

Anaemia and thyroid disorders are most prevalent health concerns in women: Study

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Highlighting the need for preventive healthcare, early screening, and lifestyle interventions



Redcliffe Labs, a leading diagnostic healthcare service provider, has identified a significant rise in lifestyle disorders among women. The study reveals a concerning disparity in health risks between men and women, particularly in conditions such as thyroid disorders and anaemia.

One in five women is at risk of thyroid disorders, which can lead to fatigue, metabolic issues, and hormonal imbalances. The health analysis by Redcliffe Labs also highlights that three in five women are at risk of anaemia, making them three times more vulnerable than men. Anaemia, if left unaddressed, can lead to chronic fatigue, reduced immunity, and long-term health complications.

Additionally, an increasing number of women are being diagnosed with diabetes and lipid disorders, both of which are strongly linked to lifestyle factors and, if not managed properly, can contribute to severe health issues.

The study, based on health data from over one million women, highlights an alarming increase in anaemia, thyroid disorders, arthritis, diabetes, and lipid imbalances. It highlights the need for preventive healthcare, early screening, and lifestyle interventions to curb the growing burden of non-communicable diseases.

Aditya Kandoi, CEO & Founder at Redcliffe Labs, said, "The increasing incidence of lifestyle disorders among women is a

serious concern that cannot be ignored. With three in five women at risk of anaemia and one in five vulnerable to thyroid disorders, these numbers highlight the urgent need for timely health screenings and preventive care. Women often prioritise the well-being of their families over their own health, but regular check-ups and simple lifestyle changes can help prevent long-term complications. Awareness, early diagnosis, and proactive steps today can lead to a healthier future.”