

# Sri Ramakrishna Hospital's Gynecology Experts Urges Middle-aged Women to Prioritise Gynaecological Checkups for Early Detection of Hidden Health Risks

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As more women in their 40s and 50s overlook regular gynaecological visits, experts at Sri Ramakrishna Hospital warn that silent conditions like cervical cancer, osteoporosis, and hormonal imbalances may go unnoticed, impacting long-term health. The Gynecology experts shed light on the importance of prioritizing midlife reproductive health.



## **Best Gynecology Hospital in Coimbatore**

Gynecological health often takes a back seat in midlife as women juggle career, family, and caregiving roles. However, skipping regular gynecological checkups during these crucial years can lead to missed early warning of serious health issues. Gynecology experts at [Sri Ramakrishna Hospital](#) urge women in their 40s and 50s to prioritize regular gynecological visits.

### **Midlife Brings Hormonal and Physical Changes – Monitoring Is Essential**

From the late 30s to mid-50s, women undergo significant hormonal transitions due to perimenopause and menopause. These changes affect everything, periods to mood, weight, skin, and reproductive organs. Regular checkups help us monitor these shifts and manage them before they impact overall wellbeing.

Menstrual irregularities, hot flashes, mood swings, weight gain, and changes in libido are just a few symptoms women may experience. While many of these are natural, some may point to underlying issues like uterine fibroids, endometriosis, or early menopause that need medical attention.

## **Catching Health Conditions Like Cancer Early – Screenings Matter**

One of the strongest reasons not to skip a gynecological visit is the early detection of cancer. Cervical cancer is highly preventable and treatable when detected early through regular PAP smears and HPV tests. Unfortunately, many women stop screening after their childbearing years, thinking it's no longer necessary, which is a dangerous myth.

Ovarian cancer, often called the “**silent killer**”, shows few symptoms until it has progressed. Regular pelvic exams and ultrasounds during gynecological checkups can detect usual changes, leading to early diagnosis and a better chance of successful treatment.

## **Beyond Reproduction: Gynaecologists Monitor Overall Womens Healthy**

Gynaecologists do more than assess reproductive health. At midlife, they evaluate a range of issues such as:

- **Bone health:** Declining estrogen affects bone density, increasing the risk of osteoporosis.
- **Cardiovascular risk:** Menopause raises the risk of heart disease in women.
- **Bladder issues:** Urinary incontinence and recurrent infections are common in midlife and post-menopause.
- **Sexual health:** Vaginal dryness, painful intercourse, and low libido can all be addressed with proper treatment.

Gynecology experts in Coimbatore take a holistic approach. They screen for common post-menopausal health concerns and work alongside endocrinologists, cardiologists, and other specialists to ensure overall wellness.

## **Mental Health and Hormonal Balance Are Interlinked**

Many women report mood swings, anxiety, and even depressive symptoms as they enter menopause. Hormonal changes can significantly impact mental health, and regular gynaecological visits provide an opportunity to discuss these often-overlooked symptoms.

Be it assessing whether symptoms are hormonal or psychological in origin and guide patients towards the right treatments-be it hormone therapy, counselling, or lifestyle modifications, [gynecology specialists in Coimbatore](#) are at the forefront.

### **Routine Screenings Every Midlife Woman Shouldn't Miss**

- Pap Smear (every 3 years or as advised)
- HPV Test
- Breast Examination and Mammogram
- Pelvic Ultrasound
- Bone Density Test
- Thyroid Function Tests
- Blood Pressure and Diabetes Screening

These tests help us build a health profile that guides future care. If anything unusual is detected, the specialists can act early-whether it's fibroids, cysts, polyps, or hormonal imbalance.

### **Breaking the Stigma Around Gynaecological Health**

One reason many midlife women avoid gynaecological checkups is stigma. Topics like urinary incontinence, hot flashes or abnormal bleeding are often swept under the rug due to embarrassment.

Sri Ramakrishna Hospital is committed to creating a judgement-free, compassionate space where women can talk openly and get

accurate information. No concern is too small. Gynecologists encourage women to speak up about anything that feels off- because early detection saves lives.

### **The Role of Preventive Gynaecology in Healthy Aging**

Preventive healthcare is a cornerstone of healthy aging. Regular gynaecological visits help maintain vitality and independence well into later life.

A lot of chronic issues we see in older women could have been avoided or better managed if they were caught during midlife. That's why it is stressed that preventive care rather than waiting for symptoms to become severe. Whether it's preventing prolapse, managing urinary leaks, or ensuring proper hormone balance, gynaecological support plays a key role in helping women age with confidence.

Midlife can be a powerful, transformative phase-if health is given its due attention. Skipping gynaecological checkups may seem harmless but can result in missed opportunities for early diagnosis, better health outcomes, and improved quality of life.

Gynecology experts at Sri Ramakrishna Hospital strongly advise all women above the age of 40 to make annual gynaecological checkups a priority-not just for reproductive health, but for overall wellness.

Sri Ramakrishna Hospital in Coimbatore has been at the forefront of womens healthcare for over four decades, offering expert-led, compassionate, and comprehensive gynaecological services. With a dedicated team of specialists, advanced diagnostic tools, and a patient-first approach, Sri Ramakrishna Hospital ensures that women at every stage of life-from adolescence to menopause-receive the care and attention they deserve.

