

# Women-related health aspects/Expert

Health aspects related to women or gynecological health issues relate mainly to the menstrual cycle, fertility and fertility problems, pelvic floor dysfunction, problems during menopause and pain during sexual intercourse. Hormones also play a key role: the menstrual cycle and finally menopause have an enormous influence on the well-being and quality of life in women. The prevalence of fertility problems has risen in recent years, partly due to the fact that women are starting families increasingly later. Women are often not sufficiently informed about the fact that their fertility declines significantly at the age of 35 and that fertility treatments entail health risks. Pain in the genital and/or pelvic area during sexual intercourse is common, but many women feel alone with their problems and ashamed to communicate them. Sexual complaints can persist for years, while the women affected fail to seek and obtain adequate help. Pelvic floor dysfunction affects more than 70 percent of women between the ages of 45 and 85. Symptoms are incontinence (urinary and fecal) and vaginal prolapse.<sup>[1]</sup> The consequence of untreated or inadequately treated gynecological complaints is often an enormously reduced quality of life.<sup>[2]</sup>

Back to Module 1: Sex and Gender in medicine.

## Literature

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1. Withagen M. Functie en disfunctie van de bekkenbodern. Huisarts Wet 2015; 58(11):600-3.
2. The Netherlands Organisation for Health Research and Development. Gender and Health: Knowledge Agenda. Den Haag; 2015.

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