

## 40% of urban Indian women unaware of common chronic reproductive issues: Survey

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### The study says over 60% of women are unaware of hyperthyroidism



Uvi Health, a health-tech platform for women, recently conducted a survey investigating the awareness and prevalence of various sexual and reproductive health (SRH) conditions in India. The study, conducted across females in the age group 17-50 in Urban cities, found a lack of education and awareness among women regarding SRH conditions.

"The social stigma attached to accessing SRH services and the limited access to non-judgemental care prevents women from receiving timely care and attention," said Mehak Malik, co-founder of Uvi Health.

The survey revealed that over 40% of urban Indian women were unaware of Polycystic Ovary Syndrome, which affects roughly 10% of the global population. The awareness could be much lower among rural women.

The study says over 60% of women are unaware of hyperthyroidism and less than 30% know of other SRH conditions such as endometriosis and vaginismus. However, awareness about Breast Cancer and HIV/AIDS was relatively higher at about 75%.

PCOS emerged as the most common sexual and reproductive health condition experienced by the respondents. However, less than 15% of the respondents aware of the condition had a formal diagnosis. The actual rate could be much higher as many women go undiagnosed due to the absence of a single diagnostic criterion.

The survey also revealed that most respondents felt that their family and doctors were a reliable support system. Interestingly, less than 30% of respondents considered their spouse and friends part of their support system.