

1

7

2

8

3

9

4

10

5

11

6



MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 7 - Self-learning session (7.3)
Women's Health and relevant Apps



Partners

POLIBIENESTAR
UNIVERSITAT DE VALÈNCIA

UNIVERSITAT DE VALÈNCIA
VALENCIA, SPAIN
www.uv.es



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coordin-a-oerh.com



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Self-learning Session: Content

1. Quiz and Self-assessment

Women have always enjoyed an important role in medical science.

True

False



Which of the following factors hinder women's access to healthcare?

Two answers are correct!

A. Social stigma

B. Domestic work

C. Transportation

D. Limited knowledge of women's health



Migrant women experience more inequalities than natives in healthcare.

True

False



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

True

False



The concept of Self-care includes:

Two answers are correct!

A. Self-testing

B. Practicing sports

C. Self-management of medication

D. Cooking every meal



Why use Period Tracking Apps?

Only one answer is correct!

A. To stop seeing the gynecologist

B. Trying to have or avoid having a baby

C. To keep track of the size of your baby

D. None of the above



Contraception...

Only one answer is correct!

A. Is dangerous.

B. Creates opportunities for women to participate more fully in society.

C. Means having unprotected sex.

D. Is of only one kind.



Period Tracking Apps are safe contraception methods

True

False



Match the columns.

Match the columns !

A. A full-term pregnancy

A. Health of women during pregnancy, childbirth and the postnatal period

B. Pulling out

B. lasts between 39 weeks, 0 days and 40 weeks, 6 days

C. Maternal health

C. Is four times more common in women than in men

D. Osteoporosis

D. Is among the least effective contraceptive methods



Gender differences in health...

Two answers are correct!

A. Do not exist

B. Appear from birth

C. Are associated with life expectancy and healthy ageing of men and women

D. Show that women are generally healthier than men



Women live longer than men but with disease and disability.

True

False



Cardiovascular diseases...

Only one answer is correct!

A. Have the same mechanism, manifestation, prognosis and treatment in men and women.

B. Do not affect women.

C. Are the leading cause of death after menopause for women.

D. Are more common among men.



Of all the gynecologic cancers, only cervical cancer has effective screening tests at early stages.

True

False



Menopause occurs in several stages. Which of the following is the stage that can last between 4 and 8 years, is characterized by changes in the pattern of menstrual periods, and leads up to the last menstrual period?

Only one answer is correct!

A. Perimenopause

B. Menarche

C. Postmenopause

D. Premature menopause



It's vital that women check their breasts regularly for any changes and always have any changes examined by a GP.

True

False



Match the columns*Match the columns !*

A. Know Your Lemons

A. Menopause Support App

B. WomanLog

B. Period Tracking App

C. Health & Her

C. Pregnancy Tracking App

D. What to Expect

D. App focusing on Screening and
Prevention

Symptoms of Menopause are the same for every woman.

True

False



One of the best features of some menopause apps is a tracker that allows users to take note of their symptoms, how often they occur, and their severity.

True

False



Women's Health Apps can replace a doctor.

True

False





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!

You have completed the self-learning of this module!

