

9th Annual Congress on Polycystic Ovarian Syndrome and Fertility

ORAL PRESENTATION

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Work, fertility and hormones (WFH) affecting women's health - A review**Shunmukha Priya S¹, Sani Sebastian**

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Statement of the Problem: The relationship between work related issues, fertility challenges, and hormonal imbalances has become a growing public health concern, particularly in developing countries such as India, where long working hours, inadequate workplace policies for maternity and menstrual health, and limited access to healthcare continue to impact well-being. This vicious cycle affects health of the women.

Introduction: Workplace conditions strongly affect women's reproductive and hormonal health. Long working hours, shift duties, and limited rest increase risks like miscarriage, preterm birth, and high blood pressure during pregnancy. Night-shift workers face disrupted melatonin and circadian rhythms, harming fertility and hormone balance. Chronic work stress raises cortisol, which affects hormones such as estrogen and progesterone, leading to menstrual problems, delayed ovulation, infertility, and PCOS. Studies in Indian cities show rising PCOS and infertility among young working women due to stress, irregular sleep, and sedentary lifestyles. Work stress also worsens postpartum depression and menopausal symptoms when workplace support is lacking.

Methodology & Theoretical Orientation: A review of the literature search was performed using terms such as "Women", "PCOS", "polycystic ovary syndrome", "Work", "Hormones", "Health", "Lifestyle", "Diet", and "Physical Activity". The search was carried out with reference tracking, from databases such as PubMed, Web of Science, Scopus, and ScienceDirect. Original articles and review papers on PCOS were considered for the study.

Observations:

- Workplace stress creates hormonal imbalances that directly affect fertility and overall health.

- Increase in PCOS, infertility, and pregnancy complications is strongly associated with high-demand work environments.
- Shift workers face higher reproductive health risks and hormonal imbalances due to circadian rhythm disruption.
- Supportive workplace policies can significantly improve women's physical and mental health outcomes

Conclusion & Significance: The interaction between work, fertility, and hormones is critical to understanding women's overall health. A multidisciplinary approach involving healthcare providers, policymakers, and employers is essential to ensure safe, inclusive, and supportive working conditions. Creating flexible work structures, enforcing maternity and menstrual health policies, and promoting mental and reproductive healthcare accessibility can help protect women's long-term health and well-being.

Biography

Dr. Shunmukha Priya S. is a UGC-NET (for Lectureship) qualified Clinical Nutritionist with over 12 years of experience in therapeutic diet planning, lifestyle disease management, and corporate wellness education. Her work spans clinical research, faculty leadership, and public health outreach, with a strong focus on evidence-based nutrition. She has designed and delivered wellness programs for diverse populations, facilitated high-impact webinars, mentored research teams, and published in leading peer-reviewed journals. Her professional journey includes impactful roles at INFS Pune, Possible (Truweight Wellness Pvt. Ltd.), and Amrita Institute of Medical Sciences, where she contributed to research, content development, and client-focused interventions. Currently, as a Freelance Nutritionist and Researcher, she leads personalized consultations, community health campaigns, and science-backed nutrition communication. A recipient of multiple presentation awards, Dr. Priya combines academic rigor with practical wellness strategies, making her a trusted voice in preventive health and lifestyle nutrition.