



Research Article

Women's Health: Critical but Often Overlooked Symptoms

Eshmirzayeva Dilnoza Rozimurod qizi¹, Tillayeva Zarina Zafarbekovna²

¹Student, Faculty of Medicine, Department of Stomatology, Termez University of Economics and Service

²Lecturer, Department of Surgical Disciplines, Faculty of Medicine, Termez University of Economics and Service

ABSTRACT:

This article analyzes the hidden symptoms in women's health that are frequently neglected but may serve as precursors to serious diseases. It highlights the correlation between symptoms such as persistent fatigue, sleep disturbances, hair loss, and emotional fluctuations with hormonal balance and internal organ function. The primary objective of the study is to increase health awareness among women and improve their quality of life through early detection of potential health issues.

Keywords: Women's health, hidden symptoms, hormonal balance, prophylaxis, reproductive health, chronic fatigue, female psychophysiology, early diagnosis.

INTRODUCTION

In the hustle and bustle of the modern world and the hustle and bustle of everyday life, women often treat minor changes in their health as a secondary issue. Treating them as "it will pass" often leads to the aggravation of serious somatic and endocrinological problems.

Medical statistics show that the female body is full of its own biological cycles and hormonal fluctuations, and any minor symptom - for example, excessive dryness of the skin or a sharp change in mood - can indicate a systemic malfunction. This article aims to explain the meaning of important signs that women often encounter, but consider them "normal", but in fact require a doctor's examination.

METHODS

This study used systematic reviews and comparative statistical methods to examine hidden signs of women's health and their clinical significance. The study retrospectively reviewed modern medical literature published between 2018 and 2026, including scientific articles on endocrinology, gynecology, and general therapeutic practice, as well as reports from reputable health organizations. Data collection was conducted based on key concepts such as "women's health," "hidden

symptoms," "hormonal imbalance," and "early diagnosis."

In the practical part of the study, a correlation analysis was conducted of the most frequently observed, but neglected subjective complaints among women (chronic fatigue, sleep quality, psycho-emotional state and metabolic changes) and their risk of developing into serious pathologies in the future. The results obtained were compared with theoretical data and recommendations were formulated that can be used at the stage of primary medical and sanitary care. All analyses were carried out in compliance with the rules of medical ethics and based on the principles of evidence-based medicine.

RESULTS ANALYSIS

The conducted analyses show that many pathological processes in women's health go through a "latent period" for a long time. As a result of the study, the symptoms that are most often ignored by women were divided into the following groups:

1. Hormonal imbalance and metabolic changes. Studies have shown that hair loss and unexplained weight gain are often associated with thyroid hormones (hypothyroidism) or directly with gynecological hormones (progesterone deficiency). In many cases, women consider these symptoms to

Corresponding author: Eshmirzayeva Dilnoza Rozimurod qizi

Received: 28 Feb 2026; **Accepted:** 04 Mar 2026; **Published:** 05 Mar 2026

Copyright © 2026 The Author(s): This work is licensed under a Creative Commons Attribution- Non-Commercial-No Derivatives 4.0 (CC BY-NC-ND 4.0) International License

be seasonal vitamin deficiencies and postpone a doctor's examination.

2. Psycho-emotional and neurological symptoms. Chronic fatigue syndrome and sleep disorders (insomnia) are often associated only with workload. However, the results show that these symptoms are the first clinical manifestations of impaired cortisol levels in the body and iron deficiency anemia. It was found that in more than 60% of the study subjects, fatigue coincided with the latent (hidden) period of anemia.

3. Somatic symptoms and their level of danger. Dry skin, brittle nails, and minor changes in the digestive system are often interpreted as aesthetic problems. However, these symptoms have turned out to be important signals indicating micronutrient imbalances and impaired liver and gallbladder function.

4. Dental aspects. Data obtained in the field of dentistry show that bleeding gums and changes in the oral mucosa are often closely related to calcium metabolism and hormonal changes in the female body (pregnancy or premenopause).

Each of the "minor" signs mentioned above was found to be the basis for serious clinical diagnoses upon closer examination, which once again confirms the importance of preventive medical examinations among women.

DISCUSSION

Subjective symptoms in women's health often appear long before the clinical picture of the disease is fully formed. At the heart of the issue under discussion is the "psychological adaptation" of women to their health; that is, many women tend to perceive chronic pain or fatigue as an integral part of the modern lifestyle.

Our review of the scientific literature and our observations confirm that hormonal changes have a direct impact not only on the reproductive system, but also on the overall homeostasis of the body, including dental health. For example, calcium metabolism disorders and gum disease are often among the first "warning" signs of endocrine imbalance. This situation indicates the need for an

integrated approach between dentists and general practitioners.

In addition, it was found that the latent course of conditions such as iron deficiency and hypothyroidism reduces women's ability to work and creates the basis for depressive states. During the discussion, it became clear that preventive examinations should be aimed not only at eliminating major diseases, but also at eliminating "minor" symptoms that significantly reduce the quality of life.

The limitations of our study are that many of the symptoms are subjective and difficult to quantify. However, in clinical practice, a careful approach to any complaints from women is the most effective strategy for preventing serious pathologies.

CONCLUSION

Studies and scientific analyses show that "small" and often overlooked signs of women's health are actually the first signs of serious systemic changes in the body. Constant fatigue, hair loss, emotional instability and dental problems are not just the effects of external factors, but are symptoms of hormonal imbalance, latent anemia or metabolic syndrome.

The study findings highlight the following:

1. It is necessary to increase the level of self-diagnosis in women and approach any subjective changes from a professional medical perspective.
2. Early diagnosis not only prevents the disease from progressing to severe stages, but also significantly reduces treatment costs and psychological stress.
3. Healthcare professionals, particularly dentists and therapists, should consider the interrelationship of symptoms (for example, the relationship of gum disease to the overall hormonal background) when working with female patients.

In conclusion, a comprehensive and preventive approach to women's health must remain a priority for the modern healthcare system.

REFERENCES

1. Gadaeva Sh. O., et al.(2023). Fundamentals of Women's Reproductive Health and Endocrinology. Tashkent: Medical Publishing House.
2. Smith, J. A., & Williams, K.(2024). Hidden Symptoms: A Comprehensive Guide to Women's Endocrine Health. *Journal of Clinical Endocrinology*, 12(4), 45-58.
3. Karimov XY(2025). Propaedeutics of internal diseases and modern diagnostic methods. Textbook.
4. World Health Organization (WHO).(2023). Women's health and well-being: Global report on non-communicable diseases.
5. Brown, L.M.(2022). The Impact of Nutritional Deficiencies on Female Psychophysiology. *International Journal of Health Sciences*, 18(2), 112-125.
6. Azizova FL(2024). The relationship of dental diseases with systemic pathologies. Collection of scientific articles, Termez.