



Centre for
Women's
Health and Wellness

The Centre for Women's Health & Wellness at SRM Global Hospitals is your trusted partner in every step of your journey through pregnancy, childbirth, and motherhood. Our dedicated team of specialists, state-of-the-art facilities, and holistic approach ensure that you receive comprehensive care tailored to your unique needs. We are committed to empowering women with knowledge, care, and confidence as they embrace this transformative journey. Explore our services and join a community that prioritizes your health and well-being.



Reach us



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DEALING WITH
CLIMATE CHANGES



EMPOWERING
WOMEN'S Health, Lives

WHAT IS IT?

Climate changes refer to shifts in weather patterns and conditions that can have significant impacts on our daily lives, including heatwaves, cold snaps, or changing seasonal patterns. In the context of pregnancy and motherhood, climate changes can affect both the mother's health and the baby's development. Understanding how environmental shifts affect your body and well-being is key to coping with these changes.

WHAT HAPPENS?

Climate fluctuations can cause discomfort or even health risks for pregnant women and their newborns. Hot temperatures increase the risk of dehydration and heat exhaustion, while cold temperatures may cause flu or cold-like symptoms. Pregnant women may also be more susceptible to respiratory issues or fatigue due to changing weather. Changes in air quality and allergens can also increase the risk of asthma and other respiratory issues.

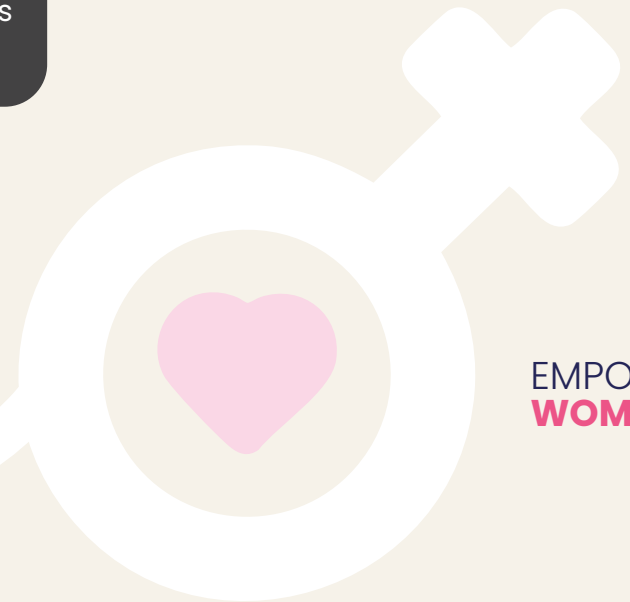
HOW TO DEAL WITH IT & EXPERT GUIDANCE

- **Stay Hydrated** : Whether it's hot or cold, keeping hydrated is essential. Dehydration can lead to complications such as headaches, fatigue, or premature labor.
- **Dress Appropriately** : Opt for breathable clothing in hot weather and layering in cold weather to maintain body temperature and comfort.
- **Limit Exposure** : Try to avoid extreme weather conditions. If it's too hot or too cold, limit your time outdoors.
- **Seek Air Quality**: In areas with poor air quality, stay indoors as much as possible, and use an air purifier.

- **Consult a Doctor**: For severe weather conditions that may affect your health, such as extreme heat or cold, consult your healthcare provider for tailored advice.

Expert Tip

Always keep track of weather patterns and follow local health advisories. Your healthcare provider may also recommend vitamin supplements or changes to your routine based on local climate conditions.



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