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Women's health, the key to a healthier society

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Non-communicable diseases (NCDs) kill annually 41 million people globally. This accounts to total of 71 % of all deaths. The most common NCD is cardiovascular diseases resulting in 17.9 million deaths annually, followed by cancers (9.3 million), respiratory diseases (4.1 million) and diabetes (1.5 million). These chronic diseases tend to develop and last over a long period of time as a result of combination of physiological, genetic, behavioural and environmental factors.

Developments in modern medical treatments were instrumental in managing risks of some of the most common NCDs. For example, drugs such as statins and recombinant insulin improve quality and increase the expectancy of life of people suffering from cardiovascular diseases and diabetes, respectively.

However, these treatments are typically prescribed when the person has already been diagnosed with the NCDs. We now understand that several modifiable factors, especially related to a person's nutritional, hormonal and microbiome (gut and vaginal) health can have a significant impact when it comes to prevention of NCDs. Therefore, timely preventative interventions are key in minimising the risk of NCDs. Evidence has shown that preconception and pregnancy period are crucial timepoints in setting the stage for optimal health of the

future mothers and their offspring. At ScreenMe we believe that the key to a healthier society is investment in the health of women of reproductive age. We address the problem of NCDs by creating a platform that allows women to assess their reproductive as well as general health by having access to affordable, cutting edge, at-home testing of gut and vaginal health as well as hormonal, and nutritional status. We then bring together scientists, medical doctors and nutritionists to scientifically tailored nutrition and advice at each stage of a women's reproductive journey to a successful conception, healthy pregnancy and beyond. Because preventative healthcare should be a right and not a privilege.

Speaker Biography

Golnough Golshirazi (PhD), is a Cambridge graduate and molecular geneticist, and the CEO and Co-founder of ScreenMe, a preventative health care company that believes the key to society's health is women's health. Following her own struggles with endometriosis and hormonal imbalance Golnough realised that there is a big gap in the healthcare system when it comes to women's health and wellbeing. She teamed up with Co-founder Dr Lukasz Ciszewski and found out that hundreds of women felt they didn't have the information or support they need to take control of their health and fertility. This led to her leaving her career in academia to change that and advocate for all women who felt overlooked when it came to their health and fertility.

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