

UPNVJ Dharma Wanita Association Holds Seminar on Women's Heart and Reproductive Health

Thursday, 14 December 2023 17:26 WIB



Public Relations UPNVJ - In commemoration of the 24th Anniversary of the Dharma Wanita Pertama (DWP) UPN Veteran Jakarta (UPNVJ) and Mother's Day, DWP UPNVJ held a seminar discussing women's heart and reproductive health at the Bhinneka Tunggal Ika Auditorium, on Wednesday (13 /12/23).



"The reality is that UPNVJ employees are certainly required to have good capacity and mentality, in this case the main support definitely comes from the family, especially the wife. "A wife is the first support both in the family and at work," said Anter Venus, Chancellor of UPNVJ in his speech.

on this agenda UPNVJ invited Dr. Dewi Utari Djafar, Sp. JP(K) which discusses heart disease in women.



Menopause dan **Penyakit Jantung**

1 PERIMENOPAUSE	2 MENOPAUSE	3 POSTMENOPAUSE
Waktu yg tepat untuk menurunkan faktor risiko	1 tahun tanpa menstruasi	40% sisa masa hidup di fase post menopause



Seminar Memperingati HUT DWP & Hari Ibu

Rabu, 13 Desember 2023

In his discussion, Dr. Dewi gave a direct picture of what a healthy heart and a heart with constriction looks like.

"The first death in the world is heart disease. "Of all the causes of death, the majority are due to coronary heart disease and women have a 7 times greater chance than men of having this disease," said Dr. goddess

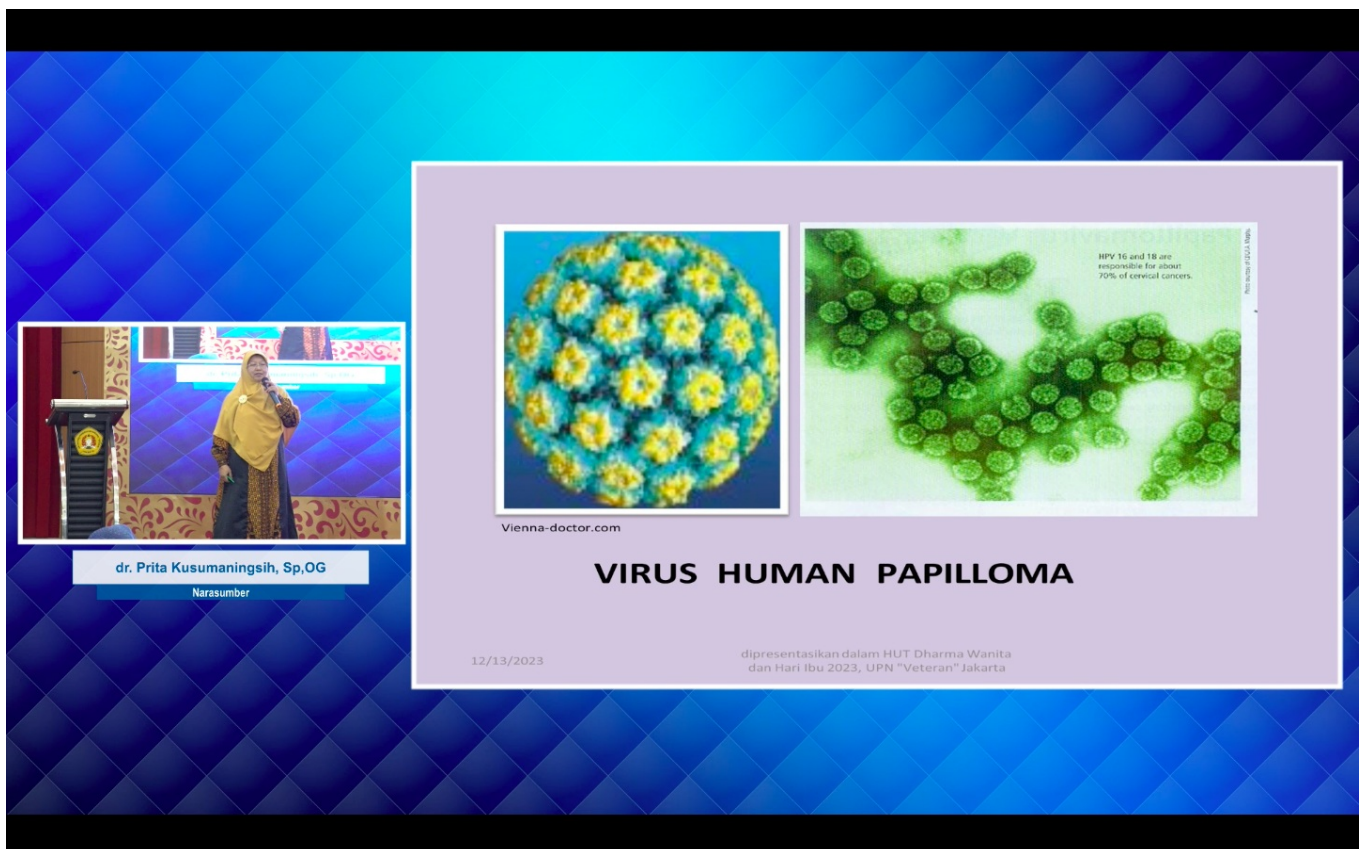
There are factors that cannot be changed, including age, gender and race. Then there are factors that can be changed, including diabetes mellitus, dyslipidemia, hypertension, alcohol consumption and so on.

On this occasion, Dr. Dewi also explained the symptoms of a heart attack to watch out for, the risks faced by various existing diseases almost refer to heart disease.

Not only that, Dr. Dewi also explained how to prevent it, starting from frequent self-activity, nutritious food, stopping smoking, controlling stress, and controlling blood sugar, blood pressure and cholesterol.

Apart from that, on this occasion Dr. Prita Kusumaningsih, SpOG provides an overview of cervical cancer and how to detect it early.

"In its current journey, cervical cancer ranks second after breast cancer, according to GLOBOCAN data in 2018, there were 32,469 cases of cervical cancer in Indonesian women with a death rate of 18,279," said Dr. Pritchard.



He also said that the cause is 95 - 99% caused by the human papilloma virus, 50% HPV types 16 and 18 and HPV types 6 and 11 which cause genital warts.

On this occasion, Dr. Prita gave an overview of the forms of viruses that can land on the cervix.

"This disease can be detected early with IVA (Visual Acetic Acid Inspection), PAP Smear (Cytology Test), DNA-HPV test, Biopsy and others," he explained.

The government is also tackling this disease with the HPV virus vaccine, namely the Bivalent vaccine and the Quadrivalent vaccine.

In this agenda, participants can also freely ask questions and answers with resource persons who are experts in the fields of knowledge discussed in this agenda.

With the hope that some of these discussions can provide new knowledge and new insights for the participants so they can avoid and detect early some of these diseases.



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