

THE IMPORTANCE OF EARLY DETECTION OF POLYCYSTIC OVARY SYNDROME IN YOUNG WOMEN'S REPRODUCTIVE HEALTH

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Relevance. Polycystic ovary syndrome is one of the most common endocrine-gynecological pathologies among women of reproductive age, which can lead to menstrual cycle disorders, hyperandrogenism, and infertility. In recent years, the increasing age of first marriage in Uzbekistan (an average of 21.8 years for women and 26.2 years for men in 2024, along with changing birth rates, further highlights the necessity of monitoring reproductive health from an early age.

Aim of the work is to study the prevalence of PCOS symptoms and the level of awareness among young women, as well as to substantiate the importance of detecting the disease at an early stage.

Materials and methods. An anonymous survey involving 20 respondents was conducted as part of the study. The questionnaire included questions assessing menstrual cycle characteristics, family history, and the level of awareness regarding reproductive health. Recent scientific literature on the topic was also analyzed.

Results. The survey results showed that the level of knowledge regarding menstrual cycle disorders and reproductive health is not uniform among respondents, and in some cases, symptoms are not paid attention to in a timely manner. This increases the risk of late diagnosis of conditions such as PCOS, as long-term unmonitored menstrual irregularities can lead to infertility and metabolic complications in the future.

Conclusion. For the early detection of PCOS, it is necessary to increase sensitivity toward menstrual cycle changes among young women, make periodic gynecological examinations a habit, and convey information on reproductive health to young people in an understandable format.

Keywords: polycystic ovary syndrome, hyperandrogenism, reproductive health, menstrual cycle, early diagnosis