MEDICAL AND SOCIAL SIGNIFICANCE OF WOMEN'S HEALTH OF REPRODUCTIVE AGE

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Abstract. This thesis analyzes the medical and social significance of the health of women of reproductive age, as well as the biological, social, and physiological factors influencing it. It is demonstrated that reproductive health is closely associated with a woman's general somatic condition, endocrine system functioning, lifestyle, and environmental factors. A comprehensive assessment of the health of women of reproductive age is of great importance for the formation of a healthy generation, the protection of maternal and child health, and the promotion of the country's demographic and socio-economic development.

Keywords: reproductive health, reproductive age, women's health, somatic health, physiological indicators, endocrine system, demography, prevention.

The health of women of reproductive age is an important component of public health, and its protection is considered one of the priority areas of modern healthcare systems. During the reproductive period, important physiological processes related to reproduction, pregnancy, and childbirth take place in the female body. Therefore, the health status of women in this age group is important not only at the individual medical level but also from the perspective of preserving the population's gene pool, ensuring the formation of a healthy generation, and improving demographic indicators [1, 2].

According to the recommendations of the World Health Organization, reproductive health refers to a state of physical, mental, and social well-being in all matters relating to the reproductive system, its functions, and processes. Therefore, the assessment of reproductive health should not be limited solely to the presence or absence of diseases of the reproductive system. The general somatic condition of the female body, as well as the functional stability of physiological and endocrine systems, is also of significant importance [1].

The health of women of reproductive age represents a multifactorial system influenced by biological, physiological, social, and environmental factors.

Biological factors include age, hereditary characteristics, hormonal status, ovarian functional reserve, and the general physiological condition of the body. The interaction of these factors determines women's reproductive potential and affects the stability and effectiveness of reproductive function [4, 5].

The functioning of the female reproductive system is regulated through complex neuroendocrine mechanisms and is closely associated with the hypothalamic-pituitary-ovarian axis. Any functional or morphological disturbance in this system may lead to changes in the menstrual cycle, disruption of ovulation, and a reduction in reproductive capacity [6].

One of the important factors influencing reproductive health is a woman's general somatic condition. In particular, somatic and endocrine disorders such as arterial hypertension, diabetes mellitus, obesity, iron deficiency anemia, and thyroid diseases may contribute to hormonal imbalance. This, in turn, may be associated with menstrual irregularities, impaired ovulation, reduced fertility, and an increased risk of complications during pregnancy [5, 6, 7].

From this perspective, a comprehensive approach to assessing the health of women of reproductive age is particularly important. Such an assessment may include anthropometric indicators, including body weight, height, and body mass index; physiometric indicators, such as vital lung capacity, muscle strength, and the functional condition of the cardiovascular system; as well as indicators of general somatic health. A comprehensive assessment of these indicators makes it possible to determine the functional capacity of the body, identify potential risk factors at an early stage, and develop appropriate preventive measures [3, 4, 8].

The health of women of reproductive age is also directly associated with the demographic situation of a country. Good maternal health is one of the important factors contributing to a healthy course of pregnancy, uncomplicated childbirth, and the birth of healthy children. Furthermore, the protection of reproductive health contributes to reducing maternal and child mortality, increasing life expectancy, and promoting the development of human capital [2, 3].

Today, protecting the health of women of reproductive age is regarded not only as a medical issue but also as an important socio-economic concern. A healthy woman is the foundation of a healthy family and a healthy generation. Therefore, improving preventive medical examinations, promoting healthy lifestyles, ensuring balanced nutrition, increasing physical activity, and early detection of somatic and

endocrine diseases are among the main directions for strengthening reproductive health [1, 2, 4].

Conclusion. The health of women of reproductive age is one of the key factors determining the medical, demographic, and socio-economic development of society. The effectiveness of reproductive function is closely related to the general somatic condition of the body, the functioning of the neuroendocrine system, physiological indicators, and environmental factors. Therefore, the application of a comprehensive medical and physiological approach to assessing the health of women of reproductive age, early identification of risk factors, and implementation of preventive measures are of great importance for the formation of a healthy generation and the improvement of population health [1, 3, 4].

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