



Women Day; a focus on women and kidney disease

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March 8th, International Women's Day, is the best opportunity to promote knowledge and increase the awareness of population about the important social problems of women as well as addressing the potential ways of enhancement of women's health. There are indeed many social factors which could affect on women's health as a basis for policy-makers and healthcare providers to promote women's health, in different ages. Women at different life span, from birth to end of life, could face against various health problems (1). Several studies suggested that the most important challenges of women during childhood could be malnutrition (2), child abuse (3), gender preference (4) as well as accidents, incidents, respiratory disease (respiratory distress) and various renal disease (5) at later life. In addition, adolescence is a very important stage of life and the mortality and morbidity among this age group is much lower than other age groups; however, they are also very vulnerable for many specific health/social problems. In fact, several studies in both developed and developing countries have suggested that the major risk behaviors in this age group might be high-risk sex behavior, lack of exercise, smoking and drug abuse, obesity, alcoholism, poor dietary patterns and violence (6,7). Moreover, pregnancy is also a very sensitive and substantial life stage of women and with the direct role of women for maternal and infant health, this importance has been doubled. On the other hand, social, economic conditions and cultural rights can also substantially affect in this period (8). In some cases, pregnancies occur in the presence of diabetic nephropathy, chronic kidney diseases, lupus nephritis and chronic glomerulonephritis. The most important thing in these women is control the blood pressure and renal function for successful pregnancy. Also women with renal dysfunction and those on dialysis need consultation about the risks of pregnancy (9). Furthermore, the main other challenge in life span of women may include forced marriage, early/late pregnancy and childbirth, unsanitary abortions, deaths from complications of pregnancy and child birth (8). In the period of middle age and elderly, women are faced with many other problems too such as some chronic diseases like endocrine disease with emphasis on cancer (mainly

■ Implication for health policy/practice/research/medical education

The related-women issues are various and complex. Even nowadays, despite many improvements in women's life, there are still many problems among women more than men, due to many different reasons. In fact, women are still the main victims of poverty, violence, malnutrition and poor hygiene; therefore, improving their life status and empowerment should be considered as an important issue. Since women are considered as the main health-axis of family, they are responsible for the management of the health of the whole family members as well as education of a healthy lifestyle to other family members, thus attention to women's health status is very important.

■ **Keywords:** Women, Life span, Health

breast and cervix) (10), cardiovascular disease (11), mental illnesses (especially depression) (12) and potential complications during menopause (13).

Conclusion

Women in current world have many important and different roles in the society as well as in the family. These special circumstances should be better identified and potential solutions would be found. Gender differences, throughout all life cycle should be focused. The necessity to address these problems and women's empowerment should be considered as one of the priorities of the health system all over the world. Meantime, providing circumstances to make enough exercise for women to maintain good physical and mental health of women is one of the most basic and fundamental steps. Furthermore, According to the important role of women in society, their diseases should be carefully controlled.

Authors' contribution

ZT and MA wrote the primary draft. MG and ZA edited the manuscript. All authors read and signed the paper.

Conflicts of interest

The authors declared no competing interests.

Ethical considerations

Ethical issues (including plagiarism, data fabrication, double

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