

Lecturer's Essential Guide

WAN'AN PHARMACEUTICAL

Expert Committee

July 2013

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Special Provisions on Labor Protection for Female Employees

Article 1: These provisions are formulated to reduce and resolve the special difficulties faced by female employees in the workplace due to their physiological characteristics and to protect their health.





女职工劳动保护 特别规定

中华人民共和国国务院令

第 619 号

《女职工劳动保护特别规定》已经 2012 年 4 月 18 日国务院第 200 次常务会议通过，现予公布，自公布之日起施行。

总 理 温家宝

二〇一二年四月二十八日

中华全国总工会 女职工委员会办公室 宣

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Special Provisions on Labor Protection for Female Employees

Article 2: These Provisions apply to employers, including state organs, enterprises, public institutions, social organizations, individual economic entities, and other social organizations within the territory of the People's Republic of China, as well as their female employees.



Special Provisions on Labor Protection for Female Employees

Article 7: Female employees are entitled to 98 days of maternity leave, of which 15 days can be taken before childbirth; in case of dystocia, an additional 15 days of maternity leave shall be granted; in case of multiple births, an additional 15 days of maternity leave shall be granted for each additional infant. Female employees who miscarry before four months of pregnancy are entitled to 15 days of maternity leave; female employees who miscarry after four months of pregnancy are entitled to 42 days of maternity leave.



The "Special Provisions on Labor Protection for Female Employees" were promulgated, and the women's hygiene product "Zimeishu" gained popularity.

On April 28, 2012, Premier Wen Jiabao signed State Council Decree No. 619, the "Special Provisions on Labor Protection for Female Employees," which serves as specialized legislation for protecting the particular interests of female employees in China. On May 10, 2012, the "Special Provisions on Labor Protection for Female Employees," sponsored by the All-China Federation of Trade Unions and its Women Workers' Committee and organized by the Beijing Federation of Trade Unions, was officially promulgated at the Working People's Cultural Palace. A grand launch ceremony and consultation day were held simultaneously. Wang Yupu, Vice Chairman and First Secretary of the Secretariat of the All-China Federation of Trade Unions, attended the launch ceremony and delivered a speech. Zhang Mingqi and Ni Jianmin, Vice Chairmen and Secretaries of the Secretariat of the All-China Federation of Trade Unions, Zhang Jing, Secretary of the Secretariat of the All-China Women's Federation, Zeng Fanxin, Secretary of the Party Group and Vice Chairman of the Beijing Federation of Trade Unions, and other leaders jointly touched a colored ball to officially launch the "Special Provisions" publicity month activities and presented copies of the "Special Provisions" to female employee work cadres and female employee representatives. At the launch ceremony, the illustrated brochure of the "Special Regulations on Labor Protection for Female Employees," designed by the Women Workers' Department Office of the All-China Federation of Trade Unions and printed with the support of Shaanxi Wan'an Pharmaceutical Co., Ltd., was very popular. Zimeishu, the only "special product for women's health protection" approved by relevant departments nationwide, was the only product participating in the consultation and was widely welcomed by the attendees. During their inspection of the Zimeishu consultation point, relevant leaders praised Zimeishu's long-term commitment to women's health knowledge lectures nationwide, making it "the most persistent public welfare activity," and expressed gratitude for the product's contribution to safeguarding the health of women workers as a special product for women's labor protection.



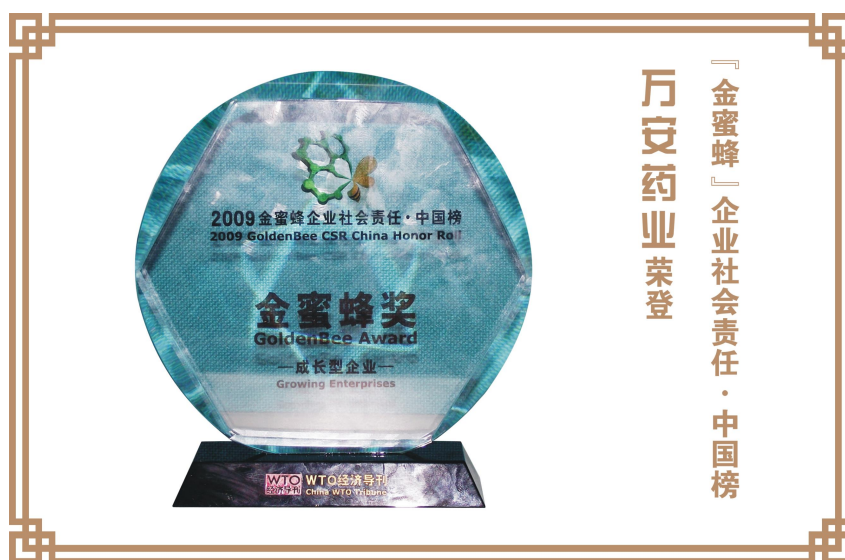
Wang Yupu, Vice Chairman and First Secretary of the Secretariat of the All-China Federation of Trade Unions, attended the launch ceremony and delivered a speech. Also present at the event were Zhang Mingqi and Ni Jianmin, Vice Chairmen and Secretaries of the Secretariat of the All-China Federation of Trade Unions; Zhang Jing, Secretary of the Secretariat of the All-China Women's Federation; and Zeng Fanxin, Party Secretary and Vice Chairman of the Beijing Federation of Trade Unions, among other leaders.



Wang Yupu, Vice Chairman and First Secretary of the Secretariat of the All-China Federation of Trade

Unions, along with other leaders, visited and expressed their regards to the experts from Shaanxi Wan'an Pharmaceutical Co., Ltd. who participated in the consultation day event. They extended their gratitude for the contributions made by the women's hygiene protection specialty product "Zimeishu" to safeguarding the health of female employees.

Shaanxi Wan'an Pharmaceutical Co., Ltd., a provincial-level science and technology demonstration enterprise in Shaanxi Province, develops and produces "Zimeishu," a high-tech gynecological product with independent intellectual property rights. Made entirely from traditional Chinese medicine ingredients and using advanced technology, it has undergone years of clinical trials and is proven to effectively prevent gynecological diseases and reduce their incidence. Approved by relevant industrial and commercial advertising departments, it is currently the only approved "special product for female employees' hygiene protection" in my country. Due to its ease of use and significant effects, it has gained a very good reputation among female employees and has received widespread support from women's organizations at all levels of trade unions. Many companies distribute "Zimeishu" products to their female employees as a concrete measure to implement "special protection for female employees." For twenty years, Wan'an Pharmaceutical has consistently organized public welfare activities such as "Women's Health Knowledge Lectures" for its female employees, inviting gynecological experts to conduct hundreds of thousands of lectures across the country. This initiative has been hailed by the media as "China's most persistent public welfare activity" and has been listed on the "Golden Bee" Corporate Social Responsibility China List, jointly organized by the WTO Economic Guide, the Sino-German Sustainable Development and Corporate Behavior Code Project, the China Service Trade Association, and the European Corporate Social Responsibility Association.





The illustrated promotional leaflet of the "Special Regulations on Labor Protection for Female Employees," printed with the support of Shaanxi Wan'an Pharmaceutical Co., Ltd., a company known for producing "Zimeishu," a special hygiene protection product for female employees recommended by the Women Workers' Department of the All-China Federation of Trade Unions, was very popular at the event.

At the large-scale event on May 10th, "Zimeishu" was the only product invited to participate. At the "Zimeishu" booth, female employee representatives from various regions stopped to inquire about the product. Some female employee leaders even invited Wan'an Pharmaceutical to hold another public lecture in their area and expressed their willingness to promote the distribution of "Zimeishu" as a special welfare benefit for female employees. "The State Council's promulgation of the 'Special Provisions on Labor Protection for Female Employees' confirms the special rights of female employees. Leaders of women's federations at all levels must ensure that the special protection of female employees is implemented in practice: simply granting female employees leave during menstruation, pregnancy, maternity leave, and breastfeeding is insufficient; providing certain subsidies often becomes a mere formality." At a large-scale consultation day held on May 10th, some local women's federation leaders told the leaders of Wan'an Pharmaceutical, "With such a thoughtful product as 'Zimeishu,' women's organizations should encourage eligible enterprises and institutions to distribute it as a special welfare benefit for female employees, showing care for them and using 'Zimeishu' to prevent gynecological diseases and effectively reduce their incidence. In fact, the health of female employees not only boosts the work efficiency of enterprises and institutions but is also a matter of benefiting the present and future

generations for the whole society."



Shaanxi Wan'an Pharmaceutical Co., Ltd. was the only company invited to participate in the large-scale consultation day event at the Beijing Working People's Cultural Palace.

"Zimeishu," a leading brand of sanitary products for working women, is a leader in the industry.

Recently, the specialized regulation for protecting the special interests of female employees in China, the "Special Provisions on Labor Protection for Female Employees," has been officially promulgated and implemented.

This fully reflects the high importance placed by the Party and the government on people's livelihoods and their profound care for the vast number of female employees, drawing widespread attention from all sectors of society.

Women are a sensitive and vulnerable group that requires special care. This is especially true for career women who navigate the demands of the workplace every day, facing immense work pressure alongside their monthly physiological cycles. They frequently—sometimes even daily—come into close contact with various hygiene products. Using these intimate care items correctly is crucial for women's health. Among them, "Zimeishu," currently the only approved "Special Hygiene Protection Product for Female Employees" in China, is particularly suitable for career women who prioritize their health and self-care.

Career women need the special care of "Zimeishu" especially during their sensitive periods.

Female employees bear a heavy workload during menstruation, making it crucial to strengthen their labor protection during this period. Menstruation is a significant physiological process for women. During menstruation, several factors contribute to heightened vulnerability: 1. The reproductive tract being relaxed and open state; 2. Pelvic vascular dilation and congestion; 3. Menstrual blood diluting the vaginal protective environment; 4. The wound formed by the shedding of the uterine lining lasting up to 5 days; and 5. Bloodstains on the vulva providing a breeding ground for bacteria. These physiological weaknesses create a susceptible period for ascending pathogens, leading to a high incidence of gynecological diseases. A woman's susceptible period lasts for up to five years in her life! Strengthening vulvar protection before and after menstruation can significantly reduce the incidence of gynecological diseases!

The high-tech gynecological product "Zimeishu" silver-ion medical pad is a medical pad for treating and preventing gynecological diseases. Produced by Shaanxi Wan'an Pharmaceutical Co., Ltd. using all-Chinese herbal ingredients and silver ions, and employing high-tech technology, it has undergone years of clinical testing and can effectively prevent gynecological diseases and reduce their incidence. Approved by the National Medical Products Administration and other departments, it is currently the only approved "special hygiene protection product for female employees" in China.

Silver ions are a natural, broad-spectrum bactericide with no toxic side effects, and have been used in the medical and public health fields for over 600 years. They are primarily used to treat infections, promote wound healing, and purify and preserve drinking water. Developed Western countries have been using silver products

for over a century. Currently, the United States has more than a dozen silver-containing products approved by the U.S. Food and Drug Administration (FDA). In China, silver ions were introduced to the market in 1968. Silver ions can directly kill various bacteria such as *Escherichia coli* and *Candida albicans*. Pharmacological tests show a 99.9% bactericidal rate within 10 minutes, and they also exhibit inhibitory effects against mycoplasma, chlamydia, gonococcus, and viruses.

"Zimeishu" is the only finished medicine approved for export by the Ministry of Commerce and the Ministry of Foreign Trade and Economic Cooperation of China. Currently, it is exported to 52 countries and regions, including Russia, Ukraine, France, Canada, and Africa. At the first China Brand Conference held in the Great Hall of the People in Beijing in 2004, "Zimeishu" was awarded the titles of "China's Integrity Brand" and "Top Ten Innovative Brands of Chinese Enterprises." Due to its convenience and noticeable effects, it has gained a very good reputation among female employees and has received widespread support from women's organizations at all levels of trade unions. Many companies have adopted distributing "Zimeishu" products to female employees as a specific measure for implementing "special protection for female employees." For many years, "Zimeishu" has been committed to providing health lectures for female employees nationwide, making outstanding contributions to the health of female employees.

Some local enterprise union leaders stated, "With such a thoughtful product as 'Zimeishu,' women workers' organizations should encourage eligible enterprises and institutions to distribute it as a special welfare benefit for female employees, showing care for them and promoting the use of 'Zimeishu' to prevent gynecological diseases and effectively reduce their incidence. In fact, the health of female employees not only boosts the work efficiency of enterprises and institutions but is also a beneficial thing for the whole society, benefiting both present and future generations."

High Quality, Affordable Price: Zimeishu Cares for the Hygiene and Health of Working Women in China

Women are a sensitive and vulnerable group, requiring special care. This is especially true for working women who are constantly on the go, facing immense work pressure and the added burden of their menstrual cycle, which involves frequent, sometimes daily, contact with hygiene products. Proper use of these products is crucial for women's health. Among them, "Zimeishu," currently the only approved "female employee hygiene protection product" in my country, is particularly suitable for working women who prioritize their health and well-being.

Female employees bear a heavy workload during menstruation, making it especially important to strengthen their labor protection during this period. Menstruation is a crucial aspect of women's unique physiology. During menstruation, the following factors contribute to heightened vulnerability: 1. The reproductive tract being in a relaxed and open state; 2. Pelvic blood vessel dilation and congestion; 3. Menstrual blood diluting the vaginal protective environment; 4. The wound formed by the shedding of the uterine lining lasting up to 5 days; and 5. Bloodstains in the vulva providing a breeding ground for bacteria. These physiological weaknesses create a susceptible period for ascending pathogens, resulting in a high incidence of gynecological diseases. A woman's susceptible period lasts for up to five years in her life! Strengthening vulvar protection before and after menstruation can significantly reduce the incidence of gynecological diseases in women.

The new generation of Zimeishu Silver Ion Gynecological Medical Pads is designed specifically for women's unique physiological characteristics. Based on the essence of traditional Chinese medicine, it extracts various plant essences and incorporates silver ions—the most advanced antibacterial material in the international gynecological field. Currently, it is the only new external medicine in China that integrates prevention and adjunctive treatment for gynecological diseases.

Zimeishu cares for the health and well-being of Chinese women.

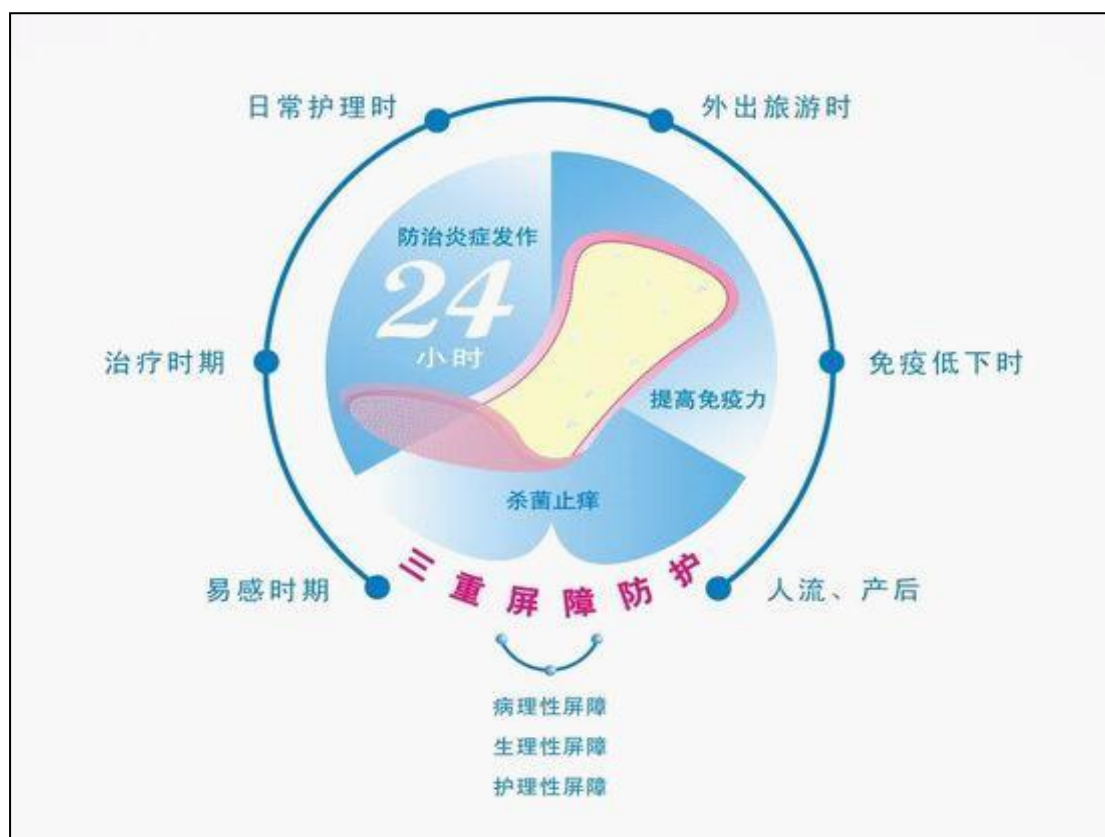
The characteristics of "Zimeishu" are: 1. No drug resistance. 2. Strong permeability, long-lasting antibacterial effect, and can quickly penetrate 10 millimeters deep into the subcutaneous layer. 3. Promotes wound healing. The plant extracts in the traditional Chinese medicine also have the effects of promoting blood circulation, removing blood stasis, reducing inflammation and relieving pain, killing parasites and relieving itching, regulating menstruation and stopping leukorrhea, invigorating qi and blood, regulating the Chong and Ren meridians, balancing endocrine function, and improving dysmenorrhea during puberty. These combined effects achieve a powerful synergistic effect, playing a very important role in protecting the health of the female reproductive system. It brings good news to women in the 21st century who want to prevent gynecological

diseases, ushering in a new era of prevention and adjunctive treatment for gynecological diseases. Its user-friendly design makes it convenient, simple, comfortable, refreshing, and discreet, perfectly suited to women's special physiological and psychological needs, and is widely loved by women.

"Zimeishu" can meet the needs of modern women for the prevention and adjunctive treatment of gynecological diseases.

The Zimeishu Silver-Ion Gynecological Medical Pad integrates prevention with adjunctive therapy, offering effective protection and preventive functions for healthy women to help avert diseases before they arise. It is particularly beneficial for health maintenance during menstruation, the postpartum period, lactation, and menopause, providing excellent disease prevention and regulatory support. Additionally, it offers swift preventive protection for women during activities such as business trips, post-intercourse hygiene, travel, swimming, and other public engagements.

Physiologically, women experience menstruation, vaginal discharge, pregnancy, and childbirth. If they neglect daily hygiene and health care, they are highly susceptible to gynecological diseases, starting with infections of the vulva. Pathologically, due to their unique physiological characteristics, women are more prone to imbalances in Qi and blood, dysfunction of internal organs, and damage to the Chong and Ren meridians, all of which can lead to gynecological diseases. Psychologically, when women experience mild gynecological symptoms, they often consider them normal physiological phenomena, such as abdominal pain, back pain, vulvar itching, increased vaginal discharge, and contact bleeding. These symptoms are often ignored, potentially leading to complications such as cervicitis, adnexitis, pelvic inflammatory disease, infertility, uterine fibroids, and even cancer.



"Zimeishu" Gynecological Medical Pads Usher in a New Era of Prevention and Adjunctive Treatment for Gynecological Diseases

Currently, the main medications available in the pharmaceutical market for common gynecological diseases are tablets, suppositories, and washes, all of which have varying degrees of defects and side effects. Tablets and suppositories often leak medication, and washes have a short local retention time, significantly reducing drug utilization and affecting efficacy. Oral medications can severely damage the gastrointestinal mucosa, liver, and kidneys, are slow to take effect, and often recur, making them difficult to cure. Therefore, many women who have long suffered from gynecological diseases have strongly desired a new product that is uniquely effective, both preventing and adjunctive in treatment. The new generation of Zimeishu Silver Ion Gynecological Medical Pads has ushered in a new era of prevention and adjunctive treatment for gynecological diseases. Its rational drug formula, unique administration method, and long-lasting, potent efficacy effectively and persistently maintain the normal physiological function of the female reproductive system.

The Relationship Between "Zimeishu" and Women's Special Menstrual Cycles

Due to the unique structure of the female reproductive organs, neglecting daily hygiene habits can easily lead to bacterial infections and gynecological diseases. This is especially true during menstruation. Each menstrual period is a significant time for women, as the cervix is open due to menstrual blood flow, allowing bacteria and pathogens in the reproductive tract to ascend and cause infection. Symptoms such as lower back pain, abdominal pain, lower abdominal distension, excessive vaginal discharge, and foul odor are often mild

and easily overlooked, leading to the development of gynecological diseases over time. Menstruation is the longest physiological phenomenon a woman experiences in her lifetime, and menstrual blood itself is a culture medium for bacteria. If sanitary pads are not changed frequently and the vulva is not cleaned properly during menstruation, the chance of infection is high. Therefore, menstrual care is crucial for women regardless of marital status. The first three days and the last four days of menstruation are the best time to prevent various gynecological diseases, so every woman should take good care of herself during these periods.

In 2012, "Zimeishu" was recommended by the All-China Federation of Trade Unions as a special hygiene protection product for female employees, and the "Zimeishu" public lecture was once again designated by the All-China Federation of Trade Unions as an annual health lecture for female employees.



Five Advantages of "Zimeishu," a Hygiene Protective Product for Female Employees:

1. Rapid Action and High Safety

Silver ions and botanical extracts provide direct, sustained antibacterial effects while the extracts are absorbed through the skin. They offer fast-acting relief from inflammation, itching, and odor without disrupting the vaginal physiological balance. The product is gentle on vulvar skin and mucous membranes, causing no irritation.

2. Continuous and Uninterrupted Care

Eliminates the "blank period" of traditional daytime care. Easily achieves all-day care. Because the vagina is more susceptible to contamination during the day than at night, neglecting daytime care can prolong the course of illness, reduce the cure rate, and increase the likelihood of recurrence. Therefore, only continuous day and night care can achieve good results.

3. Maintains Cleanliness and Hygiene

Zimeishu combines silver ions and plant extracts extracted using advanced technology, using non-woven cotton as a carrier. It adheres softly to the vulva, utilizing transdermal absorption technology to form a protective, nourishing, and therapeutic layer. Silver ions move freely from the vulva into the vagina, while plant extracts enter the reproductive organs through the body's microcirculation system. This not only kills and expels gynecological pathogens but also prevents them from entering the intimate area, keeping the vulva clean at all times and preventing pathogens from taking hold. Individually packaged for true sterility, it fully complies with feminine hygiene product usage habits. Thin and convenient to carry and use, it won't interfere with work, business trips, or exercise, eliminating any embarrassment!

4. Refreshing and Comfortable

The medical pad shape and soft fit allow for the free movement of silver ions and transdermal absorption, resulting in a refreshing and moisturizing feeling.

5. Non-invasive treatment

"Zimeishu" incorporates the latest research findings in modern physiology, anatomy, pharmacology, immunology, microcirculation, reproductive physiology, and endocrinology, using silver ions and plant extracts for non-invasive treatment!

Outline of Health Knowledge Lectures for Female Employees

To ensure the long-term implementation of the "Special Provisions on Labor Protection for Female Employees" and to cooperate with the All-China Federation of Trade Unions' care campaign, this lecture series will systematically cover the prohibited labor areas for female employees, providing professional and scientific explanations and instruction on relevant regulations. This will reflect the scientific and contemporary nature of the regulations, demonstrate the care and attention of governments at all levels for female employees, and ensure more comprehensive and equitable labor protection for them, thereby raising the level of protection. This health knowledge lecture outline is specifically formulated to strengthen the special protection of female employees, reduce morbidity rates among women, and improve their physical and mental health.

I. Understanding the unique physiological structure of women and recognizing this as a specific cause of disease. Prohibited labor areas for female employees.

II. Etiological Factors of Gynecological Diseases:

1. Lack of gynecological health knowledge;
2. Unsafe sexual practices;
3. Poor hygiene habits;
4. Endocrine disorders: the influence of hormones on women at different stages of life;
5. Infections are easily caused by abortion and surgical procedures;
6. Improper treatment leading to decreased reproductive tract immune function;
7. Psychological problems are a contributing factor to gynecological diseases: depression, anxiety, anger, stubbornness, extremism, negative cognition, decreased stress resistance, etc.

III. Strengthen protection during the four periods to prevent gynecological diseases:

1. Menstrual period: Most susceptible to infection, dysmenorrhea, irregular menstruation, endometriosis, adenomyosis, etc.
2. Pregnancy: Regular check-ups in early, mid, and late pregnancy are crucial.
3. Postpartum period: A high-risk period for pelvic inflammatory disease.
4. Breastfeeding period: Implementing effective contraception is paramount to reducing the rate of abortion procedures.

IV. Menopausal Issues and Health Management:

1. Prevent urinary tract and reproductive tract infections;
2. Regular gynecological checkups are key;
3. Properly supplement female hormones;
4. Sexual harmony is a good remedy;

V. Introduction to Several Common Gynecological Diseases:

Vaginitis, Cervicitis, Adnexitis, Pelvic Inflammatory Disease, Breast Hyperplasia, Uterine Fibroids.

VI. Breast Cancer Prevention:

1. Is frequent breast tenderness a sign of breast disease?
2. Common breast diseases: Breast hyperplasia, mastitis, breast fibroadenoma, ductal papilloma, breast cancer;
3. Causes and early symptoms of breast cancer;
4. Breast cancer prevention: Self-examination, regular screening, promoting breastfeeding, reducing stress, eating more vegetables and less fat, and maintaining a healthy lifestyle.

VII. Cervical Cancer Prevention:

1. Causes and symptoms of cervical cancer: sexual activity, hygiene during the four periods (pregnancy, childbirth, and breastfeeding), infection/injury, human papillomavirus (HPV), etc.
2. Detection of HPV (HPV16 squamous cell carcinoma, HPV18 adenocarcinoma);
3. Latent hidden danger—cervical erosion (pay close attention to grade III cervical erosion);
4. Prevention of cervical cancer is far more important than treatment: regular checkups, early detection and treatment, and active treatment of cervicitis;
5. Cervical cancer vaccine is the best method of secondary prevention, eliminating the fear of cervical cancer;

VIII. Correct treatment and scientific health care.

Government care, legal protection, technological guidance, and trade union support.

Health protection implemented for female employees in Bazhong.

Shaanxi Wan'an Pharmaceutical Co., Ltd.

Introduction to Zimeishu

Core Selling Points: "Zimeishu" is an internationally recognized, unique, next-generation high-tech product offering 24-hour comprehensive prevention and treatment of gynecological diseases. Its supporting points are as follows:

International Recognition: "Zimeishu" is the only product in my country officially approved and designated by the Chinese government as a "Special Labor Protection Product for Female Employees"; "Zimeishu" has passed international quality management system certification and international medical device standard certification for nine consecutive years, and is exported to more than 50 countries and regions worldwide; "Zimeishu" has won more than 30 awards, including the first prize of the National Science and Technology Progress Award and a national Spark Program project.

Two Theories: "Zimeishu" adopts the "Modern Gynecological Shielding and Protection Theory" and the "Modern Traditional Chinese Medicine Syndrome Differentiation and Treatment Theory," targeting the physiological characteristics and structure of gynecological diseases, adhering to the guiding principle of emphasizing both prevention and treatment. The company organized a multidisciplinary team of outstanding domestic physiological anatomy experts, pharmacologists, immunologists, microcirculation experts, reproductive physiologists, and endocrinologists, and after more than 20 years of dedicated research and continuous innovation, developed this sixth-generation, 24-hour comprehensive prevention and treatment of gynecological diseases, a new generation of high-tech products.

Three major mechanisms and a triple-shield prevention and treatment system: ①

Silver ions inhibit the respiration of bacteria and viruses; ② Silver ions divide cell membranes;

③ Silver ions bind to bacterial and viral DNA, thereby exerting bactericidal and antiviral effects.

In particular, the synergistic effect of silver ion antibacterial agents and traditional Chinese medicine antiviral extracts enhances their bactericidal and antiviral efficacy, effectively eliminating exogenous gynecological pathogens, thus achieving a triple-shield prevention and treatment effect encompassing pathological, physiological, and nursing aspects.

Four major breakthroughs: ① Blocking the source of infection; ② Eliminating pathogens within 24 hours; ③ Enhancing the antibacterial ability of the female genital area and comprehensively improving the body's immune function; ④ Delaying the decline of female reproductive organs and maintaining their normal function.

Five key features: ① Rapid onset of action; ② 24-hour non-damaging protection; ③ Easy to use; ④ Clean and hygienic; ⑤ Refreshing and comfortable.

Zimeishu effectively improves the microecological environment (i.e., pH value) of the female reproductive tract

Under normal circumstances, 1-6 types of bacteria reside in the vagina, of which 95% are lactobacilli. Lactobacilli are converted into lactic acid by glycogen produced by vaginal wall cells, while simultaneously releasing a large amount of hydrogen peroxide.



Create a weakly acidic vaginal environment (pH 3.8–4.4)

In such an environment, pathogenic bacteria cannot survive or proliferate — a condition medically referred to as the microecological internal environment of the reproductive tract. In recent years, the rising incidence of gynecological inflammatory diseases has been linked to the disruption of the vaginal microecological environment and subsequent pathogenic infections. Among the contributing factors, treatment-induced damage to this internal environment is particularly severe. For example:

- 1. Excessive douching:** Disrupts the vaginal pH balance.
- 2. Overtreatment:** Large, repeated, and prolonged use of antibiotics kills vaginal lactobacilli, causing flora imbalance.
- 3. Chemical damage:** Various suppositories, effervescent tablets, gels, ointments, and other chemical products can corrode and damage the healthy vaginal wall, leading to decreased glycogen secretion, reduced lactic acid, and disruption of the internal environment.
- 4. Physical damage:** Various light wave, electrocautery, and cryotherapy treatments can damage the reproductive tract mucosa, resulting in insufficient glycogen secretion and disruption of the

microecological environment.

These factors contribute to the difficulty in completely curing gynecological inflammatory diseases, leading to recurrent episodes and a worsening of the condition with each treatment.

Over the past thirty years, international and domestic obstetricians and gynecologists have unanimously proposed that shifting from sterilization to increasing probiotics and restoring the reproductive tract's microecological environment is a crucial principle for treating and preventing gynecological infections, and an increasingly emphasized new treatment concept. Zimeishu was developed using modern high technology based on this need.

Zimeishu contains extracts of thirty-eight precious Chinese herbs and silver ions. Its effects are:

1. Direct application for sterilization, protecting the beneficial bacteria in the vagina.

2. Removing blood stasis and eliminating putrefaction: The Chinese herbs cause vaginal smooth muscle contraction, thinning vaginal discharge and facilitating the thorough removal of pathological metabolic products and stagnant blood.

3. Promoting blood circulation and regulating Qi, nourishing and regenerating tissues:

The Chinese herbs accelerate pelvic blood circulation, improving blood and oxygen supply to the reproductive organs, repairing inflammatory mucosa damage, regenerating vaginal wall cells, secreting sufficient glycogen, and rapidly restoring the balance of the microecological environment.

4. Directly nourishing the external genitalia. More importantly, the gentle Chinese herbs stimulate the Chong, Ren, and Du meridians concentrated in the perineum, mobilizing the reproductive immune system (the submucosal membrane of the reproductive tract contains varying amounts of lymphoid tissue, scattered lymphocytes, T cells, macrophages, complement, and some cytokines, all of which have important immune functions), thereby exerting its anti-infective effect.

V. Nourishing Blood and Qi, Regulating Ovarian Endocrine Function: Due to the penetration of traditional Chinese medicine and absorption through the vulvar mucosa, a large amount of medicine enters the pelvic blood circulation system, simultaneously strengthening the blood and oxygen supply to the ovaries. This ensures that the ovaries' function of secreting female hormones remains normal, and hormonal balance further maintains and protects the vaginal microecological environment.

In summary, Zimeishu has an irreplaceable role in restoring the reproductive tract's microecological environment (i.e., pH value) compared to Western medicine. It has become the only indispensable high-tech product for the treatment and prevention of gynecological inflammatory diseases. Currently, it has attracted great attention from international gynecologists.

The main functions of Zimeishu Silver Ion Gynecological Medical Pads:

1. Removal of Corrosion: The gentle stimulation of traditional Chinese medicine causes the smooth muscle of the vagina to contract, facilitating the removal of stagnant blood and toxins, and rapidly restoring the vaginal microecological environment.

2. Tissue Regeneration: Promotes blood circulation and removes blood stasis, repairing damaged vaginal mucosal tissue. It stimulates epithelial cell proliferation, increases glycogen, and converts it into lactic acid under the action of lactobacilli, restoring the vaginal pH value to between 3.8 and 4.4.

3. Nourishing: The essence of traditional Chinese medicine directly nourishes the external genitalia, enhancing their elasticity and resilience, making them less susceptible to bacterial invasion.

4. Bactericidal Effect: The silver ions in Zimeishu medical pads have a strong killing effect on drug-resistant bacteria, viruses (HIV, HPV), and gynecological pathogens (fungi), and have an inhibitory effect on viruses, mycoplasma, chlamydia, etc. V. Health Benefits: Through osmotic absorption, it creates a medicinal oxygen bar in the pelvic cavity, regulating ovarian endocrine function while promoting blood circulation and removing blood stasis, preventing and resolving diseases caused by qi stagnation and blood stasis, such as fibroids, dysmenorrhea, cysts, lumps, and adhesions.

In summary, the Zimeishu Silver Ion Gynecological Medical Pad perfectly meets women's specific treatment and health needs.

Pharmacological Effects and Clinical Applications of Zimeishu Silver Ion Gynecological Medical Pads

Zimeishu Silver Ion Gynecological Medical Pads are a high-tech gynecological product approved for production by the Shaanxi Food and Drug Administration. It is a new product promoted nationwide by the All-China Federation of Trade Unions in Document No. 7 of 2001. Over the past decade, it has been widely used by nearly 10 million women in 31 provinces and municipalities across China, proving its popularity. Zimeishu Silver Ion Medical Pads use silver ions and pure traditional Chinese medicine ingredients as raw materials, manufactured with internationally leading high-tech medical technology. They effectively prevent female reproductive system diseases and improve overall immunity. Although the dosage form is similar to sanitary napkins, it is not a substitute. It utilizes the unique physiological characteristics of women to allow for full penetration and absorption of the medication. Safe, effective, and convenient to use, it can be used as a long-term self-protection product for women. This product has been marketed in more than a dozen countries and regions worldwide.

I. The ingredients of Zimeishu Silver Ion Gynecological Medical Pads are: silver ions and dozens of traditional Chinese medicine extracts (*Angelica sinensis*, *Poria cocos*, *Cnidium monnieri*, *Phellodendron chinense*, *Codonopsis pilosula*, *Stemona japonica*).

II. Pharmacological Actions: It has bactericidal, debriding, tissue-regenerating, nourishing, endocrine-regulating, and immunity-enhancing effects.

1. Bactericidal: It has a strong bactericidal effect against bacteria, viruses, mycoplasma, chlamydia, fungi, and protozoa.

2. Debriding: Utilizing the mild stimulating effect of traditional Chinese medicine, it causes vaginal smooth muscle contraction, which is conducive to the elimination of blood stasis, toxins, and pathogens.

3. Tissue Regeneration: It invigorates blood circulation and removes blood stasis, promotes the metabolism of vaginal mucosal cells, and facilitates the rapid repair and regeneration of

inflamed and ulcerated vaginal mucosa.

4. **Maintaining Vaginal pH and Bacterial Balance:** Due to its bactericidal effect and promotion of vaginal cell metabolism, it maintains vaginal flora balance, preventing and treating vaginal inflammation; at the same time, it increases lactic acid in the vagina, restoring the vaginal pH balance and maintaining the vaginal pH between 3.8 and 4.4, thereby enhancing the vagina's self-cleaning function and protecting the barrier function of the vaginal wall and cervix.

5. **Nourishing effect:** Traditional Chinese medicine acts directly on the external genitalia, enhancing their elasticity and resilience, making them less susceptible to bacterial invasion, while maintaining the physiological barrier function of the vulva.

Regulating endocrine function and enhancing immunity: Due to the penetration and absorption of traditional Chinese medicine, it acts on endocrine organs such as the ovaries through blood circulation, enabling them to perform their normal physiological functions. It is particularly effective in regulating the immune function of young women caused by mental and psychological stress.

III. Clinical Applications: Women are a great force driving social progress and civilization. Without the liberation of women, there is no liberation of all humankind; without the advancement of women's causes, there is no progress for the whole society. Women are the mothers of all humanity, and healthy women guarantee a healthy future for humanity. Women's reproductive health is a new concept that has emerged in recent years, and our entire society must pay attention to women's physical and mental health and reproductive health.

1. We usually refer to external genital hygiene and health as the first physiological barrier. It's difficult to wash our hands before every toilet visit because our hands come into contact with everything, carrying various pathogenic and infectious bacteria. Furthermore, sexual activity, abortion, and childbirth damage the hymen, vulvar mucosa, and vulvar skin, disrupting the physiological barrier of the vulva. If women use Zimeishu gynecological panty liners, the physiological function of this first barrier is preserved, and external diseases such as vulvitis, vulvar eczema, and vulvar itching can be prevented and treated.

2. Prevention and Treatment of Vaginal Infections, Trichomonas Vaginitis, and Various Types of Vaginitis:

Currently, there are no very effective drugs or measures to prevent various types of vaginitis. Once infected, medication and physical therapy are often used, which are very effective in the acute phase. However, these methods have side effects: they damage the physiological functions of the vaginal wall, cervical barrier, and pH balance, making various types of vaginitis prone to recurrence. Zimeishu gynecological pads not only prevent and treat various types of vaginitis but also compensate for the negative effects of medication and physical therapy.

3. Prevention and Treatment of Cervicitis and Cervical Erosion:

Cervicitis and cervical erosion in women are often caused by a combination of factors, including poor hygiene, unclean sexual practices, premature sexual activity, and invasion of various pathogens. In recent years, the main cause is believed to be male phimosis (tight foreskin). Because of phimosis, urine, semen, and sweat accumulate in the coronal sulcus of the penis (this substance is medically called smegma). In the acidic environment, this can lead to cervicitis, cervical erosion, and even cervical cancer. Since the vagina is an acidic environment, unclean sexual activity easily causes cervicitis, cervical erosion, and even cervical cancer. Zimeishu gynecological pads can effectively prevent and treat cervicitis, cervical erosion, and cervical cancer.

4. Regulate endocrine system, prevent and treat menstrual disorders, and improve immunity:

Currently, due to various reasons, many women experience increased psychological stress and are in a state of chronic tension, leading to endocrine disorders, menstrual irregularities, and decreased immunity. Symptoms include insomnia, poor concentration, difficulty studying, loss of appetite, and various stomach ailments. Zimeishu gynecological pads can regulate and prevent these diseases.

5. Prevention and treatment of various sexually transmitted diseases (STDs):

Due to various reasons, the incidence of STDs in my country is rising sharply. There are many contributing factors, but the widespread practice of unprotected sex between men and women is likely a major one. Using Zimeishu gynecological panty liners can help women prevent and treat various STDs and significantly reduce their incidence.

Several common gynecological diseases

Vaginitis

Vulvitis and vaginal inflammation are common gynecological diseases that can occur in all age groups. The vulva and vagina are adjacent to the urethra and anus, making them moist and susceptible to contamination. Women of reproductive age have more frequent sexual activity, and the vulva and vagina are the passageways for childbirth and intrauterine procedures, making them prone to injury and infection by external pathogens. Postmenopausal women and infants have lower estrogen levels and weaker local resistance, also making them more susceptible to infection.

Although a variety of bacteria exist in the normal vagina, they do not cause disease due to the ecological balance between the vagina and these flora. Lactobacilli, estrogen, and vaginal pH play important roles in maintaining this ecological balance. Under physiological conditions, estrogen causes the vaginal epithelium to proliferate and thicken, increasing intracellular glycogen content. Vaginal epithelial cells break down glycogen into monosaccharides, and vaginal lactobacilli convert monosaccharides into lactic acid, maintaining the normal acidic environment of the vagina between pH 3.8 and 4.4, inhibiting the growth of pathogens — a process known as vaginal self-cleaning. Once the vaginal ecological balance is disrupted or external pathogens invade, inflammation can occur. If estrogen levels decrease or the vaginal pH increases, such as with frequent sexual intercourse (because semen is alkaline, the vaginal pH can rise to 7.2 and remain there for 6-8 hours after intercourse) or vaginal douching, the vaginal pH will increase, which is unfavorable for the growth of lactobacilli. Furthermore, long-term use of antibiotics to inhibit lactobacillus growth, or a weakened immune system, can allow other pathogenic bacteria to become dominant, causing inflammation.

While normal women also have a certain amount of vaginal discharge, this discharge is clear, transparent, odorless, and does not cause vulvar or vaginal irritation. Besides vulvovaginitis, diseases such as cervicitis can also lead to increased vaginal discharge. Therefore, women with abnormal vaginal discharge should undergo a comprehensive gynecological examination.

Trichomoniasis

I. Pathogen

This is a common type of vaginitis caused by *Trichomonas vaginalis*. This parasite thrives in environments with temperatures between 25 ° C and 40 ° C and a pH below 5 or above 7.5. Changes in vaginal pH before and after menstruation often trigger inflammation. This parasite consumes or engulfs glycogen in vaginal epithelial cells, inhibiting lactic acid production and increasing vaginal pH. This parasite not only parasitizes the vagina but also frequently invades the urethra, paraurethral glands, renal pelvis, male foreskin, urethra, or prostate.

II. Transmission Methods:

1. Direct transmission through sexual intercourse: Since infected men are often asymptomatic, they are a common source of infection.
2. Indirect transmission: Through public baths, bathtubs, towels, swimming pools, toilet seats, contaminated clothing, instruments, and dressings.

III. Clinical Manifestations:

The incubation period is 4 – 28 days; 25% – 50% of patients are asymptomatic in the early stages of infection. The main symptoms after infection are increased vaginal discharge and vulvar itching, which may be accompanied by burning, pain, and dyspareunia. The discharge is typically thin, purulent, yellowish-green, frothy, and foul-smelling. When combined with other infections, the discharge is yellowish-green, but due to the anaerobic fermentation of sugars by *Trichomonas vaginalis*, it becomes frothy and foul-smelling. Common symptoms of urinary tract infection include frequent urination, painful urination, and hematuria. *Trichomonas vaginalis* can engulf sperm, leading to infertility. Examination reveals vaginal congestion; in severe cases, scattered bleeding points may be present, and even blood spots may appear on the cervix, forming a "strawberry-like" cervix. The posterior fornix contains a large amount of leukorrhea, which is

grayish-yellow, yellowish-white, thin, liquid, or purulent, often frothy.

IV. Diagnosis:

Typical cases are easy to diagnose; finding *Trichomonas vaginalis* in the discharge confirms the diagnosis. The simplest method is to place a drop of 0.9% sodium chloride solution on a slide, collect typical discharge from the vaginal wall, mix it with the 0.9% sodium chloride solution, and immediately search for *Trichomonas vaginalis* under a low-power microscope. This method has a sensitivity of 60%-70%. If the symptoms are typical but the infection is not found, culture can be performed, with a diagnostic rate of 98%.

V. Treatment:

1. Systemic medication: Systemic medication can be used for patients with concurrent urethral, paraurethral gland, and Bartholin's gland infections. Metronidazole 2.0g, single oral dose; Tinidazole 2.0g, single oral dose; Metronidazole 0.4g, twice daily for 7 days. The cure rate with oral medication is 90%-95%. Alcohol consumption is prohibited during tinidazole treatment and for 3 days after discontinuation. Breastfeeding is not recommended during medication.

2. Local medication: Metronidazole effervescent tablets, inserted vaginally before bedtime. One course of treatment is 7 days.

3. Treatment of sexual partners: Sexual partners should be treated simultaneously. Sexual intercourse is prohibited during treatment.

VI. Prevention:

Pay attention to hygiene and use of Zimeishu Silver Ion Medical Pads.

Vulvovaginal candidiasis

It is a common vulvovaginal inflammation caused by *Candida albicans*. Epidemiological surveys show that approximately 75% of women have had this condition at least once, and 45% have experienced it more than twice.

I. Pathogen and Predisposing Factors:

The pathogen is *Candida albicans*, which thrives in vaginal pH conditions less than 4.5 and dies when heated to 60° C for one hour.

Pathogenic Conditions:

This fungus is present in the vagina of 10%-20% of non-pregnant women and 30% of pregnant women, but rarely causes disease. Symptoms only appear when systemic and vaginal immunity is weakened and *Candida albicans* proliferates excessively.

Common contributing factors include:

1. Use of broad-spectrum antibiotics. Pregnancy. Diabetes and extensive use of immunosuppressants.
2. Long-term use of antibiotics inhibits the growth of lactobacilli, which is conducive to the proliferation of *Candida albicans*; during pregnancy and diabetes, the body's immunity decreases, vaginal glycogen increases, and acidity increases, which is conducive to the growth of *Candida albicans*.
3. Extensive use of immunosuppressants, such as glucocorticoids or immunodeficiency syndrome, reduces the body's resistance.
4. Long-term use of contraceptives, wearing tight-fitting synthetic underwear, and obesity are all conducive to the growth of *Candida albicans*.

II. Routes of Transmission:

1. Primarily endogenous transmission: *Candida albicans*, as an opportunistic pathogen, acts on the vagina, oral cavity, and intestines, causing infection under suitable conditions. These three sites can transmit the infection to each other.

2. A small percentage of cases can be transmitted directly through sexual intercourse.

3. Very rarely, indirect transmission occurs through contact with contaminated objects.

III. Clinical Manifestations:

The main symptoms include vulvar itching, burning pain, dyspareunia, and dysuria. Some patients experience increased vaginal discharge, which may be thick, white, curd-like, or resemble cottage cheese. Gynecological examination reveals vulvar erythema and edema, with frequent scratch marks; in severe cases, skin fissures and epidermal peeling may be observed.

IV. Diagnosis:

This bacterium can be detected using wet mounts of 0.9% sodium chloride solution or 10% potassium hydroxide solution. Culture methods can also be performed. pH measurement is of significant diagnostic value; a pH less than 4.5 may indicate a simple infection; a pH greater than 4.5 may indicate a mixed infection.

V. Treatment:

1. Eliminate the underlying cause.

2. Treatment of uncomplicated infections: Azole antibiotics are more effective than nystatin.

Topical medication: Miconazole suppositories: 1 suppository (200mg), one suppository nightly for 7 days; or 1 suppository (400mg), one suppository nightly for 3 days; Clotrimazole suppositories: one suppository nightly (150mg), one suppository nightly for 7 days; Nystatin suppositories: one suppository nightly (100,000 units), one suppository nightly for 10-14 days.

Systemic medication: Oral medication can be used for those who cannot tolerate topical medication, unmarried women, or those who do not wish to use topical medication. Fluconazole

150mg once daily. Itraconazole 200mg once daily for 3-5 days.

3. Treatment of complicated Candida infections:

In severe cases, both topical and oral medications require prolonged treatment. (Topical medication can extend the treatment period by 7-14 days; if oral fluconazole 150mg is used, an additional dose should be taken every 72 hours.)

Candidiasis is defined as 4 or more symptomatic outbreaks diagnosed as Candida infection within one year. The incidence rate is 5%. Topical treatment can extend the treatment period by 7-14 days; if oral fluconazole 150mg is used, an additional dose should be taken on days 4 and 7, or 150mg once a week for 6 months; or clotrimazole suppositories 500mg once a week for 6 months. For pregnant women with Candida infection, one suppository daily for one week can be used.

4. Treatment of sexual partners: Routine treatment of sexual partners is not necessary, but partners with symptoms still need treatment.

VI. Prevention: Use of Zimeishu Silver Ion Medical Pads.

Sexually Transmitted Diseases (STDs)

STDs are also known as venereal diseases. Pathogens include eight categories: bacteria, viruses, spirochetes, mycoplasma, chlamydia, fungi, protozoa, and parasites. Traditionally, the term STD only included five types: fungal infections, gonorrhea, chancroid, barbiturates, and venereal cysts. In 1973, the World Health Organization decided to replace the term "venereal disease" with STD, encompassing diseases that can be transmitted through various sexual contacts, including: in addition to the above five, non-gonococcal urethritis, genital herpes, condyloma acuminata, trichomoniasis, pubic lice, scabies, candidiasis, molluscum contagiosum, AIDS, and hepatitis B, among others. In 1964, at a scientific symposium held in Beijing with international participants, my country announced that it had almost eradicated STDs. With the reform and opening up, the incidence of STDs in my country has increased exponentially, with gonorrhea being the leading cause. The eight STDs that my country focuses on monitoring are syphilis, gonorrhea, AIDS, condyloma acuminata, chancroid, lymphogranuloma venereum, genital herpes, and non-gonococcal urethritis.

I. Causative Agent of Gonorrhea:

Gonorrhea is caused by Gram-negative *Neisseria gonorrhoeae* (gonococci). It is a sexually transmitted disease primarily manifesting as purulent infection of the genitourinary system. It has a specific affinity for columnar epithelial cells and transitional epithelial cells.

II. High-Risk Factors:

1. Age: The disease can occur at any age, but is most common between 20 and 30 years old. This is related to their exposure to Western sexual liberation, susceptibility to sexually transmitted infections (STIs), and lack of knowledge about STI prevention.
2. More common in urban areas than rural areas, especially in more open cities.
3. The more sexual partners one has, the higher the incidence rate.
4. Those who do not use contraception.

5. The incidence rate increases with the use of intrauterine devices (IUDs) due to increased opportunistic infections and decreased intrauterine defenses.

6. Occupation: Those working in foreign-related fields, self-employed individuals, drivers, frequent business travelers, and migrant workers, etc.

III. Transmission Routes:

Gonorrhea is almost entirely transmitted through sexual intercourse via mucous membranes. Most cases involve males initially infecting the female; indirect transmission can also occur through contaminated clothing, toilet seats, etc.; it can also be transmitted through blood and iatrogenic transmission. Cervical canal infection is the most common site. Gonorrhea bacteria, with pili on their surface, adhere to sperm and enter the cervical canal, causing inflammation within the columnar epithelial cells, leading to epithelial cell necrosis and shedding, increased white blood cell count, and the formation of pus.

IV. Clinical Manifestations:

Increased purulent vaginal discharge; examination reveals cervical os erosion, congestion, tenderness, and purulent secretions. It is often accompanied by urinary tract infection symptoms, with redness and swelling of the urethral opening and vestibular glands, accompanied by purulent discharge. Severe cases can cause acute pelvic inflammatory disease, and in pregnancy, it can lead to premature rupture of membranes, intrauterine infection, premature birth, postpartum endometritis, neonatal gonococcal conjunctivitis, and panophthalmitis, potentially resulting in blindness. The initial site of infection is not only the genitals, the site of direct sexual contact, but can also be the lips, tongue, tonsils, and porta hepatis.

V. Diagnosis:

A Gram-stained smear and culture of cervical secretions taken from the cervical canal are sufficient for diagnosis if typical diplococci are visible.

VI. Treatment:

1. The treatment principle is timely and adequate use of antibiotics and regular medication. Because penicillinase-producing gonococci account for over 5% of cases in China, penicillin is not currently the first-line drug. Instead, ceftriaxone sodium 1.0g intramuscularly or 2.0g intravenously is used for 7-10 days. A cure is achieved if three consecutive cervical smears are negative within two weeks after treatment. If positive, it is treated as a drug-resistant strain infection, requiring culture and drug change, or cefotaxime sodium 1.0g intramuscularly for 7 days.

2. Newborns of mothers with gonorrhea should receive 1% silver nitrate eye drops and ceftriaxone sodium 25-50mg/kg intramuscularly or intravenously.

3. Zimeishu silver ion medical pads are used for prevention and adjunctive treatment.

Chronic Cervicitis

Cervicitis is a common inflammation of the female lower genital tract. Chronic cervicitis often develops from chronic cervicitis. Under normal circumstances, the cervix has defensive functions, including cervical mucosal immunity, humoral immunity, and cellular immunity, forming an important line of defense for the lower genital tract. However, the cervix is also easily damaged by sexual intercourse, childbirth, and intrauterine procedures. The single-layered columnar epithelium of the cervical canal has poor resistance to infection, making it prone to infection. Clinically, the most common type of cervicitis is cervical canal mucositis. If not treated promptly and thoroughly, it can lead to inflammation of the upper genital tract.

I. Etiology and Pathogens:

1. Sexually Transmitted Disease Pathogens: *Neisseria gonorrhoeae* and *Chlamydia trachomatis*.
2. Endogenous Pathogens: Some cervicitis pathogens are related to bacterial vaginosis and *Mycoplasma genitalium* infection.

The pathogens of some cervicitis cases are unclear.

II. Pathological Changes:

1. Cervical Erosion: This is the most common pathological change in chronic cervicitis. The vaginal portion of the cervix at the external cervical opening appears as a granular, red area, known as cervical erosion. In the early stages of inflammation, the eroded surface is covered only by a single layer of columnar epithelium, with a flat surface, called simple erosion. Subsequently, due to excessive proliferation of glandular epithelium accompanied by stromal hyperplasia, the eroded surface becomes uneven and granular, called granular erosion. When stromal hyperplasia is significant, the uneven surface becomes more pronounced, appearing papillary, called papillary erosion.

2. Cervical Hypertrophy: Due to long-term stimulation from chronic inflammation, the cervical tissue becomes congested and edematous, with glandular and stromal hyperplasia,

causing varying degrees of cervical hypertrophy. Finally, due to the proliferation of fibrous connective tissue, the cervix becomes harder.

3. Cervical polyps: Long-term stimulation from chronic inflammation causes local mucosal hyperplasia in the cervical canal. The uterus's tendency to expel foreign objects causes the hyperplastic mucosa to gradually protrude from the base towards the external os of the cervix, forming polyps. There may be one or more polyps, generally about 1 cm in diameter, red, umbrella-shaped, soft and fragile, prone to bleeding, and with a thin stalk. Recurrence is common after removal.

4. Cervical glandular cysts: During the healing process of cervical erosion, newly formed squamous epithelium covers or extends into the cervical gland openings, blocking them. Obstructed drainage of glandular secretions leads to retention and cyst formation. Examination reveals multiple bluish-white small vesicles protruding from the cervical surface, containing colorless mucus. If the cysts are infected, they appear as white or light yellow small vesicles. Cervicitis, also known as endocervicitis, is a condition where the lesion is limited to the cervical mucosa and submucosal tissue. The vaginal portion of the cervix appears smooth, with only purulent discharge blocking the external os of the cervix. Sometimes, the cervical canal mucosa proliferates and protrudes outward, and the cervical os appears congested and red.

III. Clinical Manifestations:

Most patients are asymptomatic. Symptomatic patients mainly present with increased vaginal discharge, which is mucopurulent. The discharge can cause vulvar itching and burning. Vaginal bleeding and postcoital bleeding may also occur, along with symptoms of urethritis, lumbosacral pain, and pelvic pain. Infertility can also be caused.

IV. Diagnosis:

1. Two characteristic signs:

A. Purulent discharge is visible to the naked eye on the cervical canal or on a cervical canal swab sample.

B. Bleeding can be induced in the cervical canal when swabbing with a cervical swab.

2. Pathogen examination.

3. Grading of Cervical Erosion: Cervical erosion is classified into three degrees based on the size of the eroded area. Mild (Grade 1): Erosion covering less than one-third of the cervical area; Moderate (Grade 2): Erosion covering one-third of the cervical area; Severe (Grade 3): Erosion covering more than two-thirds of the cervical area. Based on the depth of erosion, it is classified as simple, granular, or papillary.

V. Treatment:

1. Antibiotic Therapy: Effective in the acute phase, using intravenous infusions of penicillin, cephalexin sodium, azithromycin, ofloxacin, etc. Antibiotics can be used concurrently with dexamethasone, with oral dexamethasone 0.7mg three times daily. Before discontinuing medication, ensure the dexamethasone dosage is gradually reduced.

2. Physical Therapy: Physical therapy is most commonly used for chronic inflammation (laser, cryotherapy, infrared therapy, microwave therapy, etc.). Generally performed 3-7 days after menstruation ends; contraindicated in the acute phase. Slight bleeding may occur 1-2 weeks post-surgery during scab shedding. Avoid tub baths, sexual intercourse, and vaginal douching for 4-8 weeks post-surgery.

3. Interferon or traditional Chinese medicine can be used for the chronic phase.

4. Surgical Treatment.

5. Prevention and Adjunctive Treatment: Zimeishu Silver Ion Gynecological Medical Pads.

Cervical Cancer

An average of 136,000 people in my country are diagnosed with cervical cancer each year, and 60,000 die from it annually.

Cervical cancer is associated with the following factors:

1. Early marriage, early childbirth, and multiple pregnancies.
2. Poor sexual hygiene: Smegma in the male foreskin can become a carcinogen in the acidic environment of the vagina.
3. Chronic cervical diseases: Such as lacerations, eversion, erosion, and long-term stimulation from chronic inflammation.
4. Human papillomavirus (HPV) infection.

HPV16 – causes squamous cell carcinoma; HPV18 – causes adenocarcinoma.

Pathological findings: In the early stages, the appearance may be normal or eroded, further developing into a tumor. Approximately 95% are squamous cell carcinomas, with other types including adenocarcinoma and adenosquamous carcinoma. Cervical cancer can occur at any age, but its incidence increases significantly in those over 30 years of age. It is most common between 45 and 55 years of age, but in recent years it has been trending towards affecting younger women.

Early symptoms: There may be no symptoms. Early clinical symptoms include slight contact bleeding, postmenopausal intermittent bleeding, or increased vaginal discharge, sometimes bloody.

Late-stage symptoms:

Bleeding: Cauliflower-like growths bleed outwards; inward infiltration leads to later bleeding.

Discharge: Serous-bloody discharge; during infection, there may be copious purulent or rice-water-like foul-smelling leukorrhea.

Pain: Indicates significant infiltration around the cervix, affecting bone and nerves. Deep, drilling pain in the lower abdomen, groin, and groin, which may radiate to the lower extremities.

Urinary tract: May present with urinary frequency, dysuria, hematuria, urinary incontinence, uremia, etc.

Cachexia: Anemia; during infection, there may be weight loss and fever.

Early diagnosis: A gynecological examination every one to two years, including a cervical smear for cytology, is recommended. When possible, a TCT (ThinPrep Cytologic Test) can be performed.

Early treatment: Early treatment can achieve a 100% success rate.

Prevention: Actively treat and prevent cervical diseases.

Pelvic Inflammatory Disease (PID)

PID refers to a group of infectious diseases of the female upper reproductive tract, mainly including endometritis, salpingitis, tubo-ovarian cysts, and pelvic peritonitis. The inflammation may be localized to one site or affect several sites simultaneously, with salpingitis and tubo-ovarian inflammation being the most common. If not treated promptly and thoroughly, it can lead to infertility, ectopic pregnancy, chronic pelvic pain, and recurrent inflammation, thus seriously affecting women's reproductive health and increasing the economic burden on families and society.

I. Natural Defense Functions of the Female Reproductive Tract:

The female reproductive tract possesses relatively complete natural defense functions due to its anatomical, physiological, biochemical, and immunological characteristics.

1. The labia majora naturally close, concealing the vaginal opening and urethral opening.
2. Due to the action of the pelvic floor muscles, the vaginal opening closes, and the anterior and posterior vaginal walls adhere tightly, preventing external contamination. The protective function of the vaginal walls and the acid-base balance within the vagina also play a protective role.
3. The cervix is tightly closed, and the columnar epithelium of the cervical canal secretes mucus, forming a gelatinous mucus plug. The mucosa forms folds, ridges, or crypts, acting as a mechanical barrier against upper reproductive tract infections. Simultaneously, the mucus contains lactoferrin and lysozyme, which inhibit bacterial invasion.
4. The periodic shedding of the endometrium is also a favorable condition for clearing intrauterine infections. At the same time, the endometrial fluid contains lactoferrin and lysozyme, which prevent bacterial invasion.
5. The movement of cilia from the fallopian tube mucosal epithelial cells towards the uterine cavity and the peristalsis of the fallopian tubes both help prevent pathogen invasion. The mucus

also contains lactoferrin and lysozyme, which defend against bacterial invasion.

II. Pathogens:

1. Exogenous pathogens: Primarily sexually transmitted pathogens, such as *Neisseria gonorrhoeae*, *Chlamydia trachomatis*, and *Mycoplasma*.

2. Endogenous pathogens: Aerobic and anaerobic bacteria residing in the vagina, often resulting in mixed infections.

III. Routes of Infection:

1. Ascending along the reproductive tract mucosa.

2. Spreading via the lymphatic system.

3. Spreading via the bloodstream.

4. Spreading along the circulatory system.

IV. High-Risk Factors:

1. Age: Peak incidence is between 15 and 25 years old. This may be related to sexual activity, physiological outward displacement of the cervical columnar epithelium, and poor mechanical function of cervical mucus.

2. Sexual Activity: Frequent sexual activity, young age at first intercourse, multiple sexual partners, and sexual partners with sexually transmitted diseases.

3. Lower genital tract infection.

4. Pelvic intracavitary surgical procedures.

5. Poor sexual hygiene, intercourse during menstruation, and use of unclean menstrual pads and toilet paper.

6. Direct spread of inflammation from adjacent organs.
7. Recurrent acute exacerbations of pelvic inflammatory disease.

V. Clinical Manifestations:

Common symptoms include lower abdominal pain, fever, increased vaginal discharge, and lower back pain. The abdominal pain is persistent or worsens after intercourse; menstrual irregularities include heavy menstrual bleeding and prolonged periods; if an abscess forms, a mass may be present, causing urethral and rectal irritation symptoms.

Gynecological Examination: Cervical motion tenderness, tenderness of the uterus and adnexa, cervical congestion, and edema.

VI. Diagnosis:

A preliminary diagnosis can be made based on medical history, symptoms, signs, and laboratory tests. However, due to the wide variation in clinical manifestations of pelvic inflammatory disease, the accuracy of clinical diagnosis is not high. A definitive diagnosis is made based on the following criteria:

1. Positive cervical motion tenderness, and tenderness of the uterus or adnexa.
2. Oral temperature 38°C.
3. Purulent discharge from the cervix and vagina.
4. Elevated erythrocyte sedimentation rate (ESR).
5. Laboratory tests: presence of gonococci or chlamydia.
6. Ultrasound examination.
7. Laparoscopy.

VII. Differential Diagnosis:

1. Acute or chronic appendicitis.
2. Ectopic pregnancy.
3. Ovarian cyst torsion or rupture.

VIII. Treatment:

1. Antibiotic Treatment:

Treatment Principles: Broad-spectrum, timely, and individualized treatment.

Ofloxacin 0.4g intravenous drip, twice daily; Levofloxacin 0.2g intravenous drip, twice daily; concurrently, metronidazole 0.4g, 2-3 times daily, for 14 days; Ceftriaxone sodium 2.0g intravenous drip, once daily, for 14 days.

2. Traditional Chinese Medicine Treatment: Primarily for promoting blood circulation, removing blood stasis, clearing heat, and detoxifying. (e.g., Yinqiao Jiedu Decoction, Angong Niuhuang Pill, Zixue Dan)

3. Physical Therapy: Shortwave, ultrashortwave, microwave, laser, phototherapy.

4. Surgical Treatment:

Indications: Ineffective drug treatment, persistent abscess, abscess rupture.

Surgical Procedures: Abdominal or laparoscopic surgery may be performed.

IX. Prevention and Adjunctive Treatment: Use of Zimeishu Gynecological Pads.

Scientific Treatment is Essential

1. Existing Problems:

1) Overtreatment: Repeated rinsing, douching, and medication use damage the vaginal environment. Thirty years ago, the International Society of Obstetrics and Gynecology proposed

that the treatment of vaginitis should aim to restore the balance of the vaginal environment.

2) Current chemical drugs and physical therapies cause significant damage to the vaginal mucosa, creating a vicious cycle: mild inflammation—vaginal medication—mucosal damage—reinfection—increased medication—further damage...

3) Antibiotics are being upgraded too quickly, leading to a continuous increase in drug-resistant strains, especially carcinogenic bacteria that persist in the vagina, causing cancer.

2. Advocating Comprehensive Treatment:

This information has been published in gynecological health journals and on many websites.

(1) Take Western medicine orally for 6 days during menstruation, following the instructions.

(2) After menstruation, use a Chinese herbal pad for 24 days, two pads per day, each pad for 3 hours.

(3) After menstruation, apply a hot compress to the lower abdomen once a day for 30 minutes each time.

Cost Comparison:

	Past	Current
Pelvic inflammatory disease	Treatment for three months: 4200 yuan	Comprehensive treatment: 600 yuan
Postpartum Period	Postpartum care services from 5,000 to 10,000 yuan	Medicine pad for 2 months of prevention costs only 500 yuan
Prevention	The average annual cost of check-ups and treatments exceeds 1000 yuan	prevention only costs 240 yuan per year

Prevention is key:

1. Early detection: Annual gynecological examination, including Pap smear and qualitative analysis.

2. Early treatment: Comprehensive treatment is encouraged.

3. Arrange hygiene training for female employees.

4. Strengthen public personal safety:

After visiting public swimming pools, bathhouses, saunas, massage parlors, hotels, etc., or using public toilets, promptly use a special sanitary product.

5. Strengthen clinical personal safety for female employees:

Within 56 days postpartum.

Within one month after abortion.

Within half a month after IUD insertion/removal.

Within two months after microwave, cauterization knife, or laser treatment.

Within two months after cone biopsy.

Within one week after a gynecological examination.

After unsafe sexual activity.

Use a special sanitary product – Zimeishu.

Female physiological characteristics and hygiene products

A woman's physiological characteristics are determined by ovarian function

Menstruation, pregnancy, childbirth, and breastfeeding.

Menstruation: This is vaginal bleeding caused by the monthly shedding of the uterine lining under the influence of ovarian hormones. It occurs every 22-35 days, lasting 3-5 days each time. The flow is 50-80ml, dark red, and without clots (a small amount of uterine lining may be present). Conversely, if it is early or late, heavy or light, bright red, black, contains clots, or is accompanied by abdominal pain, it is abnormal.

During menstruation, the following factors contribute to increased susceptibility:

1. The reproductive tract is relaxed and open;
2. Pelvic blood vessels are dilated and congested;
3. Menstrual blood alters the vaginal protective environment;
4. The uterine lining sheds, creating a wound that remains for 5-7 days;
5. Bloodstains on the vulva provide a breeding ground for bacteria.

These physiological vulnerabilities create a susceptible period for ascending infections, leading to a high incidence of gynecological diseases. A woman's susceptible period lasts for up to 5 years throughout her life.

Special precautions during menstruation are as follows:

1. Change sanitary pads promptly. Wash hands with soap and running water before handling menstrual fluids.
2. Wash the vulva with clean water every night.
3. Avoid getting chilled: Avoid working in cold water, working in low temperatures, taking

cold showers, swimming, and drinking cold drinks. Wear warm clothing, especially for the abdomen, waist, and feet. Chills can cause blood vessels to constrict, leading to stagnation of menstrual blood, which in turn causes pain.

4. Avoid fatigue, strenuous physical labor, vigorous sports, and working at heights. Pay attention to the protection of adolescents, avoiding dance training, tug-of-war, somersaults, and lifting heavy objects. Excessive abdominal pressure can hinder menstrual flow, causing backflow into the abdomen, leading to dysmenorrhea.

5. Avoid unnecessary gynecological examinations, vaginal insertions, douching, and other treatments. Gynecological surgeries and dental extractions are not recommended. Blood donation should also be avoided to prevent intrauterine infection and excessive bleeding.

6. From the first two days of bleeding until it stops, sexual intercourse should be avoided during this period:

- a. Most semen contains bacteria, especially smegma which contains carcinogens (HPV).
- b. Abdominal pressure can cause endometrial reflux, leading to endometriosis, chocolate cysts, etc.
- c. Sexual activity can cause excessive menstrual bleeding.
- d. Semen combines with red blood cells to form antisperm antibodies, leading to intractable infertility.

7. During the three days before and four days after menstruation, immune function is at its lowest, and the endometrium is congested and unrepaired. Using a special sanitary product daily is crucial for preventing infection. It not only promotes blood circulation and removes blood stasis, ensuring thorough emptying of the endometrium, but also repairs the endometrium and restores the vaginal pH balance as soon as possible.

Protection for adolescent girls:

Ages 13-18: The ovaries develop towards maturity, eventually reaching full maturity; this stage is puberty.

Characteristics of this period: Social environment promotes early maturation, menarche occurs earlier, girls are in a state of sexual confusion, lack knowledge about reproduction, and are most susceptible to unintended pregnancy and reproductive tract infections.

The following are some protective tips:

1. Sex education: Human biological attributes are built upon ethics and morality. Recognize the differences between men and women, avoid overly revealing clothing, practice self-respect and self-love, be cautious in making friends, learn self-protection, learn to refuse others, and understand contraception.
2. Properly manage menstruation: Maintain menstrual hygiene, avoid cold, avoid fatigue, and abstain from sexual activity.
3. Enhance social and personal safety: Consider the hygiene conditions of entertainment venues, public baths, public bathhouses, toilets, beauty salons, tattoo parlors, and places where you get your ears pierced.
4. Once you have sexual intercourse, pay attention to sexual hygiene.
5. If you become pregnant, do not have an abortion to prevent infection and accidents.
6. After any gynecological surgery or when in contact with unsanitary environments, use a special sanitary protective product—Zimeishu.
7. Treat dysmenorrhea promptly and correctly: Consult the instructor for details.

Special Pregnancy Protection:

1. Before trying to conceive, treat any gynecological conditions to prevent bacteria from consuming sperm and causing sperm abnormalities and fetal malformations. Discontinue all medications and contraceptives for at least six months.
2. Establish perinatal medical records promptly after conception and undergo regular prenatal checkups. Checkup time is counted as working time. During the seventh month of pregnancy, extended working hours and night shifts are prohibited; adequate rest time should be arranged during working hours.
3. Avoid work involving excessive levels of toxic substances, or work in cold water, low temperatures, high temperatures, or at heights. Avoid work involving the production of anticancer drugs, anesthetic gases, or estrogen. Avoid work involving frequent bending, squatting, or climbing (examples).
4. Vulvovaginal candidiasis is most common during pregnancy. Avoid vaginal medications; topical treatment with medicated pads is the first choice.
5. Reduce the frequency of sexual intercourse during early and late pregnancy.

Special Protection During the Postpartum Period:

The postpartum period lasts from the complete delivery of the fetus and placenta until day 56.

Its characteristics include:

1. The mother experiences significant blood and water loss, sweating, and decreased immunity.
2. Pelvic tissues are relaxed, the uterus is enlarged and soft, the cervix is large (like a cuff), the vagina is wide, and edema is present.
3. The endometrium repairs itself in about 10 days, but the wound from placental separation will remain for 56 days, and various birth injuries (episiotomy, forceps injury, vacuum extraction injury) also persist.
4. Lochia, composed of large amounts of endometrial fragments, blood, and secretions, often accumulates due to abdominal relaxation.
5. Due to abdominal relaxation, bowel and bladder emptying is difficult, making it easy for bacteria to spread in the pelvic cavity.

These factors are conditions for the development of acute pelvic inflammatory disease (PID) and are also the initial causes of chronic PID.

Postpartum care measures are as follows:

1. Avoid strenuous activity and lifting heavy objects to prevent uterine prolapse, but moderate activity is permitted to promote lochia discharge.

2. Abstain from sexual intercourse for 56 days.

3. Clean the vulva and use silver ion gynecological medical pads (recommended by the All-China Federation of Trade Unions) sterilized with cobalt-60 irradiation. This helps the uterus contract and recover, promotes the complete discharge of lochia, kills vulvar bacteria, nourishes wounds, and promotes healing. It is especially effective when there are wounds, abrasions, edema, or ulcers on the vulva. (Use from day 10 postpartum to day 56 postpartum)

Special Protection During Menopause:

From age 45 to 55, ovarian function begins to decline until complete aging; this is menopause.

1. Menstruation ceases. This can manifest as early, late, or irregular periods. Menstrual flow may be heavy or light, or it can be sudden cessation of menstruation.

2. Reproductive organs gradually atrophy, cervical and vaginal elasticity decreases, secretions decrease, the vagina's protective acidic environment disappears, leading to senile vaginitis and senile nonspecific urethritis.

3. Vaginal dryness, painful intercourse, decreased libido, and the development of a sub-marital relationship.

4. Disorders in fat, sugar, and calcium metabolism, leading to osteoporosis, hypertension, and diabetes.

5. Women in this period often experience high work and psychological stress, heavy financial burdens, and a lack of proper health care, causing menopause to occur significantly earlier.

Several points to note:

1. Thoroughly treat all kinds of chronic gynecological diseases.

2. Regular check-ups.

3. Menstruation, childbirth, and sexual activity throughout a woman's life can cause imbalances in Qi and blood, dysfunction of internal organs, and damage to the Chong and Ren meridians, leading to gynecological diseases. Therefore, health maintenance should begin at age

35, using traditional Chinese medicine formulas that invigorate Qi and blood, regulate the Chong and Ren meridians, and balance endocrine function for reproductive health. Currently, the All-China Federation of Trade Unions recommends Zimeishu as the first choice. It contains the essence extracts of 38 kinds of traditional Chinese medicine, directly nourishing, protecting, and nourishing Yin. It is absorbed transdermally into the bloodstream, forming a medicinal oxygen bar in the pelvic cavity to nourish the ovaries (it is best to combine it with lower abdominal heat application and Kegel exercises for three consecutive months for better results).

a. Delaying menopause

b. Harmonizing sexual life

c. Treating vaginitis

d. Preventing pelvic congestion and the formation of fibroids / masses

4. Practice contraception to avoid pregnancy during breastfeeding. Condoms are the best option, and an intrauterine device (IUD) can be inserted three months postpartum.

5. Continue breastfeeding. It helps the mother's uterus contract, and for the baby, it provides comprehensive and balanced nutrition while being convenient and hygienic.

Women should take precautions to protect their health in the following situations

1. Three days before and four days after menstruation.
2. Within one week after a gynecological examination.
3. Within two weeks after IUD insertion or removal.
4. Within one month after an abortion.
5. Within 56 days postpartum.
6. Within two months after various light therapy treatments, cervical conization, or polyp removal.
7. After unprotected sex.
8. After visiting contaminated public baths, swimming pools, saunas, massage parlors, foot massage parlors, etc.

Troubleshooting Methods for Several Common Problems

For Reference Only

Vulvovaginal candidiasis (VVC)

- (1) First-line vaginal medication: Daktarin suppositories, one suppository every night for 7 consecutive days;
- (2) Medicated pads, two pads daily for one month, not used during menstruation;

Trichomoniasis

- (1) Metronidazole or Tinidazole 2g, single dose

(Alternative regimen: Metronidazole 400mg orally, 2/day * 7 days; For those unsuitable for systemic medication: Metronidazole vaginal effervescent tablets 200mg/night * 7 days);
- (2) Medicated pads, 2 pads daily, 24 days per month, for one month;

Bacterial vaginosis (BV)

- (1) Metronidazole 400mg orally, twice daily for 7 days

or 0.75% metronidazole (5g) vaginally, twice daily for 5 days;

or 2% clindamycin ointment (5g) vaginally, once nightly for 7 days;

(Alternative: Metronidazole 2g single dose, once daily; or clindamycin 300mg orally, twice daily for 7 days)
- (2) Medicated pads, 2 pads daily, 24 days per month, for one month;

Aerobic vaginitis (AV)

- (1) Local kanamycin and clindamycin are effective in treating AV;
- (2) Medicated pads: 2 pads/day * 24 days

Cervicitis

For Cervicitis Grade I-II:

A: Local suppositories: Choose one of the following: Xiaomiling, Baofukang, or Aibaolu. Use one suppository every other day after menstruation for 7 days. Insert vaginally.

B: Medication pads: One pad each in the morning and afternoon, each pad for 3 hours. This promotes damage repair, drainage of metabolic waste and blood stasis, and restoration of the internal environment.

At grade III, physical therapy:(BBT self-coagulation ultrasound technology, used for condyloma, polyps, erosions, hypertrophy, and lesions) Post-operatively, use medicated pads for one month, 2 pads daily, not during menstruation. Use Baofukang suppositories for one week before and after the procedure;

Pelvic inflammatory disease

- (1) Intravenous antibiotic drip (7 days during menstruation);
- (2) Medicated pad combined with hot compress for 20 days (after menstruation);

(3) Guizhi Fuling capsules: anti-inflammatory, hemostatic, analgesic, used for 10 days after menstruation;

The above treatment cycle lasts for three months.

Dysmenorrhea

(1) During pain: Indomethacin 25mg/day, or Ibuprofen 1 tablet/24h*3 days;

5 days before menstruation: Oral progesterone 10mg/day*5 days (or Yimaxin 100mg/day*5 days, equivalent to injecting 10mg progesterone);

(2) Traditional Chinese medicine: Medicated pad combined with hot compress on the lower abdomen for 20 minutes/day*20 days;

(3) Hormones: A: Progynova 22 days/month*3 months;

B: Contraceptive No. 1 1 tablet/day*22 days*3 months

C: Premarin 1.25/day*22 days, on the 13th day of medication, progesterone 10mg/day*10 days;

(4) For those with poor uterine development: Thyroxine 0.03/day*20 days*3 months orally

(5) Oral traditional Chinese medicine: A: Cold and damp stagnation: Choose one of Nvjing capsules, Wenjing pills, Aifu Nuangong pills, etc.;

B: Qi stagnation and blood stasis: Qizhi Xiangfu Pills, Desheng Pills;

C: Qi deficiency and blood deficiency: Fuke Jindan, Kunshun Pills, Compound Donkey-hide Gelatin Oral Liquid, Fuke Kunbao Pills, etc.;

Endometriosis

The principles are anti-estrogen therapy, analgesia, artificial menopause, and surgical removal.

- (1) Gestrinone capsules: 2.5mg/capsule each time, twice a week, for 6 months;
- (2) Choose one of the following: Sanjie Zhentong capsules, Guizhi Fuling capsules, or Baixiaodan. Soften and disperse nodules, resolve blood stasis and relieve pain. Take for three months;
- (3) To alleviate symptoms: Take progesterone capsules 200mg/day for 10 days before menstruation;
- (4) Apply a medicated pad + hot compress to the lower abdomen for 20 minutes/day for 20 days/month.

Adenomyosis

The principle is the same as for fibroids, anti-estrogen

- (1) Mifepristone or gestrinone or norethindrone, taken for three months (menstruation can be restored after stopping the medication; misoprostol is used to treat heavy bleeding);
- (2) Oral progesterone capsules before menstruation, 200mg/day (Emmaxin)*10 days, for three months;
- (3) 2 medicated pads/day + hot compress on the lower abdomen for 20 minutes/day, for three months;

Ovarian cysts

- (1) Choose one of the following: Jin Gang Teng Granules, Gui Zhi Fu Ling Capsules, Bai Xiao Dan, or Da Huang Zhe Chong Wan, and take it orally for three months;
- (2) Use a medicated pad and apply heat for 20 days each month for three consecutive months;
- (3) Choose surgical treatment depending on the condition;

Uterine fibroids

- (1) Non-surgical treatment: 2 medicated pads/day + hot compress on the lower abdomen for three months; Gongliuxiao, Guizhi Fuling capsules, Baixiaodan, Dahuang Zhechong pills, orally for three months;
- (2) If multiple, large, with heavy bleeding, poor location, and the patient has children, surgical removal may be considered;

Breast problems

- (1) Nipple discharge: often occurs during the use of oral contraceptives, sedatives, or perimenopause, and is mostly physiological;
- (2) Endocrine disorders: lobular hyperplasia, ductal epithelial hyperplasia;
- (3) Intraductal papilloma, breast adenoma, both are pathological;

Treatment of various conditions

- (1) Intraductal papilloma: Surgical excision is necessary.
- (2) Breast hyperplasia: Estrogen-inhibiting drugs can relieve symptoms, such as progesterone. Androgens, danazol, tamoxifen, amantadine, etc.
- (3) For hyperplasia: Rukang patch can be used to soften and disperse nodules. The dosage is 13 times higher than oral medication, faster and with fewer side effects. Oral medications such as Xiaojindan and Xiaoyao Shuxin pills can also be used.
- (4) Patients over 40 years of age suspected of malignancy, patients over 50 years of age with atypical breast hyperplasia (ducts and alveoli), and patients with breast fibroadenoma should all undergo surgical treatment.
- (5) Chronic suppurative mastitis: Physical diathermy, antibiotics, and mass excision.
- (6) Breast tuberculosis: Rest, nutrition, and anti-dampness treatment; excision is necessary when the lesion is >1cm, and total excision should be performed when the lesion occupies 1/4 of the breast.
- (7) Duct ectasia: Corticosteroids and antibiotics; surgical excision is the main treatment for the mass.
- (8) When the cause is unknown: Surgical exploration is very important.

Prevention of breast hyperplasia

(1) Traditional Chinese medicine to regulate endocrine function: Xiaoyao Wan, Rupixiao, etc.;

(2) Medicated pads + hot compress;

(3) Inhibit estrogen and relieve symptoms: Isoflavones, progesterone, androgens, etc.;

Treatment of menorrhagia and dysfunctional uterine bleeding:

(1) Toxamine (tranexamic acid/injection); 2g/day, taken orally twice a day or injected once a day;

Gongxue Ning capsules or Fuke Zhixue Ling, etc.: uterine contraction, hemostasis, anti-inflammatory, hemostasis and discontinuation of medication;

(2) Sex hormone treatment:

A: Adolescence: Contraceptive No. 1 for 20 days * three A: Progesterone 200mg/day (Estrogen-Progesterone) 1/day * 22 days * 3 months

B: Reproductive period: Progesterone 200mg/day (Emmaxin) * 20 days * 3 months;

C: Establishing a menstrual cycle: Premarin 1.25/day * 22 days * 3 months (starting from the fifth day), and starting progesterone 100mg/day * 10 days from the thirteenth day (suitable for premature corpus luteum atrophy, early menstruation, and excessive bleeding);

D: Menopause: Testosterone propionate 100mg intramuscular injection once/day * 5 days, and after bleeding stops, oral administration of 15mg/day, 10mg/day, and 5mg/day, maintaining for 20 days or medroxyprogesterone acetate 10mg/day * 20 days;

(3) Traditional Chinese medicine: Gujing Wan, Anshen Zanyu Wan, Zuogui Wan, Benglouw Wan, Yunnan Baiyao, etc.;

If necessary, curettage, IUD removal, and hysterectomy;

Management of Amenorrhea and Hypomenorrhea

(1) Combined use of estrogen and progesterone: Premarin (estrogen) for 22 days, plus progesterone 200mg/day on day 13 for 10 days; Estradiol (estrogen, progesterone, and androgens) for 22 days for three months;

Contraceptive No. 1 for 22 days for three months

(2) When combined with hypokalemia: Thyroxine 0.03mg/day for 20 days for three months

(3) Medicated pads + hot compresses for three months;

(4) Gynecological Regeneration Pills and Gynecological Kunbao Pills, selected appropriately;

(5) Ovulation-inducing drugs: Clomiphene 100mg/day for 5 days (starting after menstruation)

Causes of dysmenorrhea:

1. High psychological stress; women's vulnerability and sensitivity.

2. Poor development; immature uterus; excessive flexion; obstructed menstrual flow.

3. Ovarian endocrine imbalance; stimulation by prostaglandin E is a major cause of dysmenorrhea.

4. Endometriosis can cause dysmenorrhea.

5. Inflammation can cause dysmenorrhea: cervicitis, endometritis, pelvic inflammatory disease, etc.

Treatment:

1. Use traditional Chinese medicine to unblock meridians, apply medicated pads locally, and apply heat to the lower abdomen.

2. Take appropriate oral traditional Chinese medicine:

For cold-damp stagnation: use Nüjin Capsules, Wenjing Pills, or Aifu Nuangong Pills.

For qi stagnation and blood stasis: use Qizhi Xiangfu Pills or Desheng Pills.

For qi deficiency and blood deficiency: use Fuke Jindan, Kunshun Pills, Compound Donkey-hide Gelatin Oral Liquid, or Fuke Kunbao Pills.

3. For severe pain, add prostaglandin inhibitors.

4. For those with uterine hypoplasia, use thyroid hormone tablets.

5. For those with irregular menstruation, use artificial cycle therapy. Use estradiol or contraceptive pill #2, one tablet daily for 22 days (three months). Use Premarin, 1.25mg daily for 22 days, adding progesterone 10mg/day for 10 days on the 13th day.

6. For those with endometriosis, progesterone can be used to counteract the condition.

Regarding breast hyperplasia and breast cancer:

1. High psychological stress: Stress from employment, finances, raising children, housework, marriage, living alone for extended periods, depression, blood and qi imbalances, stagnation, and eventually, lumps.

2. Environmental pollution:

Chemical pollution from beauty products, hair dyes, and cosmetics.

Food pollution: Contamination of artificially raised eggs, poultry, and meat.

Excessive use of supplements: Misuse of hormone-containing products such as sheep placenta extract, deer placenta cream, and royal jelly.

3. Violation of physiological rhythms: Endocrine disorders caused by sex hormone stimulation. In today's society, there are many cases of sexual activity without marriage, infertility, pregnancy without childbirth, and childbirth without breastfeeding. For example, miscarriage disrupts the ovarian secretion cycle, causing hormonal imbalances, resulting in irregular and insufficient breast filling and shrinkage, leading to hyperplasia and lumps.

4. Long-term breast hyperplasia can sometimes transform into cancer.

5. Family history of breast cancer.

6. Obese middle-aged women and those with high-fat diets are more prone to this condition.

To prevent breast cancer, four key points should be observed:

1. Learn self-examination techniques for early detection and timely surgery.

2. Emotional adjustment: cultivate a positive outlook, let go of ego, shift focus, vent emotions, and maintain a harmonious sex life.

3. Live according to physiological rhythms: manage pregnancy, childbirth, and breastfeeding; avoid abortions.

4. Medication: Use traditional Chinese medicine to promote blood circulation, regulate Qi, reduce swelling, and disperse lumps, targeting the ovaries and breast tissue.

Risk factors for breast cancer:

1. Genetic predisposition.
2. Hypothyroidism.
3. Obesity in women.
4. Primary and secondary infertility.
5. Breast hyperplasia and transformation into fibroadenoma.

If breast cancer is diagnosed early, the cure rate reaches 95%. For breast cancer to grow from a single cell to a 1 cm diameter tumor, it requires doubling 30 times, taking approximately 3 years or more. Post-operative chemotherapy can significantly reduce the recurrence rate and should begin as early as possible after surgery, generally requiring 6 cycles.