

Zimeishu Q&A

1. Does Zimeishu really relieve itching?

A: Vulvar itching is often caused by the irritation of the vulva by secretions from various types of vaginitis, such as fungal vaginitis, trichomoniasis, and senile vaginitis, as well as malnutrition of the vulva, irritation from urinary sugar in diabetes, and allergies caused by medications. The itching is mostly located on the labia minora, labia majora, and around the anus. It is often intermittent, but can also be continuous, and generally worsens at night. Vulvar itching brings many inconveniences to women's work and life, and conventional vulvar medications cannot eliminate the symptoms. Zimeishu silver ion gynecological medical pads have the effects of killing parasites and relieving itching, drying and astringing, and clearing heat and detoxifying. They can provide immediate and significant relief from itching, pain, fungi, and trichomoniasis, and can quickly and effectively treat vulvar itching.

2. Does Zimeishu pad work for treating vulvar itching?

A: Zimeishu silver ion gynecological medical pads have a significant effect on treating vulvar itching. The most common causes of vulvar itching are fungal vaginitis and trichomonal vaginitis. Other causes include chronic vulvar dystrophy, drug allergies or chemical irritation, poor hygiene habits, other skin lesions, abrasions, and other local causes, as well as systemic causes such as diabetes, jaundice, vitamin A and B deficiency, anemia, leukemia, and vulvar congestion during pregnancy and the premenstrual period. Vulvar itching is mostly located in the clitoris and labia minora, but can also involve the labia majora, perineum, and even the perianal area. It is often paroxysmal, but can also be continuous, generally worsening at night. Treatment should eliminate local or systemic factors causing itching, such as trichomoniasis, fungal infections, or diabetes. Vulvar itching brings many inconveniences to women's work and life, and conventional vulvar medications are ineffective in relieving itching and inconvenient to use. "Zimeishu" silver ion gynecological medical pads have the effects of killing insects and relieving itching, drying and astringing, clearing heat and detoxifying. They can provide obvious relief from itching, pain, fungi and trichomonas upon use, and can quickly and effectively treat vulvar itching.

3. How effective is the "Zimeishu" product for vulvar eczema?

A: Vulvar eczema is one of the main causes of vulvar itching and is a type of local neuroallergic reaction. Clinically, it mainly manifests as intense itching, polymorphic skin rashes, often symmetrically distributed, and is prone to recurrence and protracted healing. Based on the course of the disease, it can be divided into acute and chronic types: the acute phase has a rapid onset, with vulvar skin redness and edema, and the appearance of pinhead-sized papules or vesicles; the chronic phase results in skin infiltration and thickening due to long-term irritation.

Traditional Chinese medicine classifies this disease as "yin-dampness sores", believing its main pathogenesis is "dampness," and treatment should focus on dispelling dampness. The plant extracts contained in "Zimeishu" silver ion gynecological medical pads have the effects of drying dampness, astringing, clearing heat, and detoxifying. After use, it can quickly relieve itching and alleviate symptoms, and has a certain therapeutic and preventive effect on this disease.

Patients should keep their vulva clean and dry and avoid allergens. They should avoid seafood, spicy and irritating foods, and easily allergenic foods such as fish, shrimp, and crab. If the allergy is the cause, the allergen should be removed in time and more water should be drunk.

4. How effective is Zimeishu for dysmenorrhea?

A: Dysmenorrhea is usually related to factors such as underdeveloped uterus, abnormal uterine position (e.g., anteverted or retroverted), tight cervix, mental stress, and gynecological inflammation. Traditional Chinese medicine theory believes that "pain arises from obstruction," the root cause being poor circulation of Qi and blood.

Zimeishu silver ion gynecological medical pads utilize mucosal absorption, allowing the active ingredients to directly reach the reproductive system. They promote blood circulation, regulate Qi and blood, and unblock meridians, especially helping to regulate the Chong and Ren meridians, thereby relieving and treating dysmenorrhea. Many patients, including adolescent girls who have long suffered from dysmenorrhea, have experienced significant symptom improvement after using the product.

5. Does Zimeishu pad work for treating menstrual irregularities?

A: Menstrual irregularities are a common gynecological condition, mainly manifested as abnormalities in the menstrual cycle, duration, or amount of

menstrual flow. They are often related to endocrine disorders and gynecological inflammation.

Zimeishu silver ion gynecological medical pads have the effects of clearing heat and detoxifying, regulating the Chong and Ren meridians, regulating menstruation and stopping leukorrhea, and replenishing qi and blood. On the one hand, it can act on menstrual irregularities caused by inflammation through clearing heat and detoxifying; on the other hand, it can regulate and improve female endocrine function, thus achieving an ideal therapeutic and improvement effect on various types of menstrual irregularities.

6. How effective is Zimeishu for treating yeast infections?

A: Yeast infections are a common vaginal inflammation, primarily caused by *Candida albicans*. This fungus normally resides in the vagina, but when vaginal glycogen increases, acidity rises, or long-term antibiotic use leads to dysbiosis, it proliferates and causes infection. It is common in pregnant women, diabetic patients, and those receiving estrogen therapy. Typical symptoms include severe vulvar itching and burning, curd-like or cottage cheese-like vaginal discharge, and may be accompanied by frequent urination, painful urination, and discomfort during intercourse.

Zimeishu silver ion gynecological medical pads have a significant therapeutic effect on this condition:

- ① Intelligent antibacterial: It can identify and inhibit harmful bacteria while maintaining a beneficial bacterial environment, helping to repair vaginal mucosal damage and relieve dryness and discomfort caused by treatment.
- ② Rapid relief: The plant extracts it contains can quickly reduce symptoms such as vulvar itching and pain, providing an immediate refreshing feeling after use.
- ③ Preventing Recurrence: Silver ions possess bactericidal, antibacterial, and bacteriostatic functions. Their "triple barrier protection" mechanism can block pathogen invasion, kill fungi in the body, and enhance local immunity, helping to restore vaginal flora and pH balance, thereby reducing recurrence.

Through mucosal absorption, this product can effectively eliminate fungi, regulate the vaginal environment, and enhance local disease resistance, achieving both treatment and prevention of recurrence.

7. How effective is Zimeishu for Trichomonal Vaginitis?

A: Trichomonal vaginitis is a sexually transmitted disease caused by *Trichomonas vaginalis*. *Trichomonas* is highly resilient and can be transmitted directly through sexual intercourse or indirectly through contact with public baths, bath tubs, towels, etc. Typical symptoms include vulvar itching, burning, painful urination, painful intercourse, and grayish-yellow or yellowish-green frothy vaginal discharge with a fishy odor; in severe cases, it can cause urinary frequency, urgency, and even hematuria. *Trichomonas* can also engulf sperm, potentially leading to infertility.

Treatment usually involves systemic medication (such as oral metronidazole or tinidazole) combined with local treatment (such as metronidazole effervescent tablets), and in conjunction with Zimeishu silver ion gynecological medical pads. Zimeishu plays the following roles in treatment:

- ① Rapid symptom relief: The plant extracts it contains can quickly reduce vulvar itching and odor.
- ② Inhibition of pathogens: The silver ion component can quickly inhibit the reproduction of *Trichomonas*, preventing deep infection.
- ③ Protects the mucosal environment: While specifically killing trichomonas, it protects beneficial bacteria, reducing damage to the vaginal mucosa caused by traditional treatments.
- ④ Prevents recurrence: By enhancing local defense capabilities and regulating the vaginal environment, especially when used before and after menstruation, it helps eliminate triggers and reduce the risk of recurrence.

This product is absorbed through the mucosa and acts directly on the vagina, possessing anti-trichomonal, antipruritic, internal balance-regulating, and local immune-enhancing effects. It can effectively assist in treatment and help prevent recurrent episodes of trichomonal vaginitis.

8. How effective is Zimeishu for bacterial vaginosis?

A: Bacterial vaginosis can occur in various populations, but is most common in sexually active women.

Main symptoms include: increased vaginal discharge, purulent discharge, foul odor, burning sensation, and a feeling of heaviness or pressure in the cervix.

Trichomonas and Candida cannot be found in the discharge.

Treatment: Oral metronidazole and clindamycin can be used, and metronidazole effervescent tablets can be used topically.

Zimeishu "combined treatment" effect and mechanism of action: After entering the reproductive tract, Zimeishu primarily kills negatively charged pathogens, inhibiting their respiration and causing their death. These pathogens are then released to attack the next bacterial group, repeating this process continuously, thus achieving sustained bactericidal and bacteriostatic effects. The plant extracts immediately eliminate the odor and pain / heaviness caused by inflammation, completely eliminating the troubles of gynecological inflammation and completely preventing recurrence.

9. How effective is Zimeishu for cervicitis?

A: Cervicitis is mostly caused by pathogens invading the cervix after childbirth, miscarriage, or surgical damage. Clinical manifestations include increased, purulent vaginal discharge, possibly accompanied by contact bleeding, and urinary tract irritation symptoms such as lower abdominal or lumbosacral pain, urinary frequency, and urgency. If the condition persists, it may lead to menstrual irregularities, dysmenorrhea, pelvic heaviness, and even infertility.

Acute cervicitis requires prompt treatment at a specialized hospital. For chronic cervicitis, "Zimeishu" silver ion gynecological medical pads can provide good prevention and adjunctive treatment. Its mechanism of action includes:

① Antibacterial protection: Silver ions effectively kill pathogenic bacteria in the reproductive tract and prevent the invasion of external pathogens;

② Clearing heat and detoxifying: The plant extracts it contains have the effects of clearing heat and detoxifying, drying dampness and astringing;

③ Regulating function: Absorbed through the mucous membrane, it can promote blood circulation, regulate the Chong and Ren meridians, and replenish qi and blood, thereby regulating endocrine function and enhancing the reproductive system's own disease prevention and resistance.

By comprehensively regulating the vaginal environment and enhancing local immune function, this product helps reduce the recurrence of cervicitis.

10. How effective is the Zimeishu Silver Ion Gynecological Medical Pad

for treating cervical erosion?

A: Cervical erosion is caused by acute or chronic inflammation of the cervix and can be classified into three degrees based on the size of the eroded area:

I (less than 1/3 of the total cervical surface area)

II (between 1/3 and 2/3 of the total cervical surface area)

III (more than 2/3 of the total cervical surface area), a precursor to cervical cancer.

Symptoms: Increased vaginal discharge. Depending on the pathogen, the discharge may be milky white and mucous, or pale yellow, purulent, or bloody. There may be contact bleeding, lower abdominal or lumbosacral pain, which worsens with activity.

Treatment: For grade I erosion, use 1-2 Zimeishu Silver Ion Gynecological Medical Pads daily, one in the morning and one in the evening (each pad should not be used for more than 6 hours; an additional pad can be added as needed). One menstrual cycle constitutes one course of treatment. It is not recommended to use during menstruation. Continuous treatment for 3-4 courses is recommended. For grade II cervical erosion, use two Zimeishu silver ion gynecological medical pads daily, one in the morning and one at night (each pad should not be used for more than 6 hours; an additional pad can be added if needed), in conjunction with anti-erosion suppositories, used before bedtime each day (generally for 7 consecutive days). One menstrual cycle constitutes one course of treatment. It is not recommended to use during menstruation. 3-4 consecutive courses of treatment are recommended.

For grade III cervical erosion, professional treatment (physical therapy) at a hospital is required. Zimeishu silver ion gynecological medical pads can promote the healing of eroded surfaces, while eliminating damage to the vagina and vaginal mucosa caused by suppositories during treatment, protecting normal tissue, and effectively preventing recurrence.

11. How effective are Zimeishu silver ion gynecological medical pads for gonococcal vaginitis?

A: Gonococcal vaginitis is a sexually transmitted disease caused by *Neisseria gonorrhoeae* infection, mainly transmitted through unprotected sexual activity, and

in rare cases, indirectly transmitted through contaminated bathtubs, toilets, etc. After infection, there is usually an incubation period of 4-7 days, followed by symptoms such as lower abdominal pain, increased purulent vaginal discharge, redness and swelling of the vaginal opening, pain during urination, and incomplete urination.

"Zimeishu" silver ion gynecological medical pads have a certain adjunctive therapeutic effect on this condition. Its silver ion components are absorbed through the mucous membrane and act locally on the vagina, killing and eliminating gonococci, helping to restore the vaginal flora and physiological balance. At the same time, the product also has antipruritic, local immune-enhancing, and disease-fighting effects, helping to relieve symptoms and reduce the risk of disease recurrence.

12. How effective are Zimeishu silver ion gynecological medical pads for senile vaginitis?

A: Senile vaginitis, also known as atrophic vaginitis, occurs in postmenopausal women or women who have undergone bilateral oophorectomy due to estrogen deficiency. This leads to a smaller uterus, narrower vagina, thinner vaginal mucosa, and reduced epithelial glycogen, resulting in decreased local resistance and susceptibility to bacterial infection and inflammation.

Symptoms: Vulvar itching, vaginal burning, increased vaginal discharge (yellowish or purulent, foul-smelling), sometimes vaginal bleeding, lower abdominal pain, and urinary frequency, urgency, and pain.

As women age, their bodily functions decline, and they lose their immune system, making them more susceptible to external pathogens. The "triple barrier protection" of the Zimeishu Silver Ion Gynecological Medical Pads effectively prevents the invasion of external pathogens. Simultaneously, silver ions kill and expel pathogens already inside the body. Consistent use can not only completely treat senile vaginitis but also prevent its recurrence.

13. How effective is the treatment for vaginitis in young girls?

A: Because young girls' vulvas are not fully developed, they lack estrogen, and their vaginal epithelium has low resistance, making them easily infected. Pathogens can be transmitted through infected mothers, caregivers, clothing, bath tubs, etc.; poor hygiene, unclean vulva, frequent fecal contamination, pinworms, and foreign objects can also cause infection.

Symptoms: Excessive discharge causes vulvar redness, swelling, pain, and edema.

The treatment with Zimeishu Silver Ion Gynecological Medical Pads is a physical, harmless, safe, and non-irritating treatment. Zimeishu Silver Ion Gynecological Medical Pads fit snugly against the vulva of young girls, causing no damage to tissues or organs, including the hymen. Furthermore, silver ions not only kill pathogens in the vulva but also prevent deeper infections.

14. How effective are Zimeishu Silver Ion Gynecological Medical Pads for endometritis?

A : Although the endometrium undergoes periodic shedding, chronic inflammation of the basal layer can lead to endometritis. Long-term salpingitis and cervicitis can both cause endometritis, as can long-term placement of an intrauterine device (IUD). Poor hygiene during menstruation and sexual activity during menstruation can also lead to endometritis.

Symptoms: Irregular menstruation, vaginal bleeding with clots, lower back pain or a feeling of heaviness in the lower abdomen, worsening after sexual intercourse, discharge that is often purulent, bloody, and has an unpleasant odor; fever and chills may occur in the acute phase.

Treatment: Antibiotics are the primary treatment in the acute phase to control the condition.

Zimeishu Silver Ion Gynecological Medical Pads can be used as an adjunct therapy. On the one hand, they effectively kill various pathogens and maintain the cleanliness of the female vulva; on the other hand, they effectively expel inflammatory substances from the body, preventing cross-infection. Simultaneously, they promote blood circulation, clear heat and detoxify, eliminate blood clots, and improve the reproductive system's disease resistance.

15. How effective are Zimeishu Silver Ion Gynecological Medical Pads for Adnexitis?

A : Adnexitis, also known as fallopian tube inflammation, is often caused by decreased resistance after childbirth or abortion, long-term use of IUDs, poor personal hygiene, sexual activity during menstruation, surgical infection, or the

spread of inflammation from adjacent organs.

Typical symptoms of acute adnexitis include fever, severe lower abdominal pain with significant tenderness and rebound tenderness, and elevated white blood cell and neutrophil percentages on blood tests. If treatment is not timely or thorough, it may develop into chronic adnexitis, manifesting as unilateral or bilateral lower abdominal distension and pain, lumbosacral pain, often worsening after exertion or menstruation. Gynecological examination may reveal thickening and tenderness in the adnexal region, or a palpable tender mass.

"Zimeishu" silver ion gynecological medical pads have a good preventive and adjunctive therapeutic effect on adnexitis. Its silver ion component is absorbed through the mucous membrane, killing and eliminating related pathogens; at the same time, the product has the effects of drying dampness and astringing, clearing heat and detoxifying, regulating menstruation and stopping leukorrhea, regulating the Chong and Ren meridians, and replenishing qi and blood, helping to restore the balance of the reproductive tract's internal environment, enhancing local disease prevention and resistance and immune function, thereby helping to control inflammation and relieve symptoms.

16. How effective are Zimeishu silver ion gynecological medical pads for pelvic inflammatory disease?

A: Pelvic inflammatory disease (PID) is an inflammation of the female internal reproductive organs and surrounding connective tissue and pelvic peritoneum, and is a common gynecological condition. In the acute phase, symptoms may include high fever, chills, severe lower abdominal pain, rebound tenderness, and purulent, foul-smelling leukorrhea. In severe cases, nausea, vomiting, and even septic shock may occur. In the chronic phase, the main symptoms are pelvic congestion, lower abdominal pain, and lumbosacral pain. Symptoms often worsen after exertion or sexual activity and are prone to recurrence, affecting daily life.

For chronic PID, a comprehensive adjunctive therapy including "Zimeishu" silver ion gynecological medical pads can be used:

① Oral anti-inflammatory drugs during menstruation for systemic anti-inflammatory treatment;

② External application of a hot salt pack: Heat coarse salt and peppercorns, place them in a cloth bag, and apply as a hot compress to the lower abdomen for 20-30 minutes daily, changing the material every 10 days;

③ Use "Zimeishu" pads in conjunction: One pad each morning and evening, for

no more than 6 hours each time, recommended for continuous use for approximately 40 days.

"Zimeishu" silver ion gynecological medical pads work locally through mucosal absorption. The silver ion component can prevent external pathogens from invading and kill pathogenic bacteria in the vagina. The plant extracts it contains have the effects of clearing heat and detoxifying, promoting blood circulation and removing blood stasis, regulating the Chong and Ren meridians, and replenishing qi and blood. This helps restore the balance of the reproductive tract environment, enhances local immunity and disease resistance, thus playing a role in the prevention and adjunctive treatment of pelvic inflammatory disease.

17. What is the mechanism of action of Zimeishu silver ion gynecological medical pads?

A: "Zimeishu" silver ion gynecological medical pads are applied to the vulva and act on the reproductive system through mucosal absorption, achieving the effect of "treating internal diseases externally."

Its mechanism of action is based on the special physiological and anatomical structure of the female vulva: this area contains a rich venous network, dense microcirculation and lymphatic vessels, and the pelvic vein walls are thin and lack venous valves, which is conducive to the rapid absorption of drug components and their long-term retention in the local venous network and microcirculation, thus exerting a sustained therapeutic effect.

Furthermore, the female internal reproductive organs (such as the vagina, uterus, fallopian tubes, and ovaries) are supplied with nutrition and metabolism by a double set of blood vessels, and have the functions of secreting sex hormones and maintaining reproduction and secondary sexual characteristics. This product is absorbed through the mucous membrane, which can regulate the state of the internal reproductive system, help maintain the physiological balance of the vagina, thereby enhancing local disease resistance and the body's immune function.

18. What are the advantages of mucous membrane absorption?

A: Mucous membrane absorption technology has the following advantages in gynecological external medications:

① Non-invasive and safe: The product is applied to the vulva and releases the active ingredients under the action of body temperature, which are directly absorbed

through the skin and mucous membranes. This process does not cause mucous membrane damage and avoids the risk of cross-infection.

② Long-lasting effect: After being absorbed through the mucous membrane, the drug can remain in the local venous network and microcirculation for a long time, maintaining a stable drug concentration in the body, achieving a 24-hour continuous effect, and achieving the effect of "treating internal diseases externally and external diseases externally".

19. Does the Zimeishu Silver Ion Gynecological Medical Pad have toxic side effects and cause dependence?

A: "Zimeishu" silver ion gynecological medical pads have no toxic side effects and do not cause dependence.

This product is based on modern gynecological barrier protection theory, combined with traditional Chinese medicine meridian theory, and integrates research results from multiple disciplines such as physiological anatomy, molecular pharmacology, pharmacokinetics, immunology, microcirculation, and reproductive endocrinology. It is refined using high-tech processes. Its main ingredients are silver ions and natural plant extracts, which are mild and safe to use.

20. How long can one "Zimeishu" silver ion gynecological medical pad be used?

A: "Zimeishu" silver ion gynecological medical pads use sustained-release technology for long-lasting effects. Under normal circumstances, when used for daily physiological care and disease prevention, each pad can be used for 12 – 24 hours. If used for pathological care or when symptoms are more pronounced, it is recommended to change one pad every 6 – 12 hours. Using one pad before bedtime will enhance the effect.

21. Can other gynecological medications be used simultaneously with "Zimeishu" silver ion gynecological medical pads?

A: Yes. "Zimeishu" silver ion gynecological medical pads use silver ions as the main antibacterial ingredient. They have good compatibility and generally do not

produce adverse reactions or interfere with the efficacy of other gynecological medications when used in combination.

Furthermore, this product can compensate for the shortcomings of other dosage forms in terms of duration of action, duration of effect, or local comfort. It helps reduce the side effects that may occur when using certain medications alone and can also help improve the overall disease resistance of the female reproductive system.

22. Can "Zimeishu" silver ion gynecological medical pads be used in summer?

A: Yes, "Zimeishu" silver ion gynecological medical pads can be used in summer. Summer weather is hot, and the vulva is prone to sweating and dampness. Wearing non-breathable tight underwear or pantyhose will further increase the local temperature, increasing the risk of friction and damage, thereby disrupting the vaginal environment and inducing gynecological problems such as fungal vaginitis.

The surface of this product is made of non-woven fabric, with hollow cotton containing silver ion solution inside, which is ultra-thin and breathable. Through its 24-hour sustained-release action, it keeps the vulva clean and breathable. The protective barrier it establishes effectively blocks, kills, and eliminates pathogens from the external environment and within the vagina, helping to prevent vaginitis, a common summer ailment, allowing women to stay cool and comfortable during the hot season.

23. Can women with skin allergies use Zimeishu Silver Ion Gynecological Medical Pads?

A : Absolutely. The entire treatment process with Zimeishu Silver Ion Gynecological Medical Pads is a physical process, causing no irritation or adverse reactions to the skin. For women allergic to alcohol, the packaging can be left open for a few minutes to allow some of the alcohol to evaporate. Due to individual differences, discontinue use immediately if any discomfort occurs.

24. Can women with skin diseases or abnormal constitutions (allergies) use Zimeishu?

A: Yes, they can. Using Zimeishu has no adverse effects on skin disease patients; it can relieve discomfort and promote skin recovery. "Zimeishu" silver ion gynecological medical pads are non-irritating to the skin. A small number of women with alcohol allergies should leave the packaging open for 10 minutes before use to allow the alcohol used during childbirth to evaporate, thus avoiding allergic reactions. Due to individual differences, if allergic reactions or other discomfort occur, discontinue use immediately.

25. Can young girls use "Zimeishu" silver ion gynecological medical pads?

A: Young girls can use "Zimeishu" silver ion gynecological medical pads. They can be used when young girls experience vulvar discomfort or after swimming to prevent infection from pool germs.

Because young girls' skin is delicate, it is recommended to leave the pad packaging open for about 10 minutes before use to allow the small amount of alcohol used during childbirth to evaporate fully, avoiding potential skin sensitivity. This product is safe, non-toxic, and has no side effects; it does not damage the tissues of young girls and is reliable.

26. Can unmarried women use "Zimeishu"?

A: Unmarried women can use "Zimeishu" silver ion gynecological medical pads. This product uses natural plant extracts and silver ions, making it safe and without side effects. It has insecticidal and antipruritic effects, dries dampness and astringes, clears heat and detoxifies, regulates menstruation and stops leukorrhea, regulates the Chong and Ren meridians, replenishes qi and blood, and regulates endocrine function. It has significant effects on improving common symptoms in unmarried women such as dysmenorrhea, irregular menstruation, vulvar and vaginal itching, abnormal leukorrhea, and odor.

27. What are the high-tech features of the "Zimeishu" silver ion gynecological medical pad?

A: The high-tech features of the "Zimeishu" silver ion gynecological medical pad are mainly reflected in the following two aspects:

① Combination of antibacterial technology and carrier: Using silver ions as the core antibacterial agent, combined with plant extracts, it is applied to the vulva through a non-woven fabric carrier, achieving gentle and effective local protection and treatment, significantly improving the prevention and treatment of gynecological inflammation.

② Ergonomic Design and Temperature-Controlled Release: The pad is ergonomically designed for a comfortable fit. Under body temperature, the effective ingredients absorbed by the hollow cotton are continuously released and absorbed into the reproductive tract through the mucous membranes. A refreshing and comfortable feeling can be felt in about 5 seconds, helping to gradually relieve discomfort caused by vaginal odor, itching, abnormal discharge, and other inflammations.

28. What are the three major technological innovations of the Zimeishu Silver Ion Gynecological Medical Pad?

A: ① Humanized Gynecological External Application Formulation. This external application formulation overcomes many shortcomings of traditional external application formulations, emphasizing its advantages of being humanized, convenient, practical, and continuously effective. It spares users the embarrassment and pain during gynecological disease treatment, allowing gynecological diseases to be effectively controlled and treated without them even realizing it.

② Highly Efficient and Safe Sterilization Technology. Silver ions only combine with negatively charged harmful bacteria, destroying the pathogen's respiratory system, breaking down cell membranes, and binding to the pathogen's DNA, leading to death. This unique silver ion sterilization technology, which clears inflammatory substances and restores and maintains the balance within the reproductive tract, is irreplaceable by other gynecological topical medications.

③ A completely new scientific treatment concept. Gynecological inflammation is caused by "unscientific treatment" and "unscientific lifestyle." Therefore, Zimeishu silver ion gynecological medical pads propose a "triple barrier protection" theory, which effectively controls the recurrence of gynecological diseases and avoids side effects for customers.

29. What is the theory behind the "triple barrier protection" of Zimeishu silver ion gynecological medical pads?

A: The "triple barrier protection" theory of Zimeishu silver ion gynecological medical pads includes the following three aspects:

① Physical barrier: Effectively blocks external pathogens from invading through the external genitalia, preventing the occurrence and spread of gynecological diseases.

② Drug barrier: Kills and eliminates pathogens that have entered the vagina through effective ingredients such as silver ions, inhibiting their reproduction and deep infection, and promoting the repair and healing of vaginal mucosal wounds.

③ Physiological Barrier: Through its effects of promoting blood circulation, removing blood stasis, and regulating endocrine function, it activates the body's own immune function and enhances the physiological activity of the vaginal mucosa without disrupting the vaginal pH balance and normal flora. This improves the overall disease resistance of the reproductive system and reduces the recurrence of gynecological inflammation.

30. What is the concept of modern gynecological treatment?

A: It is based on traditional gynecological treatment, avoiding the drawbacks of prolonged treatment and recurrence of gynecological diseases. It improves the efficacy of treatment, shortens the medication time, eliminates the toxic side effects of drugs, rapidly repairs damaged and mucosal tissues, and maintains the two major balances and one major barrier within the vagina.

31. What is combined therapy?

A: The purpose of combined therapy is to effectively treat women's physiological barrier and immunity. It eliminates the drawbacks of gynecological medication throughout the entire gynecological treatment process, avoids drug damage to antibodies, shortens treatment time, and greatly improves the efficacy of treatment. It is the only way to fundamentally solve and prevent the recurrence of gynecological diseases.

32. Combined therapy with effervescent tablets and Zimeishu?

A: Zimeishu Silver Ion Medical Gynecological Pads combine with the effective ingredients of effervescent tablets for more direct and rapid sterilization. They

restore the balance of the two major functions of the reproductive tract, improve the adhesive activity of the reproductive tract, clear inflammatory substances from the vagina, and eliminate discomfort such as dryness and stinging caused by using effervescent tablets.

33. How can various washes be used in combination with Zimeishu Silver Ion Medical Gynecological Pads?

A: Washes are the most widely used gynecological medications. Their broad spectrum and convenience are popular among women. Compared to oral medications, washes are safer and cheaper. However, they also have many drawbacks: the local contact time is short, the drug concentration is difficult to control, and they can easily damage the local mucosa. Vaginal douching can easily disrupt the vaginal pH balance and lower immunity. Combining treatment with Zimeishu Silver Ion Medical Gynecological Pads compensates for the short-lived sterilization of washes, eliminating the "gap period" in the sterilization process and greatly improving the therapeutic effect. This provides a cleansing and refreshing effect for those who cannot use washes while traveling and for whom other washes are unavailable. For patients undergoing douching, washes can easily cause vaginal pH imbalance and disrupt the normal flora, leading to dryness. Zimeishu Silver Ion Medical Pads can quickly restore these two balances within the vagina, achieving a nourishing and moisturizing effect for a thorough treatment.

34. Is there a combined treatment using suppositories and Zimeishu Silver Ion Medical Pads?

A: Suppositories are highly targeted, but their rapid dissolution and high local concentration can damage the vaginal mucosa. They also cannot be absorbed quickly enough and may stain underwear, causing secondary contamination. Therefore, using suppositories in combination with Zimeishu Silver Ion Medical Pads can significantly improve treatment effectiveness and shorten the treatment course. Suppositories are suitable for nighttime use, while Zimeishu Silver Ion Medical Pads can exert their bactericidal effect at any time, thus filling the "gap period" and making treatment continuous. They also repair mucosal damage caused by drugs or inflammation. Furthermore, Zimeishu Silver Ion Medical Pads do not induce drug resistance, thus resolving the problem of recurrent gynecological inflammation.

35. Is the combined treatment of gel and Zimeishu Silver Ion Medical

Pad effective?

A : Gels and ointments have certain applications in gynecological external medications, but they also have their own drawbacks. Excessive local drug concentration can cause mucosal damage. Most formulations are alkaline, easily disrupting the vaginal pH balance. If they contain broad-spectrum chemical components, they can easily disrupt the normal flora, creating a hidden danger for recurrent gynecological diseases. Therefore, it is necessary to use them in combination with Zimeishu Silver Ion Gynecological Medical Pad. It has a better bactericidal effect against drug-resistant flora. It can repair damaged mucosal tissue, maintain the two major balances in the vagina, quickly restore the physiological barrier and immune function of the reproductive tract, and completely eliminate recurrent gynecological diseases.

36. What diseases are suitable for Zimeishu Silver Ion Gynecological Medical Pad?

A : "Zimeishu" silver ion gynecological medical pad integrates treatment, protection, and conditioning functions, and is suitable for the following conditions:

(1) Treatment and adjuvant treatment:

- ① Vulvar diseases: vulvitis, vulvar eczema, vulvar pruritus.
- ② Vaginal and Cervical Diseases: Adjunctive treatment for abnormal vaginal discharge and odor caused by various types of vaginitis (such as fungal vaginitis), and cervicitis (including cervical erosion).
- ③ Pelvic Inflammatory Disease: Adjunctive treatment for gynecological infections such as adnexitis and pelvic inflammatory disease.
- ④ Infection Prevention: Prevention and treatment of postpartum and post-abortion wound infections, as well as infections before and after menstruation and after sexual intercourse.

(2) Health Care: It has the effects of clearing heat and drying dampness, antibacterial and antipruritic, and regulating endocrine function. It can help improve menstrual irregularities and dysmenorrhea, and play a role in the rehabilitation and health care of many discomforts caused by vaginitis, cervicitis, etc.

Long-term use helps to improve the overall disease resistance of the female reproductive system.

37. What are the main ingredients of Zimeishu?

A: The main ingredients of "Zimeishu" silver ion gynecological medical pads are silver ions and natural plant extracts. These effective ingredients are contained in hollow cotton and wrapped in non-woven fabric to make a pad.

38. How to avoid "fashion diseases" caused by tight underwear?

A : Many women like to wear tight-fitting pants, such as synthetic fiber underwear, high-elasticity pantyhose, and jeans. These types of clothing cling tightly to the vulva and have poor breathability, easily affecting the normal secretion of sweat glands, sebaceous glands, and vestibular glands in the vulva, hindering the release and excretion of vaginal secretions (leukorrhea). Combined with contamination from feces and urine, this provides conditions for bacterial growth. If hygiene is not maintained in the vulvar "triangle area" (the area centered around the urethra, vagina, and anus), it can easily lead to vulvitis, itching, eczema, vaginitis, and urinary tract infections.

To reduce these "fashion-related illnesses," it is recommended to:

- ① Reduce clothing: Try to wear less or avoid wearing tight-fitting synthetic fiber underwear and non-breathable tight pants;
- ② Strengthen care: Use "Zimeishu" silver ion gynecological medical pads for daily physiological care to help maintain vulvar cleanliness and breathability, reducing the risk of infection.

39. What are the disadvantages of buying discounted or promotional sanitary products?

A: Buying discounted or promotional sanitary products may have the following drawbacks:

- ① Nearing expiration date: Promotional items are often close to their expiration date, and their effectiveness may decrease;
- ② Hygiene risks: Some products are not thoroughly sterilized (e.g., only using

short-term sterilization methods such as steam or ultraviolet light), and may even contain bacteria, easily causing problems such as vulvar itching, allergies, and abnormal vaginal discharge.

Menstruation is a special physiological stage for women, requiring extra care. Experts recommend that menstrual products should be sterile (sterilized by high-pressure sterilization), non-toxic, non-irritating, and highly absorbent.

"Zimeishu" silver ion gynecological medical pads are individually sterile packaged, effectively avoiding secondary contamination during use. When used during menstruation, they can be applied over regular sanitary napkins, providing both protection and auxiliary conditioning, helping to relieve discomfort and improve the quality of menstrual care.

40. Why does eating sweets cause yeast infections?

A : Excessive intake of sweets increases the risk of yeast infections, mainly because sugar provides nutrients for *Candida albicans* to grow, promoting its proliferation in the vagina and leading to dysbiosis and disruption of the vaginal pH balance.

To reduce the chances of infection and recurrence, it is recommended to:

- ① Control sugar intake: Reduce consumption of sweets and high-sugar foods;
- ② Pay attention to dietary choices: Reduce consumption of foods high in yeast, such as beer, pickled foods, mushrooms, and certain fruit juices;
- ③ Supplement with beneficial bacteria: Drink more yogurt and other foods rich in lactobacilli to help maintain the vaginal acidic environment and inhibit *Candida* growth;
- ④ Maintain overall health: Pay attention to rest and emotional regulation, maintain a balance of mind and body, and strengthen care, especially during antibiotic treatment.

In addition, "Zimeishu" silver ion gynecological medical pads can be used in conjunction with this treatment. While killing pathogens, it does not easily disrupt the normal vaginal pH balance, helping with daily protection, reducing recurrence, and playing an auxiliary role in endocrine regulation.

41. Why is the incidence of gynecological diseases among working

women increasing year by year?

A: The incidence of gynecological diseases among working women is increasing year by year, mainly due to the following factors:

① Uneven lifestyle: High work pressure, irregular work and rest schedules, frequent late nights, insufficient sleep, and abnormal diet lead to decreased physical resistance;

② Psychological impact: Long-term anxiety, depression, frustration, and other emotional stresses may cause imbalances in the "two major balances" (such as acid-base balance and flora balance) within the body and reproductive tract, thereby inducing gynecological diseases such as fungal vaginitis.

"Zimeishu" silver ion gynecological medical pads are convenient, safe, and effective, suitable for working women to use for self-care in their daily work and life. By enhancing local immune function and maintaining the stability of the reproductive tract environment, it helps reduce the invasion of gynecological diseases.

42. Is it better to wash the vulva more often?

A: Daily vulvar cleaning is necessary, but more frequent is not necessarily better. Because the vulva easily retains urine, secretions, and excrement, daily washing helps maintain hygiene. However, excessive washing (especially frequent scrubbing or douching with cleansers) can damage the skin's natural protective film and the vagina's pH balance, leading to dryness, discomfort, and even itching.

The female vagina has its own self-cleaning function and defense mechanisms. Improper douching can disrupt its normal flora and pH environment, which is detrimental to health. Therefore, it is recommended to simply wash the vulva with water daily and avoid over-cleaning.

43. Is frequent vaginal douching good?

A: Frequent vaginal douching is not advisable. Some women, due to their emphasis on cleanliness or obsessive-compulsive tendencies, believe that the vagina needs frequent douching to deodorize, which is a misconception. The vagina has its own self-cleaning ability, relying on lactobacilli to maintain an acidic environment and inhibit the growth of harmful bacteria.

Improper douching (especially using insufficiently sterilized or unclean washes)

can disrupt the normal flora and pH balance of the vagina, killing not only harmful bacteria but also beneficial bacteria, thus significantly increasing the risk of infections such as bacterial vaginosis. Studies show that women who frequently douche have a 40% higher probability of developing bacterial vaginosis than other women. Furthermore, pathogens can ascend and cause infections such as salpingitis, pelvic inflammatory disease, and even increase the risk of ectopic pregnancy.

Therefore, daily care recommendations primarily involve washing the vulva with clean water, avoiding the indiscriminate use of vaginal washes to maintain its natural defenses.

44. Why should women avoid scented products on their private parts?

A: The skin in a woman's private parts is delicate and mostly mucous membrane. It's best to avoid using scented soaps, detergents, panty liners, or sanitary napkins. The fragrance ingredients in these products may irritate the skin, disrupt the local tissue environment, and even cause discomfort or allergies.

The correct way to clean is to rinse the vulva with clean water from front to back to reduce the risk of cross-infection. Doctors recommend choosing unscented sanitary products and personal hygiene products daily.

"Zimeishu" silver ion gynecological medical pads use pure Chinese herbal extracts, which are absorbed through the mucous membrane in a molecular state. While maintaining vulvar cleanliness, they help kill pathogens and can be considered a suitable choice for daily care and supplementary treatment for women.

45. Is gynecological inflammation in women related to men?

A: Gynecological inflammation in women has various causes and cannot be entirely attributed to men. However, in some cases, male factors can indeed be a contributing factor. For example: The male partner may not pay attention to personal hygiene, such as not washing his hands or having long nails that harbor dirt; The genitals may not be washed before and after sexual intercourse, especially if the male partner has poor hygiene habits; The male partner may have phimosis or redundant foreskin, which can easily accumulate smegma and potentially introduce bacteria into the female reproductive tract during intercourse.

These conditions can increase the risk of infection in women, leading to gynecological problems such as abnormal vaginal discharge. Therefore, it is crucial for both partners to pay attention to sexual hygiene to prevent gynecological

inflammation.

To reduce the possibility of infection, "Zimeishu" silver ion gynecological medical pads can be used after sexual intercourse. Their antibacterial ingredients help kill pathogens and provide supplementary protection for vaginal health.

46. How to avoid gynecological diseases caused by decreased immunity?

A: Decreased immunity is a major cause of gynecological diseases, often caused by busy work schedules, fatigue, insufficient sleep, irregular eating habits, and long-term psychological stress such as anxiety and depression. These factors can disrupt the body's internal balance and reduce immunity.

To prevent related gynecological problems, it is recommended to pay attention to the following:

(1) Dietary adjustments:

① Control sweet food intake: Sugar is a nutrient source for Candida growth; reducing sweet foods helps lower the risk of infection.

② Eat less food containing mold: such as beer, pickled products, mushrooms, fruit juices, and other fermented foods.

③ Drink more yogurt: Supplementing lactobacilli helps maintain vaginal pH balance and inhibits the growth of harmful bacteria.

(2) Daily care and habits:

① Keep the vulva clean: Pay attention to local care, especially when there is a lot of discharge. "Zimeishu" silver ion gynecological medical pads can be used for auxiliary protection.

② Regulate psychology and rest: Relieve stress, ensure sufficient sleep, exercise moderately, maintain physical and mental balance, and enhance overall resistance.

47. How to avoid gynecological diseases before and after menstruation?

A : Before and after menstruation, a woman's body's resistance is relatively lower: pelvic congestion, shedding of the uterine lining creating wounds, and the cervix slightly opening make the vaginal pH balance more susceptible to disruption. At this time, the reproductive system's defenses are weakened, increasing the risk of infection.

To reduce the occurrence of gynecological diseases, the following points should be noted:

① Maintain cleanliness: Use soft, absorbent, and properly sterilized sanitary napkins, change panty liners frequently, and keep the vulva dry.

② Strengthen protection: "Zimeishu" silver ion medical pads can be used in conjunction with menstruation. The silver ions and plant extracts they contain can act on the vaginal mucosa at the molecular level, helping to kill or inhibit pathogens, maintain normal vaginal pH and flora balance, and provide auxiliary protection and relief from itching.

③ Avoid getting cold and overworked: Keep warm and avoid dampness; reduce strenuous exercise during menstruation to prevent excessive fatigue.

④ Maintain a regular schedule: Maintain a normal lifestyle and avoid staying up late.

This helps stabilize physical and mental well-being.

Through these comprehensive measures, the risk of infection can be effectively reduced before and after menstruation, maintaining reproductive health.

48. How to take care of oneself while traveling for work?

A : During business trips, work fatigue and high stress levels, coupled with potentially unsatisfactory hygiene conditions in hotels and other external environments, make women more susceptible to pathogens. Carrying and using traditional hygiene products such as washes and suppositories is often inconvenient and fails to meet immediate protection needs.

"Zimeishu" silver ion gynecological medical pads are specially designed for the mobile lifestyles of working women. A simple application provides convenient and timely local protection, helping to address health concerns while traveling and making hygiene simple and worry-free.

49. How to protect yourself while traveling and on vacation?

A: During travel and vacation, the arduous journey and physical exertion can easily lead to a decrease in immunity, increasing the risk of infection for women. Especially during road trips or long journeys to multiple locations, feminine hygiene often presents many inconveniences.

"Zimeishu" silver ion gynecological medical pads are portable and can be used anytime, anywhere. One pad daily provides 24-hour protection. For enhanced care, an additional pad before bed provides added peace of mind, making health care during travel easy and worry-free.

50. How can busy women take care of themselves?

A: Busy women often neglect self-care, increasing the risk of pathogen invasion. Traditional care methods have limitations: improper use of washes may disrupt the vagina's natural defenses; suppositories require specific dissolving conditions and can easily cause local drug burns; oral medications are slow to take effect and may burden organs such as the liver and kidneys.

"Zimeishu" silver ion gynecological medical pads are designed specifically for busy professional women, featuring the following characteristics:

- ① Continuous day and night care: 24-hour long-lasting effect, ensuring protection during the day;
- ② Convenient and safe to use: One pad daily, no specific usage conditions required, and less likely to cause dependence;
- ③ Highly targeted: Directly acts on the vulva, avoiding potential damage or side effects from traditional methods.

Through simple and effective daily care, we help women maintain their reproductive health and avoid infections even in busy lives.

51. Why does damp and hot weather easily lead to gynecological diseases?

A: Damp and hot environments are conducive to bacterial growth. If personal

hygiene is neglected, gynecological inflammation is easily triggered, especially fungal vaginitis and urethritis. Data shows that the incidence of urinary tract infections in women increases by about 50% in spring and summer compared to winter.

Therefore, extra protection is needed in hot and humid weather. Using "Zimeishu" silver ion gynecological medical pads, with its silver ions and natural plant ingredients, helps inhibit bacteria while providing a refreshing and comfortable feel, relieving stuffiness and discomfort, and effectively helping to prevent gynecological diseases that are common in summer.

52. Why did a three- or four-year-old girl get vaginitis?

A: Girls as young as three or four years old can also suffer from vaginitis (i.e., vulvitis or vaginitis in young girls). Common causes include:

- ① Contact infection: The mother or caregiver has a gynecological inflammation, which can be transmitted indirectly through shared items;
- ② Physiological characteristics: Young girls' ovaries are not yet developed, estrogen levels are low, and the vulvar and vaginal mucosa are thin and have weak resistance;
- ③ Hygiene and behavioral factors: Wearing open-crotch pants and sitting on the floor, incomplete bowel movements and cleaning, scratching due to pinworm infection, or inserting foreign objects into the vagina out of curiosity.

To prevent infection, it is recommended to:

- ① Avoid wearing open-crotch pants and keep the vulva clean;
- ② Wash the anus, perineum, and vulva every night;
- ③ Use "Zimeishu" silver ion gynecological medical pads, which provide physical protection without damaging the vulvar tissue or hymen of young girls, and are safe and reliable;
- ④ If pinworm infection, urinary tract infection, etc., are found, they should be treated promptly.

53. Women over 60 years old are at high risk for "senile vaginitis."

What is the most effective way to prevent it?

A : Senile vaginitis (also known as atrophic vaginitis) is more common in postmenopausal women or women who have had their oophores removed. Due to decreased estrogen secretion, the reproductive organs atrophy, the vaginal mucosa thins, and local defenses decline, making it easier for pathogens to invade. Common symptoms include increased vaginal discharge (yellowish-watery, and in severe cases, bloody or purulent), vulvar itching, and burning sensation.

Prevention and supportive care recommendations:

① Hormone therapy: Under the guidance of a doctor, appropriate estrogen supplementation or the use of estrogen-containing ointments;

② Daily protection: "Zimeishu" silver ion gynecological medical pads can be used in conjunction. Their plant extracts are absorbed through the mucous membranes and act on the reproductive system via microcirculation, helping to regulate the local environment and enhance disease resistance;

③ Continuous conditioning: The active ingredients in the product can act continuously for 24 hours, helping to reduce the recurrence of senile vaginitis through a "triple barrier" mechanism.

54. How to prevent reproductive organ infections after childbirth, miscarriage, and family planning procedures?

A: After childbirth, miscarriage, or family planning surgeries (such as dilation and curettage, IUD insertion, and removal), the body's resistance decreases. Combined with potential tissue damage from the surgery, the risk of infection increases significantly, easily leading to cervicitis, adnexitis, pelvic inflammatory disease, and even affecting future fertility.

To effectively prevent postoperative infection, it is recommended to:

① Seek proper medical care: Choose a reputable hospital to ensure clear surgical indications and sterile procedures;

② Postoperative care: Focus on rest and nutrition, and strengthen personal hygiene;

③ Assisted protection: Use "Zimeishu" silver ion gynecological medical pads. Through physical, pharmacological, and physiological triple barrier action, it continuously releases effective ingredients through the mucous membrane, providing 24-hour protection, helping to kill pathogens, promote wound healing, and reduce the risk of reproductive organ infection.

55. How effective is Zimeishu in preventing reproductive organ infections and sexually transmitted diseases?

A: "Zimeishu" silver ion gynecological medical pads have a significant effect on preventing reproductive organ infections and sexually transmitted diseases. The female reproductive system is a semi-open structure, and approximately 98% of gynecological infections are ascending infections, making daily protection particularly important.

Based on the physiological characteristics and pathogenesis of women, this product effectively blocks and inhibits pathogen invasion through a triple barrier effect of physical, pharmacological, and physiological means. Simultaneously, its ingredients can help promote blood circulation, regulate endocrine function, and enhance the physiological activity of the vaginal mucosa, not only helping to reduce the risk of infection but also contributing to improved local health.

56. How effective is the Zimeishu Silver Ion Gynecological Medical Pad in improving the immunity of female reproductive organs?

A: The Zimeishu Silver Ion Gynecological Medical Pad is significantly effective in improving the immunity of female reproductive organs. It activates the body's own immune function by promoting blood circulation, regulating endocrine function, and treating gynecological diseases without damage, while not disrupting the normal acid-base balance and flora balance of the vagina. Long-term use helps enhance the physiological activity of the vaginal mucosa, improve the overall disease resistance of the reproductive system, and thus effectively reduce the recurrence of gynecological inflammation.

57. How effective is Zimeishu in improving female sexual function?

A: "Zimeishu" silver ion gynecological medical pads can improve female sexual function. Zimeishu enhances the physiological activity of the vaginal mucosa and

increases the sensitivity of nerve endings in the vaginal submucosa by promoting blood circulation and regulating endocrine function, thus improving female sexual function.

58. How effective are Zimeishu silver ion gynecological medical pads in delaying menopause?

A: "Zimeishu" silver ion gynecological medical pads have a certain auxiliary effect in delaying menopause. The female uterus, ovaries, and other internal reproductive organs are supplied with nutrition by two sets of blood vessels, playing a role in secreting hormones, maintaining reproductive function, and developing secondary sexual characteristics.

This product, through silver ions and other effective ingredients, is absorbed through the mucous membrane to regulate the internal reproductive system. It has the effects of regulating the Chong and Ren meridians and replenishing Qi and blood, helping to regulate endocrine function and delay the decline of reproductive organ function, thus having a positive impact on delaying menopause.

59. How effective is Zimeishu in relieving female menopausal symptoms?

A: "Zimeishu" silver ion gynecological medical pads have a good effect on relieving female menopausal symptoms. Menopausal syndrome refers to a series of symptoms in women during or after perimenopause, caused by the gradual decline or loss of ovarian function, leading to a decrease in estrogen levels and primarily characterized by autonomic nervous system dysfunction and metabolic disorders. The uterus and ovaries are supplied with nutrition and metabolism by two sets of blood vessels. These organs are internal reproductive organs, and they have the function of secreting hormones, affecting reproduction and secondary sexual characteristics. "Zimeishu" silver ion gynecological medical pads have the effects of regulating the Chong and Ren meridians and replenishing Qi and blood. Through silver ions and their effective ingredients, they have a regulatory effect on the internal reproductive system, that is, regulating the endocrine system, thus alleviating menopausal symptoms in women.

60. Why are "Zimeishu" silver ion gynecological medical pads in a panty

liner form?

A : "Zimeishu" silver ion gynecological medical pads use a panty liner form mainly to compensate for the shortcomings of traditional gynecological external dosage forms (such as suppositories and washes). Traditional dosage forms often require specific times of use, resulting in a "treatment gap" during the day, while research shows that daytime is precisely the key time for preventing and treating gynecological diseases.

The advantages of this sanitary pad formulation are:

- ① Continuous protection: It conforms to the vulva, allowing for continuous absorption of the medication through the mucous membrane, providing day and night protection without any gaps;
- ② Convenient use: Requires no specific conditions and can be used anytime, making it more user-friendly;
- ③ Safe and comfortable: The action combines physical and pharmacological processes, providing a refreshing feeling in about 5 seconds. It does not damage the vaginal mucosa or disrupt the internal environment, avoiding cross-infection;
- ④ Highly targeted: Designed based on modern gynecological shielding theory, pathogens are less likely to develop drug resistance.

This formulation is a pioneering new form of gynecological care in China, balancing continuous protection, safety, and convenience, making it more suitable for daily prevention and adjunctive treatment.

61. Why is it said that Zimeishu Silver Ion Gynecological Medical Pads usher in a new era in women's physiology and pathology?

A : Before the advent of "Zimeishu" silver ion gynecological medical pads, traditional gynecological care and treatment products had limitations: daily washes mainly focused on vulvar cleaning, with limited effectiveness in disease prevention and improving the vaginal environment; while suppositories, effervescent tablets, and oral medications, although therapeutic products, focused primarily on disease treatment, were insufficient in long-term prevention and overall conditioning of the reproductive system.

"Zimeishu" silver ion gynecological medical pads integrate prevention, treatment, and conditioning functions. Their features include:

- ① Effectively preventing and treating gynecological diseases;
- ② Helping to regulate endocrine function, maintain vaginal physiological balance, and delay the decline of reproductive organ function;
- ③ Achieving the dual goals of continuous prevention and conditioning in physiological states and assisting in treatment and recovery in pathological states.

Therefore, this product breaks through the single-function limitations of traditional dosage forms, pioneering a new model of female physiological and pathological care that integrates protection, treatment, and conditioning.

62. What are the unique features of Zimeishu silver ion gynecological medical pads?

A: The unique features of "Zimeishu" silver ion gynecological medical pads are reflected in the following aspects:

- ① Rapid onset of action: A refreshing feeling is felt in about 5 seconds, quickly helping to relieve inflammation and discomfort and reduce odor.
- ② Continuous protection: The medication is released over a long period, providing uninterrupted protection and conditioning day and night, reducing treatment gaps.
- ③ Maintenance of the internal environment: Helps maintain the vaginal flora and pH balance, supporting the physiological self-cleaning function.
- ④ Safe and convenient to use: Fits the vulva perfectly, without irritation or toxic side effects, convenient for daily use, and provides a comfortable and refreshing feeling.
- ⑤ Cleanliness and hygiene: Individually packaged with a close-fitting design, taking into account both protection and daily cleaning needs.

63. How to prevent gynecological diseases after swimming?

A: Swimming pool water may appear clear, but it may actually harbor various bacteria and pathogens, increasing the risk of gynecological infections after swimming.

For effective prevention, it is recommended to use one "Zimeishu" silver ion gynecological medical pad before and after swimming. Its antibacterial ingredients help kill pathogens that may enter the reproductive tract, providing both preventative and post-coital protection.

64. Why does my vulva always feel uncomfortable after cohabitation?

A: Vulvar discomfort after cohabitation is often related to changes in the vaginal environment after sexual intercourse. Before marriage, the hymen and the relatively closed vaginal structure help prevent bacterial invasion; after sexual intercourse begins, the vagina is in a relatively open state, making it easier for pathogens to invade, thus increasing the risk of vulvar itching and inflammation.

It is recommended that both partners maintain good hygiene before and after sexual intercourse. Women can use "Zimeishu" silver ion gynecological medical pads to form a protective barrier on the vulva, helping to kill and eliminate pathogens and reduce the occurrence of gynecological infections.

65. How should female college students protect themselves gynecologically?

A : The main reasons why female college students suffer from common gynecological diseases are as follows:

1. Rapid physiological and psychological changes: With the maturation of reproductive organs, the appearance of secondary sexual characteristics, the secretion of sex hormones, and the emergence of sexual awareness, coupled with the influence of heavy mental work, endocrine disorders are often caused, leading to menstrual irregularities.

2. Increased academic burden and strenuous activity: Survey data shows that the incidence rate is highest among third-year female students, with dysmenorrhea and leukorrhea being the most common. This indicates that the occurrence of common gynecological diseases is related to the weight of academic burden and the intensity of physical activity.

3. Poor hygiene awareness and neglect of personal care: Due to a lack of psychological and physiological hygiene knowledge, female college students neglect personal care. During menstruation, they are unaware of the prohibitions against tub baths, swimming, and strenuous activities. They do not change their underwear frequently and do not pay attention to maintaining vulvar hygiene. They do not seek medical treatment promptly when they first develop gynecological diseases, causing the condition to worsen.

Therefore, experts point out that female college students should prioritize prevention in the treatment of gynecological diseases, adhering to the principle of prevention being more important than treatment. Among preventative measures, it is crucial to understand and master hygiene knowledge and practice good self-care to fundamentally avoid or reduce the occurrence of gynecological diseases. Zimeishu's unique shielding theory allows for the gentle application of panty liners to the vulva during menstruation and after abortion, instantly blocking pathogens, enhancing the disease resistance of female reproductive organs, and effectively preventing the occurrence and spread of gynecological diseases.

66. What are the potential hygiene "hidden dangers" in household items?

A: In the home environment, bathtubs, towels, toilet seats, washing machines, etc., can all become pathways for pathogen transmission. To reduce the risk of infection, pay attention to daily hygiene details:

① Underwear should be washed separately, avoiding mixing with socks and other clothing;

② It is recommended to wash with running water and dry in the sun, and boil for disinfection if conditions permit.

Bacterial transmission is ubiquitous, therefore proactive prevention is particularly important. "Zimeishu" silver ion gynecological medical pads are based on modern gynecological shielding and protection theory, following the principle of "prevention combined with treatment, with prevention as the main focus." By adhering to the vulva, they form a continuous protective barrier, blocking and inhibiting pathogen invasion 24 hours a day, helping to maintain local cleanliness and reducing the risk of gynecological infections.

67. How do the silver ions in Zimeishu silver ion gynecological medical

pads reach the vulva?

A: Zimeishu silver ion gynecological medical pads are absorbed and treated through the mucous membrane. The female vulva absorbs medication far more readily than any other part of the body. It contains an extremely rich network of branch veins, sensitive nerve plexuses, and lymphatic vessels, creating a dense microcirculation network. Through body temperature, silver ions quickly migrate into the female reproductive tract, thereby playing a role in disease prevention, antibacterial, and bacteriostatic effects.

68. Can pregnant women use Zimeishu silver ion gynecological medical pads?

A: Pregnant women should not use this product in early pregnancy because the Zimeishu Silver Ion Gynecological Medical Pad has blood-activating and stasis-removing functions, which can easily cause miscarriage. It has no effect in later pregnancy.

69. Gynecological inflammation should not be treated with repeated mistakes.

A: Gynecological inflammation often recurs due to frequent treatment and persistent symptoms. The causes of gynecological inflammation are related to unscientific treatment and unscientific lifestyle:

① The use of antibiotics in traditional treatments, especially in excessive doses, can easily lead to vaginal flora imbalance. Antibiotics have drug resistance and a half-life, which can cause problems for future treatment.

② Various types of external dosage forms, such as washes, suppositories, and effervescent tablets, are all used at night, resulting in "blank" applications during the day.

The "period" delays treatment. Furthermore, these formulations, when dissolved, can easily cause local mucosal damage due to excessive concentration, resulting in significant unabsorbed medication that contaminates underwear and bedding, leading to secondary cross-infection and the development of secondary antibodies. They also affect the vaginal pH balance. Therefore, the Zimeishu Silver

Ion Gynecological Medical Pad embodies modern gynecological treatment and prevention concepts, completely preventing recurrent gynecological inflammation. It is essential to shift one's approach to gynecological treatment.

70. Six Situations Where Zimeishu Silver Ion Gynecological Medical Pads Are Needed:

- A: ① When problems arise, one Zimeishu pad prevents infection.
- ② In situations prone to infection, one Zimeishu pad blocks the invasion of pathogens.
- ③ Postpartum, after abortion, or surgery, one Zimeishu pad fights infection and promotes wound healing.
- ④ During the recovery period, one Zimeishu pad repairs damage to the vaginal mucosa.
- ⑤ When traveling, one Zimeishu pad provides a refreshing, comfortable, safe, and convenient experience.
- ⑥ For daily care, use one Zimeishu pad to prevent gynecological diseases.

71. Features of Zimeishu Silver Ion Gynecological Medical Pad:

A: Maintaining vulvar cleanliness is the biggest feature that distinguishes Zimeishu Silver Ion Gynecological Medical Pad from other gynecological products. Absorbed through the mucous membrane, it acts on the female perineum and enters the female reproductive tract through the body's microcirculation. It not only kills, inhibits, and fights bacteria, but also promotes the elimination of inflammatory substances and blocks bacteria outside the reproductive tract, improving the female reproductive tract's disease resistance and prevention ability. After use, it feels refreshing and moisturizing, has high safety, and provides continuous 24-hour protection. It is a convenient personal care product for modern women to easily be a woman.

72. Get rid of the entanglement of gynecological "colds":

A: There is a type of "cold" that occurs all year round, and the patients are

limited to women. That is fungal vaginitis. It appears silently, is an invisible entanglement, recurs, and is difficult to cure, just like a cold that lasts three days. It visits both ends of the body, thus earning the nickname "cold" in gynecology. The pathogen causing yeast vaginitis is *Candida albicans*, a common fungus carried by humans. It thrives with the right environment; when immunity is weakened and a suitable environment for reproduction exists, it becomes pathogenic.

The most insidious ambush is sanitary napkins.
The most unexpected ambush is one's own body.
The most perplexing ambush is the washing machine.
The most glamorous ambush is sexy thongs.
The most helpless ambush is public facilities.
The sweetest ambush is on the pillow and bed.

The nemesis of yeast is: high temperature, alkaline environment, the smell of garlic, and the lactobacillus and bifidobacteria in yogurt, all of which have inhibitory effects.

After contracting yeast, avoid spicy, sweet, and seafood foods.

73. What precautions should be taken when using Zimeishu?

- A: ① Use according to the therapeutic effect.
- ② Regardless of age, location, or time.
- ③ Use with caution for those allergic to silver. Clinical studies show that those allergic to silver... One in 200,000.

74. Who should use Zimeishu?

A: ① For initial stages of gynecological diseases and superficial infections, such as local itching, odor, and vulvar eczema, Zimeishu can be directly treated, as it can directly eliminate and kill pathogens.

② For deep gynecological infections, longer disease courses, and more stubborn pathogens, which often recur due to drug resistance, combination therapy is required.

③ For postpartum women and those recovering from abortion, Zimeishu silver ion gynecological medical pads are the preferred anti-infection protective product.

④ For white-collar women who value their health and protection, and for individuals with low local and systemic immunity.

75. What is the basis for using Zimeishu?

A: ① As a broad-spectrum antibacterial agent, silver ions enter the bacterial cell, inhibiting bacterial respiration, breaking down cell membranes, and binding to bacterial DNA bonds, leading to bacterial death. A small amount of silver ions can kill a large number of pathogens.

② Strong bactericidal effect; studies have found that it can kill more than 600 types of bacteria within minutes.

③ Strong Penetration: Silver ions possess superior penetrability, penetrating up to 2mm beneath the skin.

④ Promotes wound healing, improves microcirculation around the wound, effectively activates cell growth, and accelerates wound healing.

⑤ Long-lasting Antibacterial Properties: Silver ions, produced using specialized methods, have an outer protective film and are gradually released within the body, resulting in longer-lasting antibacterial effects.

⑥ High Safety: No toxic side effects.

⑦ No Drug Resistance: Silver ions can directly kill, inhibit, and suppress bacteria, rendering them unable to reproduce, thus preventing the development of drug-resistant offspring.

⑧ Utilizing the plant extracts in Zimeishu, it can immediately eliminate itching, pain, and odor caused by various inflammations. The plant extracts invigorate blood circulation, clear heat and detoxify, remove inflammatory substances, and enhance the physiological activity of the vaginal mucosa, thereby restoring the vaginal balance and barrier, achieving a therapeutic effect.

76. Traditional Treatment: Antibiotics What are the disadvantages of traditional treatments and the advantages of combined therapy?

A: Current antibiotics are broad-spectrum antibiotics, inhibiting a variety of

bacteria. Early, high-dose use can affect vaginal lactobacilli and bifidobacteria, causing an imbalance in the vaginal flora and making treatment more difficult for the next generation of resistant bacteria. All antibiotics have a half-life; if the timing is not properly controlled, it can also cause problems.

When antibiotics are combined with a vaginal wash, the wash maintains the balance of the two major vaginal flora. Silver ions thoroughly kill bacteria without producing resistant offspring. The continuous use of the wash has no half-life, thus shortening the treatment course and improving efficacy.

77. What are the shortcomings of various traditional washes and the advantages of combined therapy?

A: Various washes are the most widely used and convenient dosage form for gynecological inflammation. However, washes have a relatively short local contact time, and the concentration is difficult to control. High concentrations can easily cause local damage, complicating treatment. Vaginal douching, in particular, can easily lead to an imbalance in the vaginal pH, decreased immunity, and create new opportunities for secondary infections.

Washes need to be used at specific times, creating a gap in treatment during the day, increasing the difficulty of treatment. When used in conjunction with Zimeishu, it compensates for the short-lasting effect of the wash. Furthermore, the elimination of the "gap" in 24-hour continuous sterilization treatment greatly enhances the effectiveness of the wash. Zimeishu can quickly restore the two major systems balanced by the wash, reducing and eliminating the toxic side effects.

78. What are the drawbacks of suppository use and the advantages of combined treatment?

A: Suppositories are highly targeted in treatment and easier to carry than washes. However, they dissolve quickly, leading to excessively high local drug concentrations and potentially damaging the vaginal mucosa. Once dissolved, they are not easily absorbed and may leak out, staining underwear and creating new sources of infection. They are generally used at night, creating a gap in treatment compared to daytime use, increasing the difficulty of treatment. When combined with Zimeishu (a vaginal suppository), the repeated and continuous bactericidal properties of silver ions significantly shorten the treatment time. The 24-hour efficacy compensates for the gap caused by suppositories. Silver ions can repair

mucosal damage caused by medication and effectively remove inflammatory substances. Zimeishu silver ion gynecological medical pads have a strong killing and elimination effect on pathogens, regardless of drug resistance, with a clearance rate of up to 99.9%. This effectively solves the problem of recurrent gynecological inflammation.

79. What are the drawbacks of effervescent tablets and the advantages of combined treatment with Zimeishu silver ion gynecological medical pads?

A: Effervescent tablets... Compared to washes, effervescent tablets are more convenient to carry and disintegrate and release medication faster than suppositories, resulting in more direct and rapid sterilization. Effervescent tablets can easily disrupt the vaginal balance, leading to incomplete treatment and a longer, slower treatment time. Combined with Zimeishu Silver Ion Gynecological Medical Pads, this treatment promotes blood circulation, clears heat and toxins, and eliminates physiological activity in the vagina, restoring the vaginal balance and barrier, thus eliminating the dryness, stinging, and discomfort caused by effervescent tablets.

80. What are the disadvantages of gels, and what are the advantages of combining them with Zimeishu Silver Ion Gynecological Medical Pads?

A: Highly targeted gels, with their high local concentration, can easily damage the vaginal mucosa. Gels are alkaline, which can disrupt the vaginal pH balance. They also contain broad-spectrum antibacterial agents, which can disrupt the pH and cause bacterial imbalance. Combining them with Zimeishu Silver Ion Gynecological Medical Pads enhances the bactericidal effect of the gel, accelerates the excretion of inflammatory substances, promptly eliminates drug toxicity, and protects the mucosa. Undamaged, allowing the vagina to quickly restore its physiological activity and immune function, preventing recurrence of gynecological inflammation.

81. What are the drawbacks of using ointments? What are the advantages of combining them with Zimeishu?

A: Topical ointments easily stain underwear, and excessive local application can

easily cause mucosal damage. Ointments contain chemical antibacterial agents, which can easily disrupt the vaginal flora balance, creating a hidden danger for recurrent gynecological inflammation. However, combined treatment with Zimeishu silver ions enhances the bactericidal effect of the ointment, accelerates the excretion of inflammatory substances, maintains the "two major balances and one major barrier" in the vagina, enhances its own immune function, and prevents recurrence of gynecological inflammation.

82. Three types of underwear that women should avoid wearing:

A: ① Underwear that is too tight: The vaginal opening, urethral opening, and anus are very close together. Wearing underwear that is too tight can easily cause frequent friction with the vulva, anus, and urethral opening, leading to infection.

② Dark-colored underwear: Because it is not suitable for women with vaginitis or reproductive system tumors. In women experiencing vaginal discharge changes, it may become cloudy, even reddish or yellowish, all of which are signs of illness. Wearing dark-colored or overly patterned underwear can obscure these abnormalities, potentially delaying diagnosis and treatment.

③ Avoid wearing synthetic fiber underwear: Synthetic fiber underwear has poor breathability, making it difficult for vaginal discharge and secretions from the vulvar glands to evaporate. This warm and moist environment is highly conducive to bacterial growth and reproduction, easily leading to vulvar or vaginal inflammation.

83. What should be paid attention to regarding menstrual hygiene?

A: During menstruation, women are prone to fatigue and decreased immunity. The shedding of the uterine lining leaves wounds, the cervix is slightly open, and menstrual blood dilutes the vaginal acidity, making it easier for bacteria to invade and cause inflammation. Therefore, using reputable sanitary products, keeping the vulva clean, avoiding alkaline soaps, keeping warm, avoiding strenuous exercise and heavy physical labor during menstruation, getting plenty of rest, drinking plenty of water, eating easily digestible foods, and avoiding raw, cold, and spicy foods are all important.

84. Women's Private Part Health 7 Important Reminders:

A: ① The vulva, like the armpits, is prone to sweating, so it should be cleaned promptly.

- ② Wear less synthetic nylon underwear.
- ③ Use panty liners sparingly and change underwear frequently.
- ④ After using the toilet, women should wipe from front to back.
- ⑤ Sexual activity increases the chance of infection. After intercourse, perform Kegel exercises (abdominal contraction and pelvic floor muscle contraction) to expel semen, as semen is alkaline and can alter the vaginal pH. Alternatively, use condoms to prevent semen from entering the vagina.
- ⑥ Many pathogens can easily be carried to the male genitals. If a woman develops an infection, it should be treated simultaneously to prevent recurrence.
- ⑦ Drink more probiotic beverages, but do not douche.

85. Should cervical cancer prevention start with cervical erosion?

A: Cervical erosion is a common gynecological disease, affecting women aged 35-50. However, current clinical data shows that up to 90% of cervical erosion cases occur in women aged 17-25, indicating a growing problem at younger ages. Therefore, young women should pay sufficient attention to this.

Cervical erosion is... Cervical erosion is an independent disease, a manifestation of chronic cervicitis, partly caused by human papillomavirus infection, and can lead to cancer.

Once cervical erosion occurs: increased vaginal discharge, yellow and viscous, or purulent discharge, accompanied by a feeling of heaviness in the abdomen, lower back, and sacrum; bleeding and unusual odor are easily detected during intercourse or examination.

Prevention: Avoid cervical injury during childbirth and abortion. Cervical lacerations after childbirth should be sutured promptly. Have regular gynecological examinations and actively treat any inflammation. Cervical cancer prevention should start with preventing cervical erosion. Once sexually active, have a CT scan annually; if there are no abnormalities for three consecutive years, have a scan every two years. Women should also have a CT scan before pregnancy, as the influence of estrogen during pregnancy can exacerbate precancerous changes.

86. What are the benefits of yogurt?

A: Cleanses the intestines, regulates the balance of bacteria in the body, increases beneficial bacteria such as bifidobacteria, inhibits the growth of certain harmful bacteria, improves gastrointestinal motility, prevents constipation, and enhances the body's immunity and resistance.

- ① Benefits: Yogurt has excellent skin-softening properties.
- ② Anti-aging: It replenishes Bifidobacteria in the gut, effectively preventing aging and fighting diseases.
- ④ Eating unsweetened yogurt helps prevent and treat diabetes.
- ⑤ Anti-cancer properties: Lactobacillus acidophilus and certain Bifidobacteria in yogurt can produce anti-cancer substances or reduce the incidence of cancer.
- ⑥ Lowers blood cholesterol levels, reducing the risk of cardiovascular disease.
- ⑦ Yogurt not only contains all the nutrients of milk but is also more easily absorbed by the body.
- ⑧ The calcium in yogurt is easily absorbed, making it the best source of calcium for the human body.

87. Antibiotics and Vaginal Candidiasis:

A: Overuse of antibiotics can lead to vaginal candidiasis. In fact, a side effect of antibiotics is the disruption of the body's bacterial balance. A US study showed that half of women who used an antibiotic for more than a week developed vaginal candidiasis. However, long-term use of antibiotics inhibits lactobacilli in the vagina, disrupting... Disrupting the natural ecological balance of the vagina leads to yeast infections. Therefore, women should not blindly rely on antibiotics; if necessary, they should not be used for more than a week, and broad-spectrum antibiotics should be used sparingly.

88. What does abnormal vaginal bleeding mean?

A: Contact bleeding in women usually refers to slight vaginal bleeding after intercourse, gynecological examination, or straining during bowel movements.

Cancer may not be discovered until pregnancy. Early cervical cancer may be asymptomatic, only being detected during cervical cell examination. Cervical bleeding is the only early warning sign of cervical cancer.

89. What is the close relationship between trichomoniasis and sex?

A: *Trichomonas vaginalis* can survive in the vagina, the female urinary tract, and the smegma of the male genitalia. If one partner is infected, it is often transmitted between the couple, frequently recurring and difficult to cure completely. Testing for trichomoniasis in men is very difficult. Once the woman is confirmed to be infected, both partners must be treated simultaneously for a cure.

Trichomoniasis: 1. Direct sexual transmission 2. In rare cases, transmission can occur indirectly.

90. Several Gynecological Diseases Where Sexual Intercourse is Prohibited:

A: Certain tumors of the sexual organs, especially malignant tumors such as uterine cancer and vulvar cancer, necessitate abstinence from sexual activity, as they can increase the spread of cancer cells.

Chronic inflammation of the sexual organs: Vulvitis, vaginitis, cervicitis, oophoritis, pelvic inflammatory disease, etc., regardless of whether they are acute or chronic, should not involve sexual intercourse, as the high congestion of the sexual organs will worsen the condition.

Severe menstrual irregularities should be regulated before resuming sexual activity; otherwise, the menstrual irregularities may worsen.

Women with habitual abortions should be especially careful upon becoming pregnant again and should absolutely abstain from sexual intercourse.

91. Does Trichomonas Virus Affect Newborns?

A: If a pregnant woman has vaginal trichomoniasis and the newborn ingests the trichomoniasis parasites, the gastric acid will kill them. The pH level of the newborn's vagina is not suitable for the development of trichomoniasis; therefore, the newborn will not be infected through sexual intercourse. Trichomoniasis is a vaginal infection.

However, trichomoniasis in pregnant women increases the risk of premature birth.

92. What is the correct method for vaginal cleansing?

A: Cleaning the female "special area" has its own unique characteristics. In fact, for healthy women, vaginal cleansing only requires removing accumulated sweat, sebum, vaginal discharge, urine stains, and feces from the vulvar skin surface; there is no need for excessive procedures. The principle of vaginal cleansing should be to maintain the natural defenses of the female reproductive tract, not to disrupt the ecological balance within the vagina, and to prevent the invasion of external bacterial pathogens. Simply rinse the vulva with clean water daily. Make it a habit to wash your hands before and after using the toilet. Clean the vulva during menstruation as well. Change sanitary napkins frequently and use panty liners sparingly to avoid friction and irritation that can cause inflammation. Use Zimeishu Silver Ion Gynecological Medical Panties more often, utilizing their "triple barrier" to protect yourself.

93. What should be paid attention to during menstruation?

A: Women are prone to fatigue during menstruation.

During menstruation, the body's resistance is weakened, and the shedding of the uterine lining leaves many wounds. The cervix is slightly open, and the original vaginal acidity is diluted by menstrual blood. If bacteria invade, inflammation is easily caused. Therefore, special attention should be paid to hygiene during menstruation:

① Use clean sanitary napkins and menstrual bags. Wash the menstrual bags thoroughly after each use, scald them with boiling water, and dry them in the sun before use.

② Clean the vulva, washing from front to back, or showering or bathing. Do not take a bath or sit in a tub.

③ Do not use strongly alkaline soap; baby soap is acceptable.

④ Keep warm. Sudden exposure to cold can cause blood vessel constriction, leading to reduced menstrual flow, dysmenorrhea, or amenorrhea.

⑤ Nutrition and sleep are important. Drink plenty of water, maintain regular bowel movements, avoid spicy foods, and avoid strenuous exercise, as these can easily cause excessive menstrual bleeding or prolonged periods.

94. What factors are related to menstrual irregularities?

A: Besides possible causes such as incomplete uterine development, acute or chronic pelvic inflammatory disease, and uterine fibroids, certain unhealthy lifestyle habits are also important causes of menstrual irregularities. If a woman experiences prolonged depression, mental stress, or excessive work or study, it can disrupt her endocrine system, leading to menstrual irregularities. Some women, in an effort to maintain a slim figure, excessively diet, causing the body to consume large amounts of fat and protein, affecting estrogen synthesis and inevitably resulting in menstrual irregularities.

95. How to differentiate gynecological diseases through vaginal discharge?

A: Some women, despite careful hygiene, experience excessive vaginal discharge with a noticeable change in odor, color, and consistency, indicating an abnormality.

Abnormal vaginal discharge is often a sign of vaginitis.

In cases of purulent bacterial infection, the discharge is purulent, yellowish-green, and foul-smelling, such as in senile vaginitis, endometritis, pyometra, gonococcal vaginitis, chlamydia infection (non-gonococcal), or fungal infection, the discharge may appear cottage cheese-like.

In cases of trichomoniasis, the discharge is grayish-yellow or yellowish-green and frothy.

96. Four indicators to measure whether menstruation is normal:

A: ① Cycle: 21 to 35 days is considered normal.

② Blood volume: Bleeding should be around 85 grams, lasting 3-7 days.

③ Blood clots: If menstrual blood is blocked in one area and not expelled in time, it will form clots after accumulating for 5-10 minutes. This usually happens upon waking in the morning or after prolonged sitting.

④ Amenorrhea: Amenorrhea should first rule out pregnancy. Secondly, lifestyle factors such as travel, stress, strenuous exercise, excessive weight loss, polycystic

ovary syndrome, or long-term use of progesterone-based oral contraceptives can all cause amenorrhea.

97. Which medicated wash is safer?

A: Some women frequently use traditional Chinese medicine preparations such as Jieeryin, Fuyintai, Fuyinjie, and Pifukang to wash their genitals, believing that traditional Chinese medicine is the safest. While traditional Chinese medicine has the effects of clearing heat and detoxifying, and reducing inflammation, it is prone to spoilage and mold, has a short shelf life, and can be harmful after use. Some women also like to use potassium permanganate, believing that it disinfects and cleanses the genitals more thoroughly. However, prolonged use can dry out the skin. If the concentration is too high or the powder is not completely dissolved, it can corrode the delicate skin and mucous membranes of the vulva if it comes into contact with the skin.

Besides medication, the most common method is to wash the vulva with soap, believing that soap has a better cleaning effect. Soap is alkaline and irritates the skin, causing dryness and itching after removing sebum.

Some women like to use shower gel, but foam shower gel is a chemical preparation that can cause allergic dermatitis, etc. Clean water is sufficient.

98. What kind of women are most prone to gynecological inflammation?

A: ① After childbirth or miscarriage, due to decreased resistance, pathogens can ascend and spread to the fallopian tubes, ovaries, and then the entire pelvic cavity, causing inflammation.

② Inflammation caused by improper intrauterine device (IUD) procedures.

③ Intrauterine procedures and surgeries performed without strict sterilization.

④ Poor menstrual hygiene, sexual intercourse during menstruation, or unprotected sex.

⑤ Inflammation of surrounding organs can directly spread, causing salpingitis, oophoritis, and pelvic peritonitis such as appendicitis.

- ⑥ Sexually transmitted diseases, such as gonococcal infection.

99. Who should be wary of cervical cancer?

A: Because early-stage cervical cancer may have no obvious symptoms or signs, it is easily overlooked.

① Human papillomavirus (HPV) infection: Data shows that 99.6% of cervical cancers are caused by HPV infection.

② Multiple sexual partners: If you have multiple sexual partners and frequent intercourse, you will produce various antibodies (foreign proteins), making you more susceptible to cervical cancer.

③ Early marriage and multiple pregnancies: The incidence rate of cervical cancer is 3 times higher in women who marry before the age of 20 than in women aged 21-25, and 7 times higher than in women who marry after the age of 26. Women who have had 7 or more pregnancies are more than 10 times higher than women who have had 1-2 pregnancies.

④ Age: Women under the age of 20 have a lower probability of developing cervical cancer; the incidence rate is high between the ages of 20 and 50; and the incidence rate decreases after the age of 50. ⑤ Cervical atypical hyperplasia: Especially moderate and severe cases, if not treated actively, may develop into cervical cancer.

100. Six things a woman's uterus fears:

A: ① Multiple pregnancies: Each additional pregnancy increases the risk to the uterus.

② Repeated abortions, especially repeated abortions within a short period, cause greater damage to the uterus.

③ Self-induced abortions: Serious consequences include uterine rupture or secondary infections.

④ Neglecting prenatal checkups: Regular prenatal checkups are crucial for the safety of both mother and child.

⑤ Unhygienic sexual practices: Pathogens can enter the uterine cavity through

the vagina, causing endometrial infection.

⑥ Promiscuous sexual activity: If a woman is sexually promiscuous or begins sexual activity before adulthood, it can harm her physical and mental health, and lead to diseases such as cervical cancer.

101. How to provide emergency care for an ectopic pregnancy?

A: An ectopic pregnancy occurs when a fertilized egg implants outside the uterine cavity. 95% of ectopic pregnancies occur in the fallopian tubes, but some can occur in the ovary or abdominal cavity. These locations are unsuitable for pregnancy, making them prone to rupture and miscarriage, and can lead to massive bleeding.

Amenorrhea, vaginal bleeding, and lower abdominal pain are typical symptoms of ectopic pregnancy. If lower abdominal pain worsens and is accompanied by nausea, vomiting, dizziness, sweating, and paleness, it indicates internal bleeding; immediately contact emergency services.

First Aid Measures: Before the ambulance arrives, keep your head down and feet elevated, and remain calm to prevent further bleeding.

Precautions: ① Lower abdominal pain in women should raise suspicion of ectopic pregnancy.

② Ectopic pregnancy is a more serious condition than miscarriage. As the fetus grows, the fallopian tube can rupture, causing massive bleeding. This not only threatens the fetus but, more importantly, the mother's life.

③ "The typical ectopic pregnancy is the least typical." This is because the symptoms of ectopic pregnancy are often vague.

④ Ectopic pregnancy can easily be confused with other abdominal pain conditions. Intussusception causes severe abdominal pain; appendicitis pain starts in the epigastrium and gradually moves to the lower right abdomen; intestinal volvulus causes sudden lower abdominal pain and distension; gallstones cause pain in the upper right abdomen. Ectopic pregnancy, however, causes severe lower abdominal pain and bleeding.

102. What are the causes of lower abdominal pain in women?

A: It can be divided into acute lower abdominal pain and chronic lower

abdominal pain:

① Acute lower abdominal pain can be caused by acute inflammation of pelvic organs, such as adnexitis, perforation or rupture of abdominal organs, ectopic pregnancy, ruptured ovarian cysts, gastric or duodenal ulcers, intestinal obstruction, gallstones, ovarian torsion, hydrosalpinx torsion, intestinal volvulus, etc.

② Chronic abdominal pain is mainly dull pain in the lower abdomen and sacral region. Symptoms such as chronic cervicitis, chronic adnexitis, chronic pelvic connective tissue inflammation, pelvic congestion syndrome, lower abdominal dull pain, a feeling of heaviness in the lower abdomen, and lower back pain often worsen after exertion, prolonged standing, sexual intercourse, and during menstruation.

Abdominal muscle tension, resistance, and compression are often caused by inflammation or bleeding; relaxation is often due to uterine muscle contraction or urinary system disorders.

103. What is primary dysmenorrhea? What is secondary dysmenorrhea?

A: Primary dysmenorrhea shows no abnormalities on examination. The pain is most severe on the first day of menstruation, which is related to prostaglandin levels and basal uterine tone. If the pain is severe and affects work and daily life, sedative and analgesic drugs can be taken appropriately. Oral contraceptives can also be used to alleviate symptoms.

Secondary dysmenorrhea is related to pelvic lesions and requires treatment of the underlying disease. For example, endometritis and pelvic inflammatory disease are common causes of secondary dysmenorrhea.