

Reproductive Health of Women: a comprehensive review

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Full access to sexual and reproductive health is a fundamental human right. Women and girls around the world, especially those living in poverty, have little or no access to reproductive health and rights information and services. Discrimination, shame, restrictive laws and regulations, and long-standing traditions are just some of the existing barriers to sexual and reproductive health. There is evidence that these rights affect not only individual women, but also families, communities and economies, but progress has been slow. Women's lifestyles have evolved throughout history. Life used to be difficult for most women. Many women have had unwanted pregnancies. Childbirth used to be dangerous and often ended in the death of the mother. Most women have never suffered menopause or senility in the past because they did not live long enough. Reproductive health is an important aspect of an individual's overall development and well-being. It may be the result of positive parenting, which is essential in adolescence and lays the foundation for good health in adulthood and beyond reproductive age, in both men and women. Female reproductive life does not begin at puberty and end at menopause. Also, a man's reproductive lifespan doesn't end when he becomes less likely to have more children. It is present and essential at every stage of human development and maturity. Reproductive health needs vary by age and stage of life. However, there are long-term effects throughout life, with each stage having a significant impact on future well-being.

Keywords: Women health, adulthood, fertility, sexual health, menstruation.

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Introduction

Reproductive health is an important part of human growth and overall health. This can be essential health education for young people, and can lay the foundation for good health for men and women in adulthood and beyond the reproductive years. Reproduction does not begin at puberty and ends when a woman enters menopause or a man is unable to bear children. Rather, it follows the entire life cycle of an individual and is critically important at various stages of development and maturation. Individual reproductive health needs can vary at each stage of life. The effects are also cumulative throughout life, and each stage has important consequences for future well-being. If reproductive health problems are not addressed at any stage, it can set the stage for health problems later. This is called the life cycle view of reproductive health. Safe reproductive systems, processes and practices are critical factors for adequate overall health. However, many conditions, both internal and external, can compromise a person's ability to maintain reproductive health. Remember that events and exposures from prenatal development to late life can determine reproductive health status. Many factors directly affect a person's reproductive health [1-6].

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