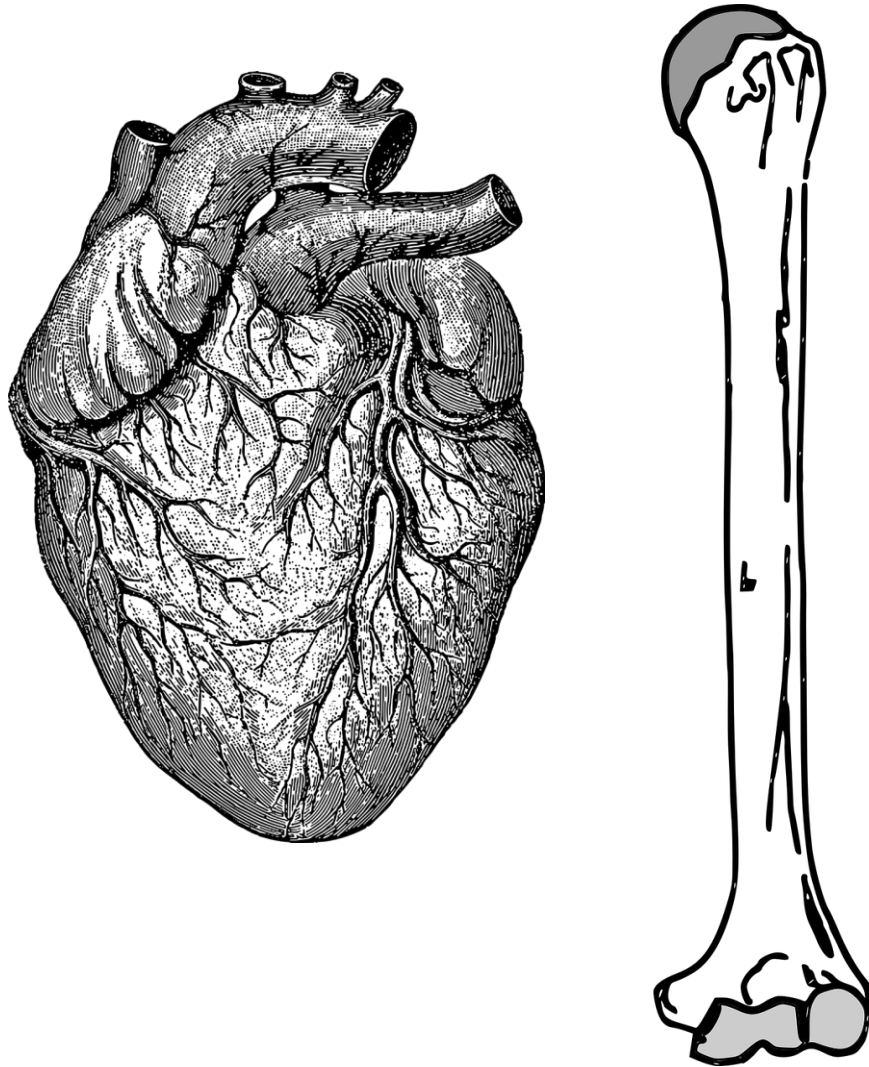
Among women, we must also add to chronic pathologies and disability a greater risk of **depression**, due to more frequent conditions of disease and loneliness in last life years compared to men.

**Video:** Importance of Womens Health | Things You May Not Know About Women's Health (English/Hindi) -

<https://www.youtube.com/watch?v=lr7MOKB2gIM>



## Gender Differences in Health



The heterogeneity in the mechanism, manifestation, prognosis and treatment response of **Cardiovascular Diseases** is now evident between male and female patients. Cardiovascular disease is the leading cause of death after menopause for women.

**Osteoporosis** is four times more common in women than men, but some evidence indicates that men tend to have more osteoporosis-related complications.

**Ageing** is a known risk factor in the development of **cancers** and there is a clear increase in cancer incidence with age. Cancer is diagnosed at higher rates in women between 30 to 50 years than in men, since breast cancer is already relatively frequent in this age group.





## Gynecologic and Breast Cancers

- *Cancer* is a disease in which cells in the body grow out of control. When cancer starts in a woman's reproductive organs, it is called *gynecologic cancer*. The five main types of gynecologic cancer are: [cervical](#), [ovarian](#), [uterine](#), [vaginal](#), and [vulvar](#). (A sixth type of gynecologic cancer is the very rare fallopian tube cancer.)
- Of all the **gynecologic cancers**, only cervical cancer has [screening tests](#) that can find this cancer early, when treatment can be most effective.
- About 1 in 7 women are diagnosed with **breast cancer** during their lifetime. There's a good chance of recovery if it's detected at an early stage. For this reason, it's vital that women check their breasts regularly for any changes and always have these changes examined by a GP. In rare cases, men can also be diagnosed with breast cancer.



## Gynecologic and Breast Cancers

### Videos:

<https://www.youtube.com/watch?v=sGi8WpCBT5Q> - How to self-exam, get a mammogram: breast cancer awareness video (English)

<https://www.youtube.com/watch?v=K2rq7m6vIvE> - Comment s'auto-examiner, quand faire une mammographie (French)

<https://www.youtube.com/watch?v=4ex7XgeQo3A> - Wie mache ich eine Selbstuntersuchung, warum Mammographie? Brustgesundheit (German)



## Prevention

- **Nutrition** is a fundamental issue for well-being and health and when adopted with balanced criteria, it contributes to the definition of good physical condition and to the prevention of multiple diseases, even to reduce mortality.
- **Physical activity**, especially combined with a balanced diet, is essential to have a good health: this guarantees a good relation with food and a healthy lifestyle. Sport activity helps cardiovascular and muscular systems and psychological well-being, but is not widely practiced throughout the population.
- **Weight** is one of the useful indicators to examine health status and gives some information about overall health, although it must be linked with other dimensions related to mental and physical well-being, such as the relationship with food. This approach is particularly important in treating weight in a gender perspective, an area that shows differences between weight trends and eating behaviours.
- Certain **screening** tests can help diagnose health problems early. Ask your healthcare provider which tests are right for you.



# Screening

- Even if you feel fine, you should still see your provider for regular checkups.
- These visits can help you avoid problems in the future. For example, the only way to find out if you have [high blood pressure](#) is to have it checked regularly. High blood sugar and [high cholesterol](#) levels also may not have any symptoms in the early stages. A simple blood test can check for these conditions.
- There are specific times when you should see your provider or receive specific health screenings.

[Source](#)



Screening Tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
<b>Blood pressure test</b>	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.			
<b>Bone mineral density test (osteoporosis screening)</b>			Discuss with your doctor or nurse if you are at <a href="#">risk of osteoporosis</a> .	Get this test at least once at age 65 or older. Talk to your doctor or nurse about repeat testing.
<b>Breast cancer screening (mammogram)</b>		Discuss with your doctor or nurse.	Starting at age 50, get screened every 2 years.	Get screened every 2 years through age 74. Age 75 and older, ask your doctor or nurse if you need to be screened.
<b>Cervical cancer screening (Pap test)</b>	Get a Pap test every 3 years if you are 21 or older. If you are 30 or older, you can get a Pap test and HPV test together every 5 years.	Get a Pap test and HPV test together every 5 years.	Get a Pap test and HPV test together every 5 years.	Ask your doctor or nurse if you need to get a Pap test.
<b>Diabetes screening</b>	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.
<b>Cholesterol Test</b>	Starting at age 20, get a cholesterol test regularly if you are at <a href="#">increased risk for heart disease</a> . Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at <a href="#">increased risk for heart disease</a> . Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at <a href="#">increased risk for heart disease</a> . Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at <a href="#">increased risk for heart disease</a> . Ask your doctor or nurse how often you need your cholesterol tested.
<b>Colorectal cancer screening (using fecal occult blood testing, sigmoidoscopy, or colonoscopy)</b>			Starting at age 50, get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75. Talk to your doctor or nurse about which screening test is best for you and how often you need it.



Name	Cost	Available on	Link	Description
Keep a Breast App	Free	Android, IOS	<a href="https://www.keepabreasteurope.com/">https://www.keepabreasteurope.com/</a>	Step-by-step self-check tutorial featuring animated gifs, Scheduling feature based on menstrual cycle, Breast health resources and information, Direct connection to virtual care via Carbon Health, Stories from breast cancer survivors, Rewards for users who check themselves monthly, In-app sharing feature
Know Your Lemons Breast Health	Free	Android, IOS	<a href="https://www.knowyourlemons.org/app">https://www.knowyourlemons.org/app</a>	Self-check tutorial, Scheduling feature based on menstrual cycle, personal screening plan, Breast health resources and information
Becca – Breast Cancer Support	Free	Android, IOS	<a href="https://breastcancernow.org/information-support/support-you/becca">https://breastcancernow.org/information-support/support-you/becca</a>	Collection of information and support from a variety of sources, including specialists, online publications and the breast cancer community: medication side effects, stories from surgery, tips on relationships, dealing with menopausal symptoms. Blogs, suggested podcasts, recipes, makeup tutorials, exercise regimes and articles from qualified dietitians, nurses and medical professionals
Owise Breast Cancer Support	Free	Android, IOS	<a href="https://app.owise.net/signup">https://app.owise.net/signup</a>	Personalised medical information, tracking tools (treatment experiences, side effects, overall quality of life), Reminders and more
Mon dépistage: Cancer	Free	Android, IOS	<a href="https://play.google.com/store/apps/details?id=fr.crcdc.mondepistagecancer&amp;hl=fr">https://play.google.com/store/apps/details?id=fr.crcdc.mondepistagecancer&amp;hl=fr</a> <a href="https://apps.apple.com/us/app/mon-d%C3%A9pistage-cancer/id1330177078">https://apps.apple.com/us/app/mon-d%C3%A9pistage-cancer/id1330177078</a>	Cancer risk assessment, Screening orientation



## Screening and Prevention Apps

### Videos:

<https://www.youtube.com/watch?v=G5VpEyvu8CY> – Keep a Breast (English)

<https://www.youtube.com/watch?v=evlO9CNfybQ> – Keep a Breast (Spanish)

<https://www.youtube.com/watch?v=NKhIvufyji0> - Know Your Lemons<sup>®</sup> in 60 seconds







## 7.1.6

# Menopause

## Objectives

To learn about

- The basic concepts about menopause.
- The benefits of menopause apps.
- Examples of Health Apps in this area.



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## Menopause

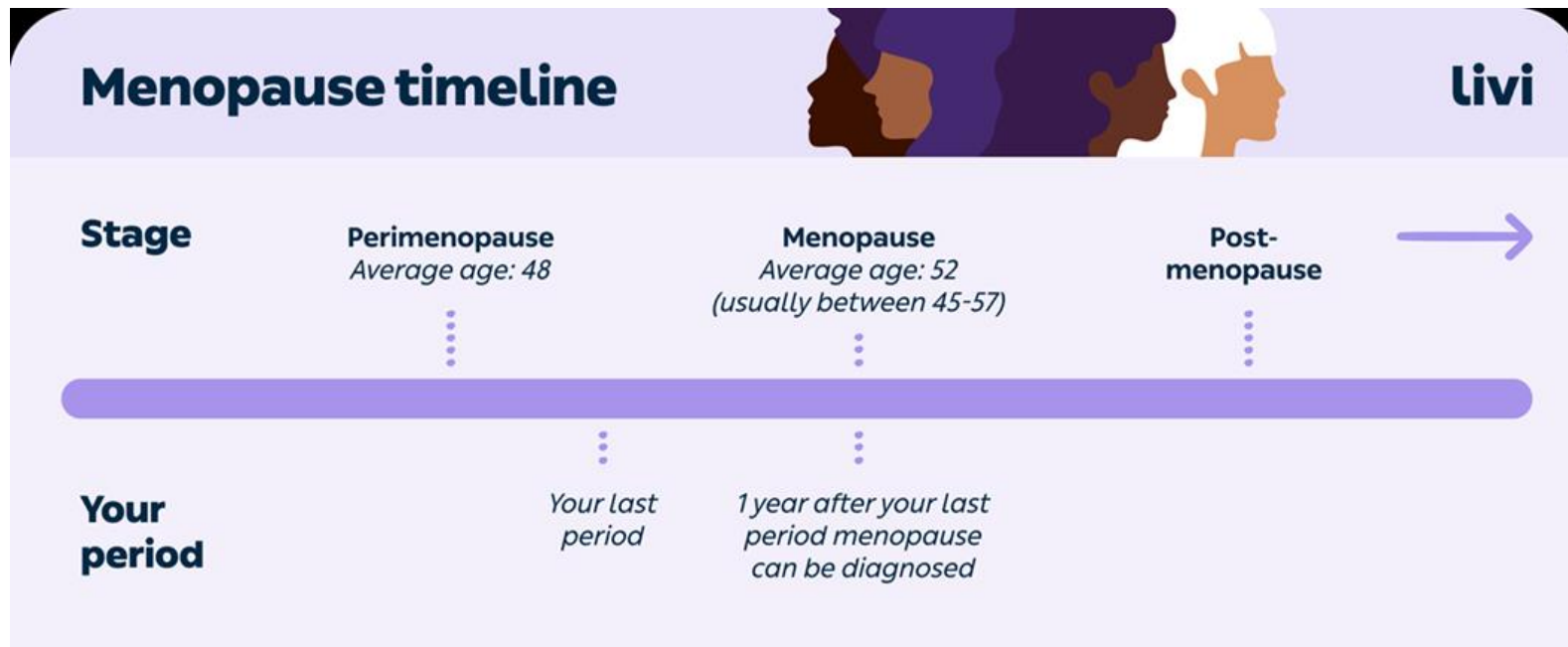
Menopause is the time that marks the end of a woman's menstrual cycles. Menopause lasts for one year, because when a woman goes 12 consecutive months without a period, she enters post-menopause. Menopause can happen during 40s or 50s, but the average age is 50 in Europe.

Menopause is a natural biological process. But the physical symptoms, such as hot flashes, and emotional symptoms of menopause may disrupt sleep, lower energy levels or affect emotional health.

Menopause is a normal part of a woman's life. It is sometimes called "the change of life." Menopause does not happen all at once. As a woman's body transitions to menopause over several years, she may have menopause symptoms and irregular periods.

Most studies with migrant women found that their experiences of menopause and self-care strategies were culturally informed; that migrant women are unlikely to seek out menopause-related healthcare or to initiate conversations about menopause with their healthcare providers; and that most of those who seek menopause-related healthcare are disappointed with the care they receive. Studies assessing menopause-related knowledge found that many migrant women have limited knowledge about menopause and postmenopausal health, and that family and friends are their most common sources of information about menopause.





**Perimenopause** – or pre-menopause – is a word that means “around menopause” and it’s when symptoms begin, leading up to menopause. This stage typically starts about 4-8 years before menopause. The age at which perimenopause begins varies – some women notice it in their 40s, but others can experience it as early as their mid-30s. Perimenopause happens when ovaries begin to stop working. They start making fewer and lower quality eggs and follicles (sacs filled with fluid that hold an egg). Some early menopause symptoms, like changes to a woman’s period or mood shifts.

**Post-menopause** simply means “after menopause”, and women reach this point when it’s been 12 months since their last period. Post-menopause signals the end of a women’s reproductive years, and she’ll be in this stage for the rest of her life. While ovaries are still making low levels of the hormones estrogen and progesterone, in post-menopause a woman is no longer ovulating (releasing eggs), so she can’t become pregnant.

Menopause symptoms continue for about 2-7 years after the final menstrual cycle (it can be longer for some people), but after that time, symptoms often get milder or completely go away.

## Menopause Symptoms

Symptoms of menopause may begin suddenly and be very noticeable, or they may be very mild at first. Symptoms may happen most of the time once they begin, or they may happen only once in a while. Some women notice changes in many areas. Some menopausal symptoms, such as moodiness, are similar to symptoms of premenstrual syndrome (PMS). Others may be new:

Menstrual periods may not come as regularly as before. They also might last longer or be shorter. A woman might skip some months. Periods might stop for a few months and then start up again.

- Periods might be heavier or lighter than before.
- A woman might have hot flashes and problems sleeping.
- A woman might experience mood swings or be irritable.
- A woman might experience vaginal dryness. Sex may be uncomfortable or painful.
- There might be less interest in sex, and it may take longer for a woman to get aroused.

Other possible changes are not as noticeable. For example, you might begin to lose bone density because you have less estrogen. This can lead to osteoporosis, a condition that causes bones to become weak and break easily. Changing estrogen levels can also raise cholesterol levels and increase your risk for heart disease and stroke.



## Menopause

### Videos:

[https://www.youtube.com/watch?v=-Fc2S7\\_k53k](https://www.youtube.com/watch?v=-Fc2S7_k53k) - This is Menopause in 2 Minutes

<https://www.youtube.com/watch?v=RCXYzfHxaDg> - Anne Henderson Overview Of The Menopause (English)

<https://www.youtube.com/watch?v=tH0ol0TPvcM> – Asanas for Menopause (English)





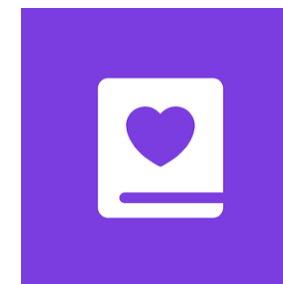
## Benefits of Menopause Apps

Of course, each woman's menopause journey is unique, with symptoms and severity that vary from person to person. Research shows some will not experience any symptoms at all.

Apps can connect women to medical professionals, provide community support via chat rooms, and even allow users to meet virtually with a doctor or nurse practitioner and receive prescriptions for hormone replacement therapy.

One of the best features of a menopause app is often a tracker that allows users to take note of their symptoms, how often they occur, and their severity. If you can tell your doctor exactly how often you've experienced night sweats or when you first noticed joint pain or how often you're experiencing sleepless nights, your doctor may be better equipped to figure out how to address your specific menopause symptoms.

**None of these apps should replace a gynecologist, but there are women who only see the doctor once a year.**





## Menopause Apps

Name	Cost	Available on	Link	Description
Health & Her Menopause App	Free	Android, IOS	<a href="https://healthandher.com/menopause-perimenopause-app/?eur">https://healthandher.com/menopause-perimenopause-app/?eur</a>	Personal trainer for menopause, symptom toolkit, daily reminders, library of expert content, daily symptom assessment, Dedicated period tracking
Balance – Menopause Support	Free/ Premium	Android, IOS	<a href="https://www.balance-menopause.com/">https://www.balance-menopause.com/</a>	Collection of evidence based expert articles, symptoms and periods tracking, Health Report®, community, mental health and mood tracking, Monitor sleep quality
Femilog	14 days free trial	Android, IOS	<a href="https://femilog.com/">https://femilog.com/</a>	Symptoms tracking, personalized in-depth suggestions, Quiz on menopause and more



## Menopause Apps

Name	Cost	Available on	Link	Description
Omena - Ménopause	Free/ Premium	Android, IOS	<a href="https://www.omena.app/">https://www.omena.app/</a>	Expert advice to reduce menopause symptoms, The app also includes over 80 explanatory articles written by doctors to help women understand their body during this time of hormonal transition
Evia: Menopause Hypnotherapy	7 days free trial	Android, IOS	<a href="https://www.evia-menopause.com/">https://www.evia-menopause.com/</a>	5-Week Core Program with evidence-based hypnotherapy, Relaxing 20-minute daily sessions, supportive Maintenance Program to help maintain results after five weeks, relaxing Sleep Session, Daily educational readings about menopause and hot flashes, In-app chat support from real people
Hey Perry: Perimenopause Community	Free	Android, IOS	<a href="https://heyperry.com/">https://heyperry.com/</a>	Perry community (Groups related to specific perimenopause and menopause related topics, Chat in group conversations or one by one), research-backed courses & tutorials, Regular live events with menopause experts



# Menopause Apps

## Videos:

<https://www.youtube.com/watch?v=fYUk55D69OE> - Femilog®: Menopause+Mental Care

<https://www.youtube.com/shorts/oZbh8sUU6yE> - Menopause app - Health & Her

<https://www.facebook.com/watch/?v=857751258924492> – Balance Menopause App

<https://www.youtube.com/watch?v=OLkRwMv2r7g> – Omena (French)

<https://www.youtube.com/watch?v=VgG9vrqtzRU> – perry (English)





## 7.1.7

# Discussion and Evaluation

## Objectives

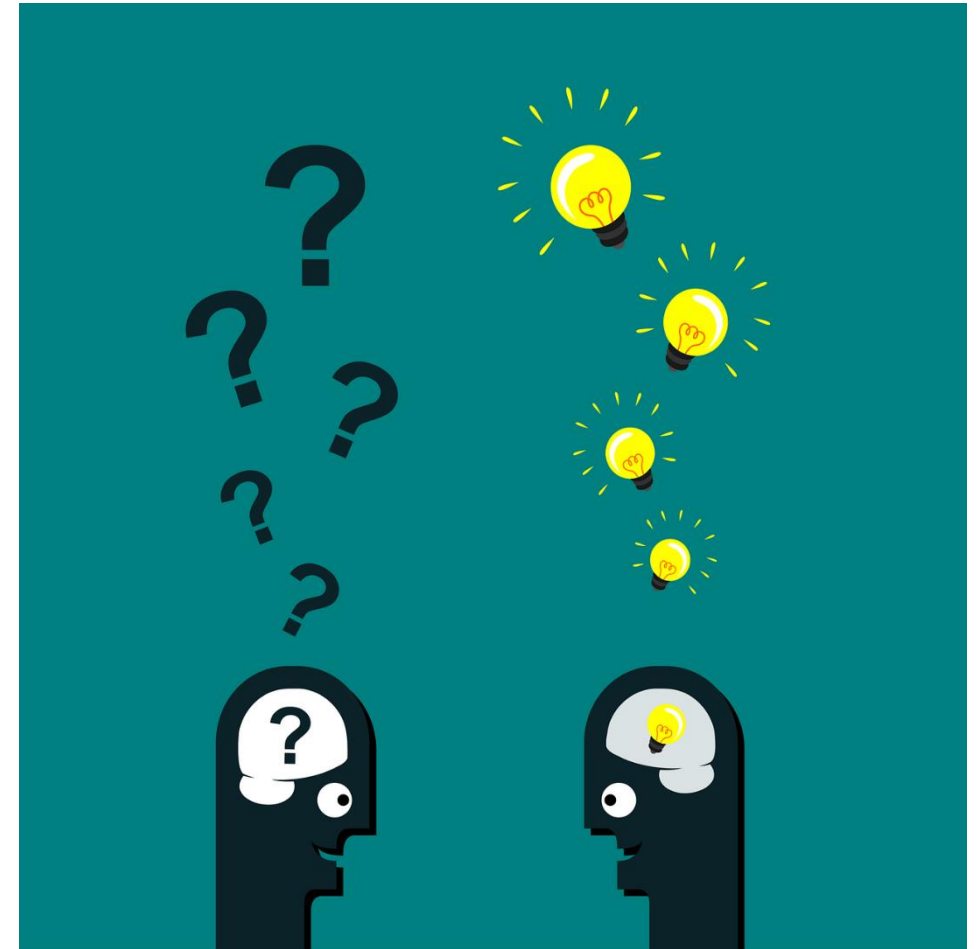
- To resolve and clarify misunderstandings that emerged from all previous theoretical information.
- To ensure in depth comprehension of the module's contents.
- To evaluate the module.



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## Discussion

- *Questions?*
- *Clarifications?*
- *Comments?*



## Evaluation Questionnaire

**The content of the module was stimulating and interesting (1 minimum, 5 maximum)**

1	2	3	4	5
---	---	---	---	---

**The content of the module was clear, understandable and easy to follow (1 minimum, 5 maximum)**

1	2	3	4	5
---	---	---	---	---

**The trainer was well prepared (1 minimum, 5 maximum)**

1	2	3	4	5
---	---	---	---	---



## Evaluation Questionnaire

**The module enhanced my knowledge of the subject matter (1 minimum, 5 maximum)**

1	2	3	4	5
---	---	---	---	---

**I would recommend this module to others (1 minimum, 5 maximum)**

1	2	3	4	5
---	---	---	---	---

**I am satisfied with the module overall (1 minimum, 5 maximum)**

1	2	3	4	5
---	---	---	---	---

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# MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!  
You have completed the teaching  
session of this module!

