**1. Polycystic Ovary Syndrome (PCOS)**

* **Symptoms:**
  + Irregular menstrual cycles
  + Excess hair growth (hirsutism)
  + Acne and oily skin
  + Weight gain and difficulty losing weight
* **Precautions:**
  + Maintain a healthy diet and exercise regularly.
  + Manage stress through mindfulness or counseling.
  + Regular check-ups with a healthcare provider for hormonal assessment.

**2. Endometriosis**

* **Symptoms:**
  + Pelvic pain (often severe, especially during menstruation)
  + Pain during intercourse
  + Heavy menstrual bleeding
  + Infertility
* **Precautions:**
  + Keep track of menstrual cycles and symptoms.
  + Consult a healthcare provider if experiencing severe pain.
  + Consider dietary changes and regular exercise to manage symptoms.

**3. Breast Cancer**

* **Symptoms:**
  + Lumps or swelling in the breast or underarm
  + Changes in breast shape or size
  + Unexplained pain in the breast or nipple
  + Nipple discharge
* **Precautions:**
  + Perform regular breast self-exams.
  + Schedule regular mammograms as recommended by a healthcare provider.
  + Maintain a healthy lifestyle with a balanced diet and regular exercise.

**4. Cervical Cancer**

* **Symptoms:**
  + Abnormal vaginal bleeding
  + Unusual discharge
  + Pain during intercourse
* **Precautions:**
  + Get regular Pap smears and HPV vaccinations.
  + Practice safe sex to reduce the risk of HPV.
  + Maintain a healthy immune system through diet and exercise.

**5. Osteoporosis**

* **Symptoms:**
  + Bone fractures with little or no trauma
  + Loss of height over time
  + A stooped posture
* **Precautions:**
  + Consume adequate calcium and vitamin D.
  + Engage in weight-bearing exercises.
  + Avoid smoking and excessive alcohol consumption.

**6. Urinary Tract Infections (UTIs)**

* **Symptoms:**
  + Frequent urge to urinate
  + Burning sensation while urinating
  + Cloudy or strong-smelling urine
  + Pelvic pain
* **Precautions:**
  + Stay hydrated and drink plenty of water.
  + Wipe from front to back after using the restroom.
  + Urinate after sexual intercourse