



Women Health: Changing Trends

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2023 has begun on a note of positivity with no pandemic surge from any corner of the world. With conflicts raging the world, it is time we unite and work towards unique intelligent ways of predicting disease and preventing it. It is heartening to see surge in innovative ways of treatment, largely conservative and minimally invasive, including robotics in surgery.

France has launched a National Strategy against Endometriosis in January 2022 making it a matter of the State to alleviate the suffering of women. The need of the hour is early recognition in adolescence, so that girls can have better quality of lives and reproductive careers. Ongoing research implicating the role of human gut microbiome unfolds hidden facts about this disease which today, is enigma both to the patient and her gynaecologist.

In November 2016, the American College of Obstetricians and Gynecologists (ACOG) recommended ovarian conservation over oophorectomy for adnexal torsion among women who wish to remain fertile. An Analysis of the National Surgical Quality Improvement Program Database, published in May 2023 quote that 69.7% oophorectomies are done when surgeries are performed for adnexal torsion. This puts spotlight on another area to improve awareness.

The International Archives Occupational Environmental Health in January 2022 published a systematic review by Hiver, *et al.* of physicians practicing from 2006 to 2018 in 41 European countries (regardless of their specialty) showing higher t burnout prevalence rates ranging from 2.5% to 72.0%. This is an area demanding urgent attention of senior medical fraternity and medical councils

to ensure positive health of doctors and their patients. Reducing medical errors and making care of the patients safer goes hand in hand with better mental health of physicians.

The world has finally risen towards the global crisis of Climate change, ways to adapt and reduce it. Obstetricians and gynaecologists also need to awaken to the need of the hour and spread awareness among the women specially pregnant women, who are the most vulnerable, towards ways to mitigate ill effects.

Journals are the best way to ensure good scientific communication between the conscientious. This is one platform that allows excellent exchange of ideas, empowering it's readers, and in turn benefit the community. Let us all take pride in contributing and publishing for the betterment of our fraternity.