

**285<sup>th</sup> OMICS International Conference**

# **Global Healthcare & Fitness Summit**

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## **Women and Aging**

**Angela Gentile**

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This motivating presentation will provide the audience members with a new vision of growing older and will help them embrace aging rather than fight and fear it. Myths and misconceptions of aging will be discussed and a holistic view of life (body, mind, spirit) throughout the lifespan will be presented. The audience will be left feeling empowered, enlightened and motivated to keep moving and to embrace life, no matter what their age. Other tips and insights backed by both experience and scientific research will help prepare us for a realistic, yet hopeful view of what Angela thinks aging for women really should look like. Topics to be discussed include (but not limited too): Harmful effects of ageism, active aging, mental and physical health and fitness, happiness in older years, self-acceptance, social connectedness and fostering resilience.

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## **Epidermal cyst in an unusual site: A case report**

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**Introduction:** Epidermoid cysts can occur in a variety of locations including face, trunk, neck, extremities and scalp. Up to now, those vulvar epidermal cysts reported in the literature were localized on the labia majora and the clitoris. This is the first case of epidermal cyst reported on the labia minora.

**Presentation of Case:** A 47-year-old, multiparous woman presented with a history of a palpable vulvar mass without pain but causing difficulty in walking. The large mass was 6 cm in diameter and located in the left labium minus. The labial mass was surgically removed. The final pathologic diagnosis was a vulvar epidermoid cyst. The patient was discharged from hospital without any complications.

**Discussion:** Total surgical excision of the mass is more appropriate for definitive histopathological diagnosis and for the prevention of future development of complications. MRI is very important in the localization of the mass and relationship with other tissues regarding treatment planning of larger vulvar masses.

**Conclusion:** Epidermal cysts should be considered in the differential diagnosis of a vulvar mass.

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