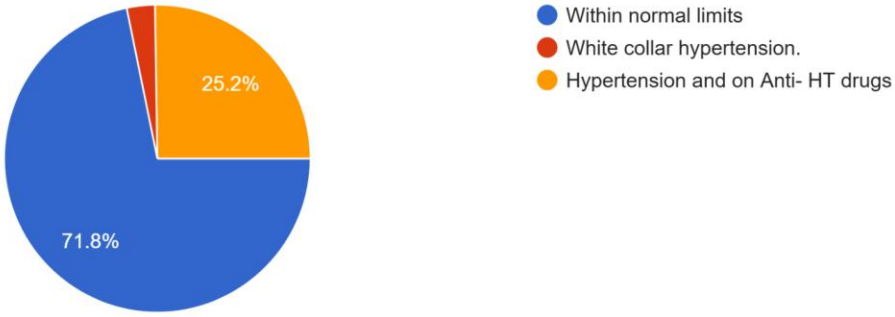
Surevey No.2
Survey on the overall health of the Practicing Gynaecologists in Gujarat
Results:

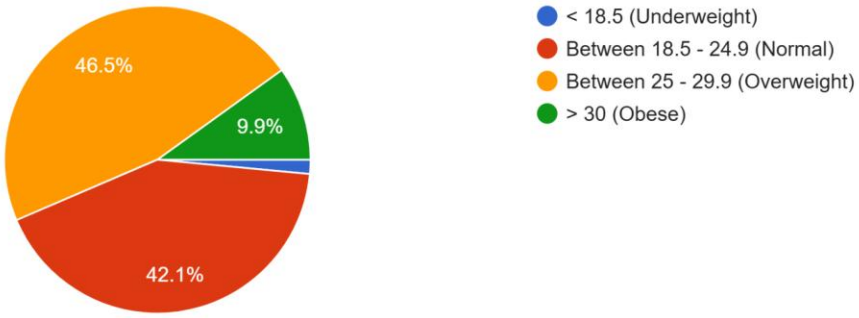
1) Do you know your Blood Pressure?

202 responses



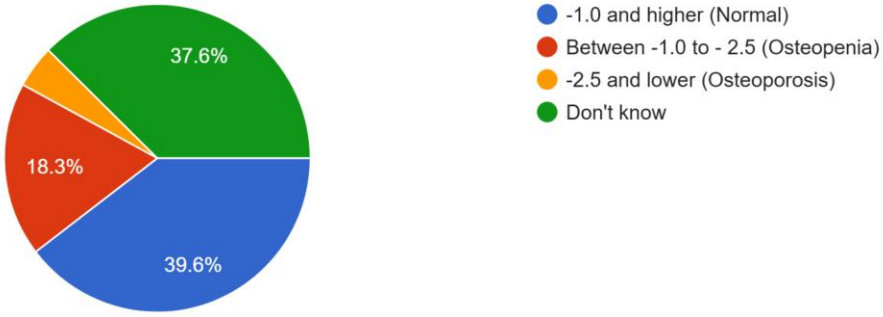
2) Do you know your BMI?

202 responses



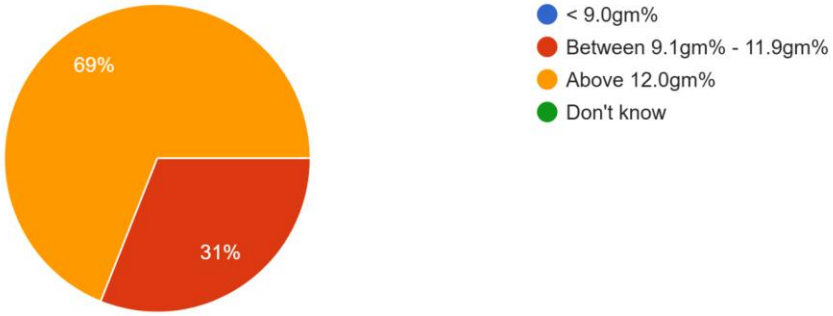
3) Do you know your BMD?

202 responses



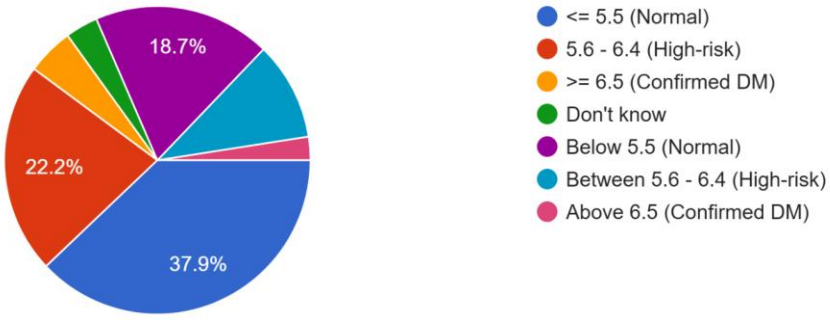
4) Do you know your Hb% ?

203 responses



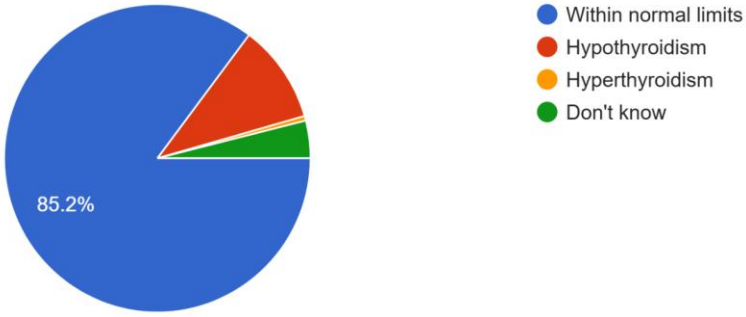
5) Do you know your HbA1c?

203 responses



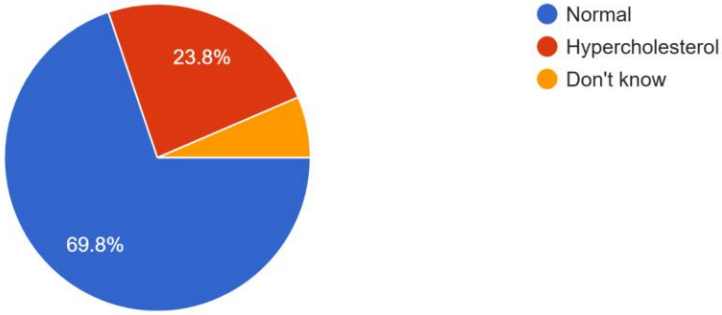
6) Do you know your Thyroid function test reports?

203 responses



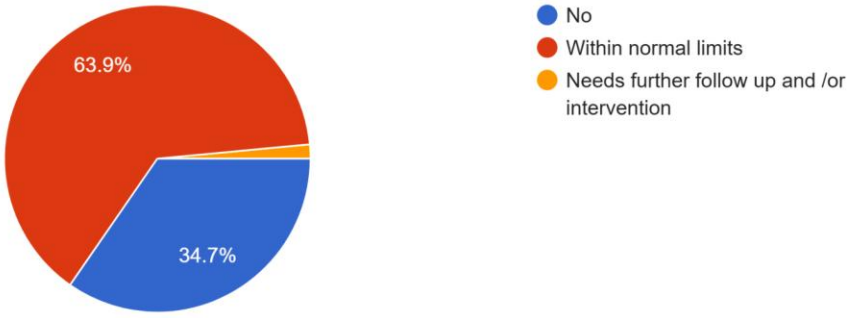
7) Do you know your Lipid Profile?

202 responses



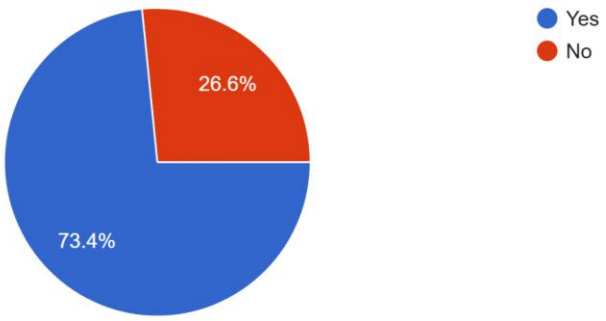
8) Have you undergone your ECG screening during the last one year?

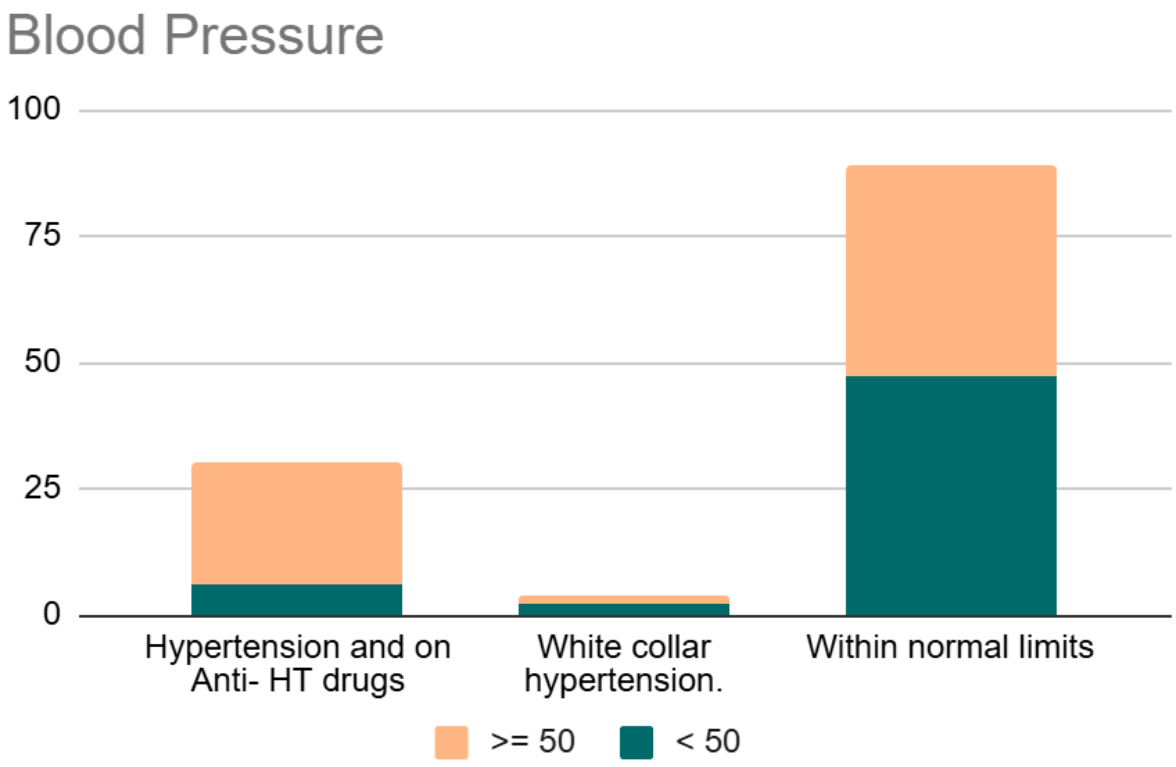
202 responses



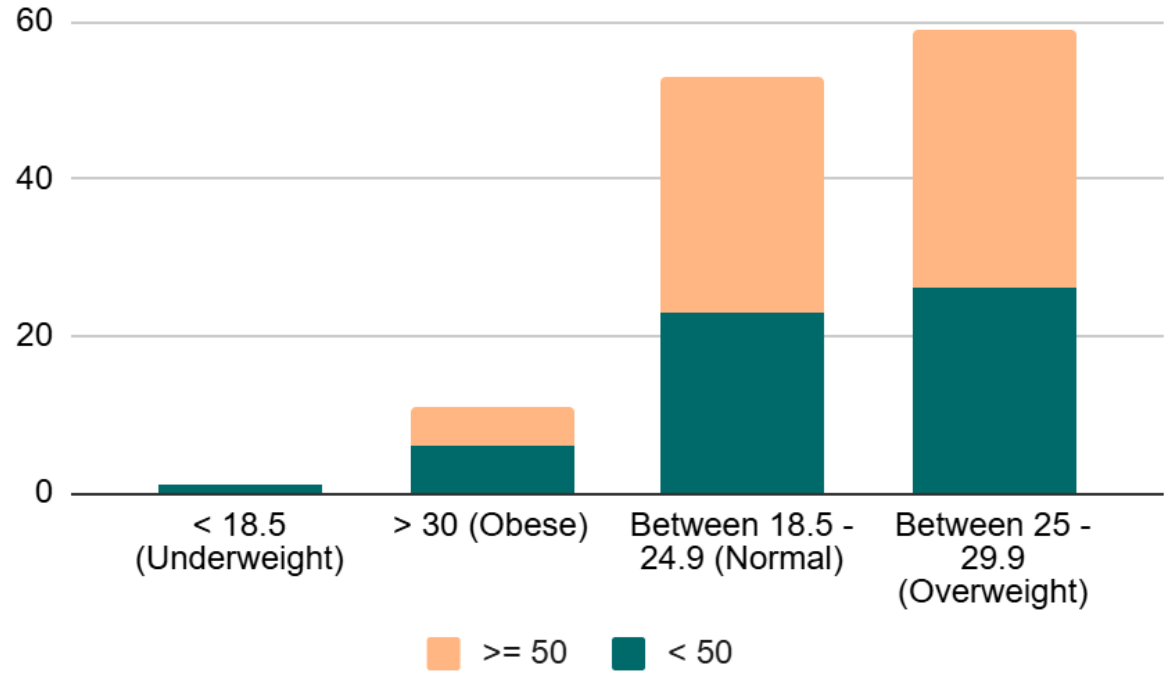
9) Do you exercise regularly? (Minimum 30 min a day for minimum 5 days a week)

203 responses

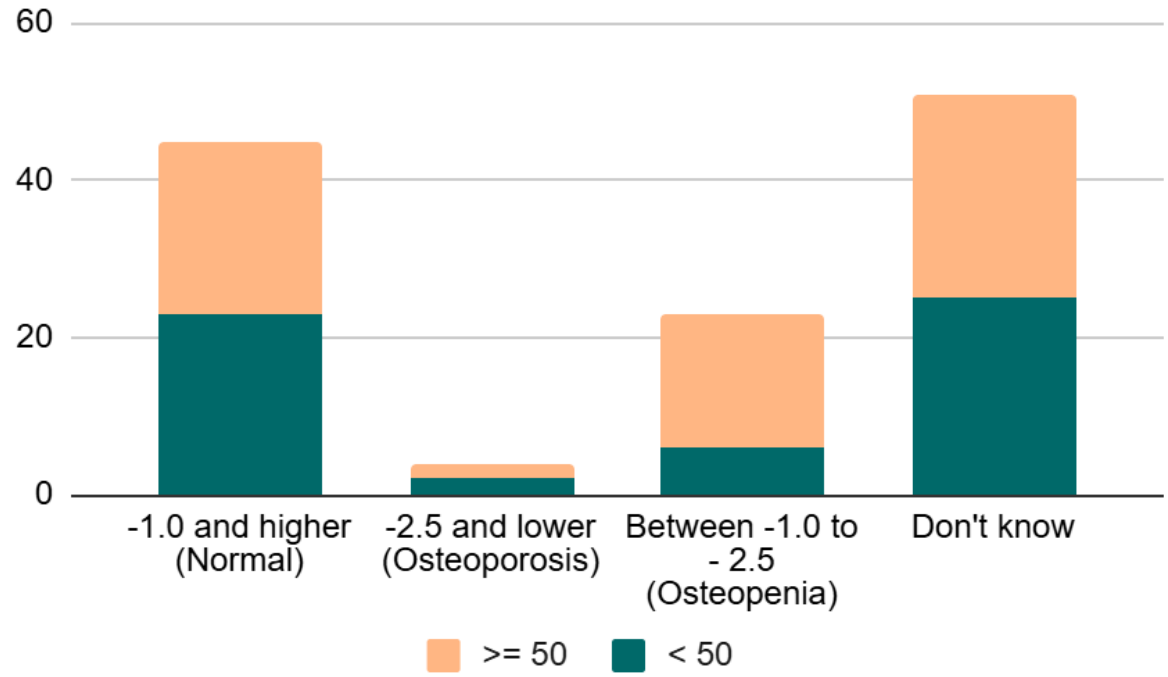


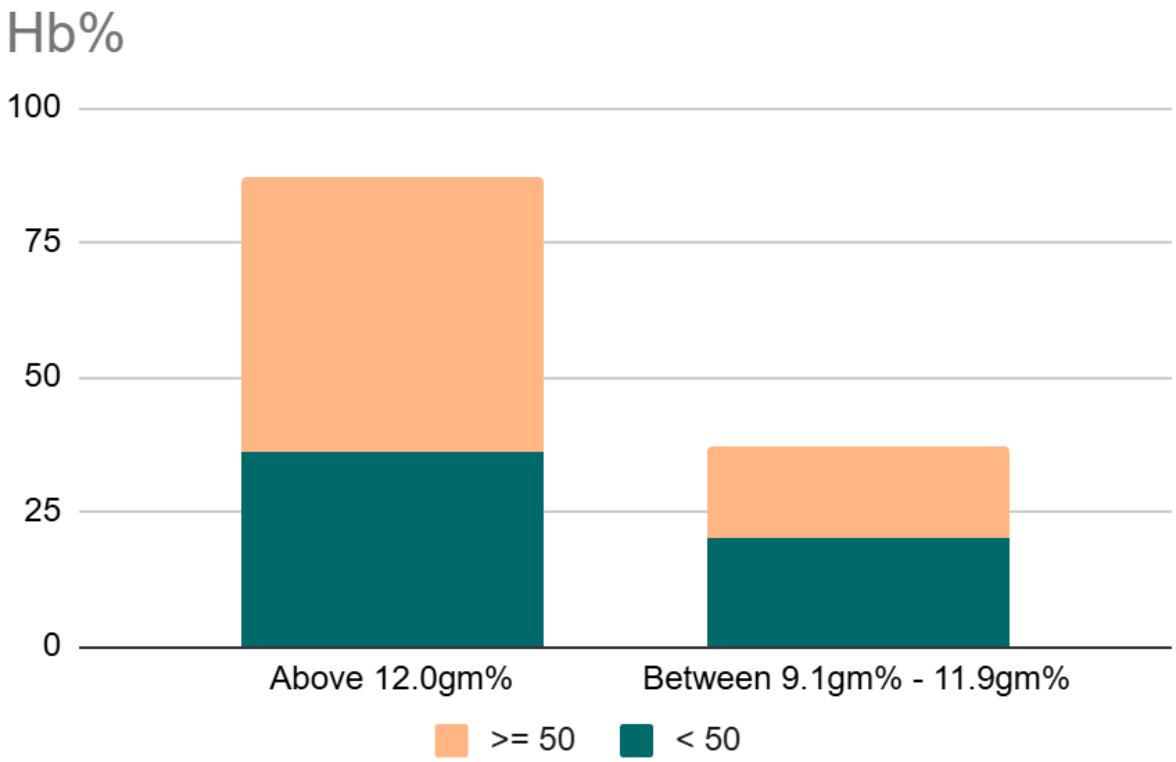


BMI

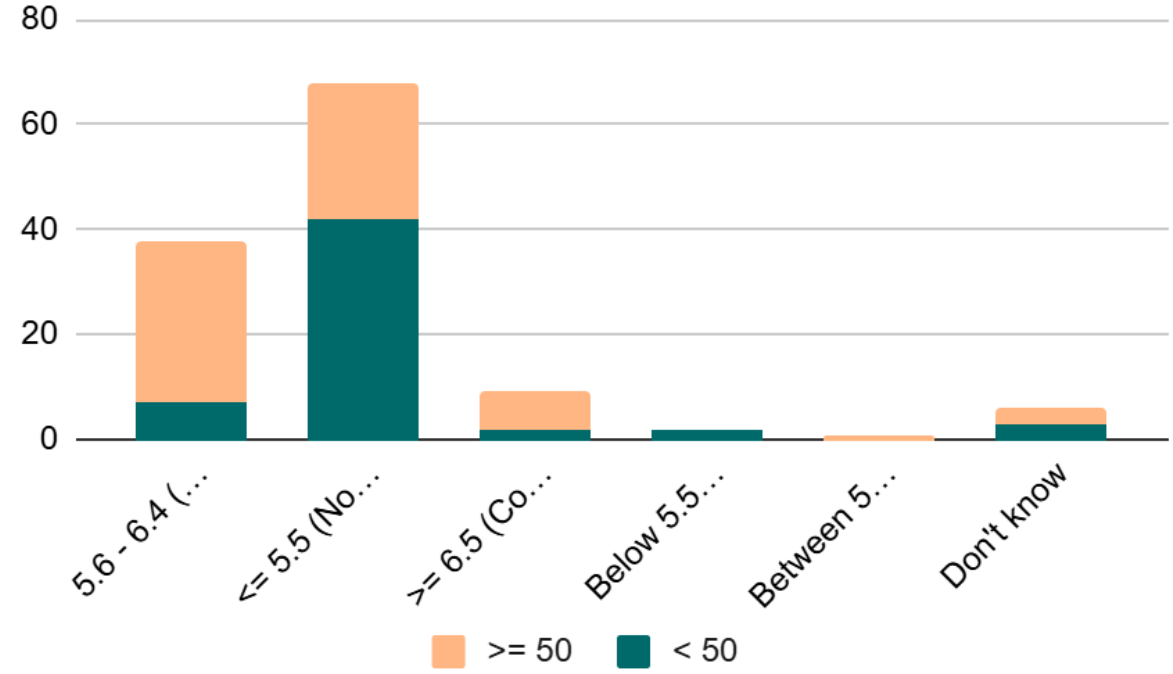

60
40
20
0
< 18.5 (Underweight)
> 30 (Obese)
Between 18.5 - 24.9 (Normal)
Between 25 - 29.9 (Overweight)
>= 50
< 50

BMD

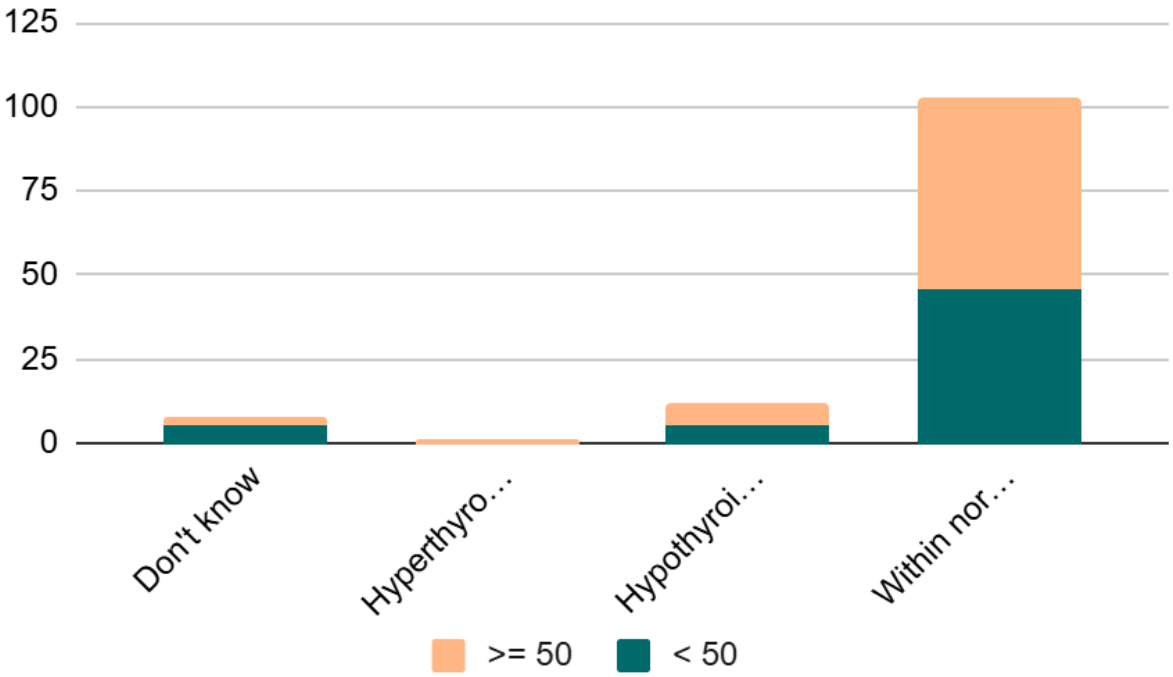

60
40
20
0
-1.0 and higher (Normal)
-2.5 and lower (Osteoporosis)
Between -1.0 to - 2.5 (Osteopenia)
Don't know
>= 50
< 50

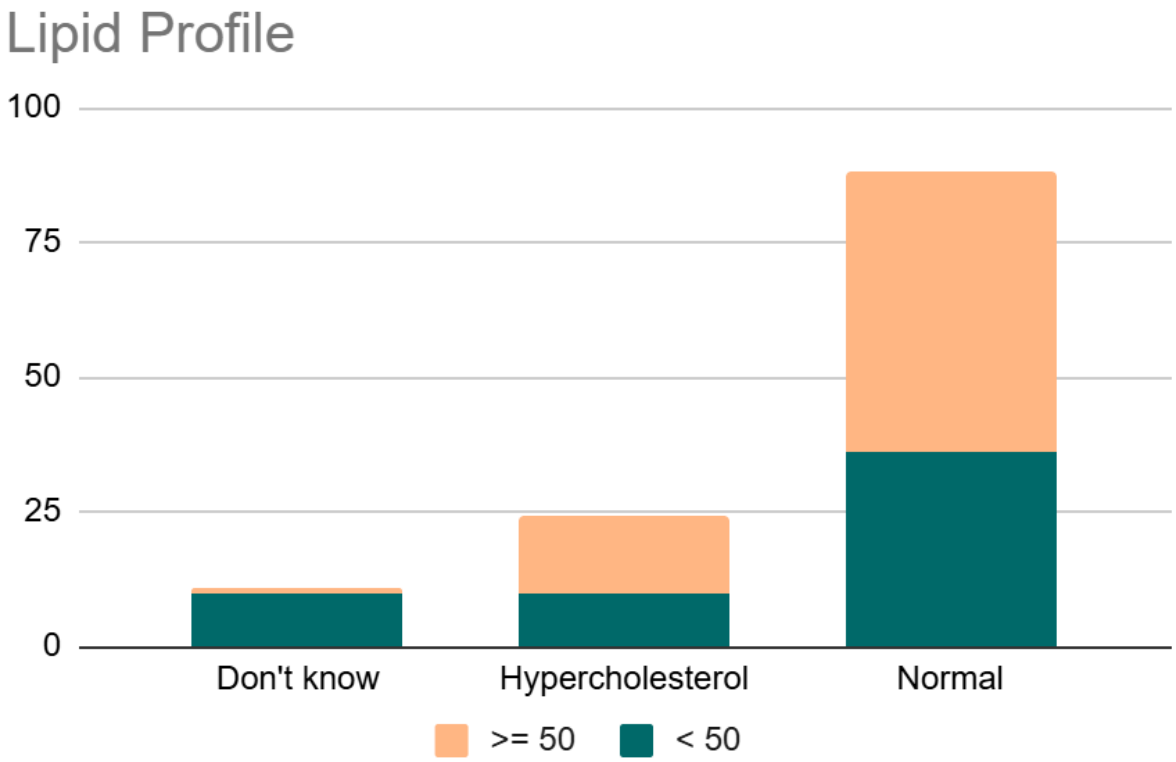

Hb%
100
75
50
25
0
Above 12.0gm%
Between 9.1gm% - 11.9gm%
>= 50
< 50

HbA1c

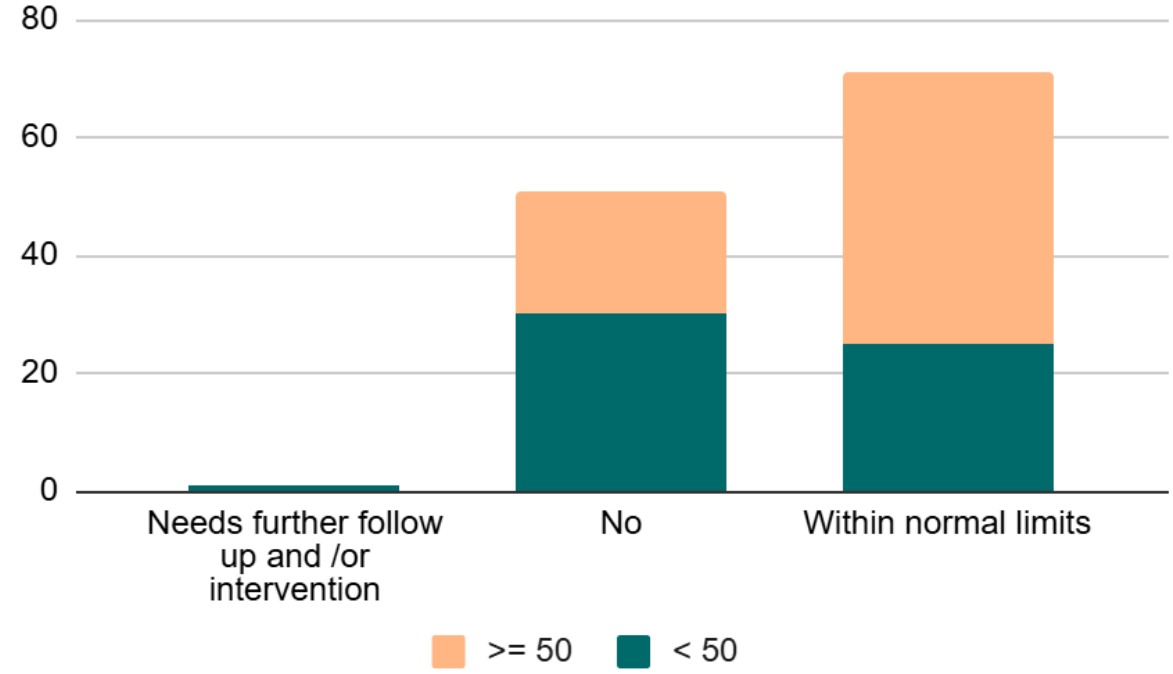


Thyroid

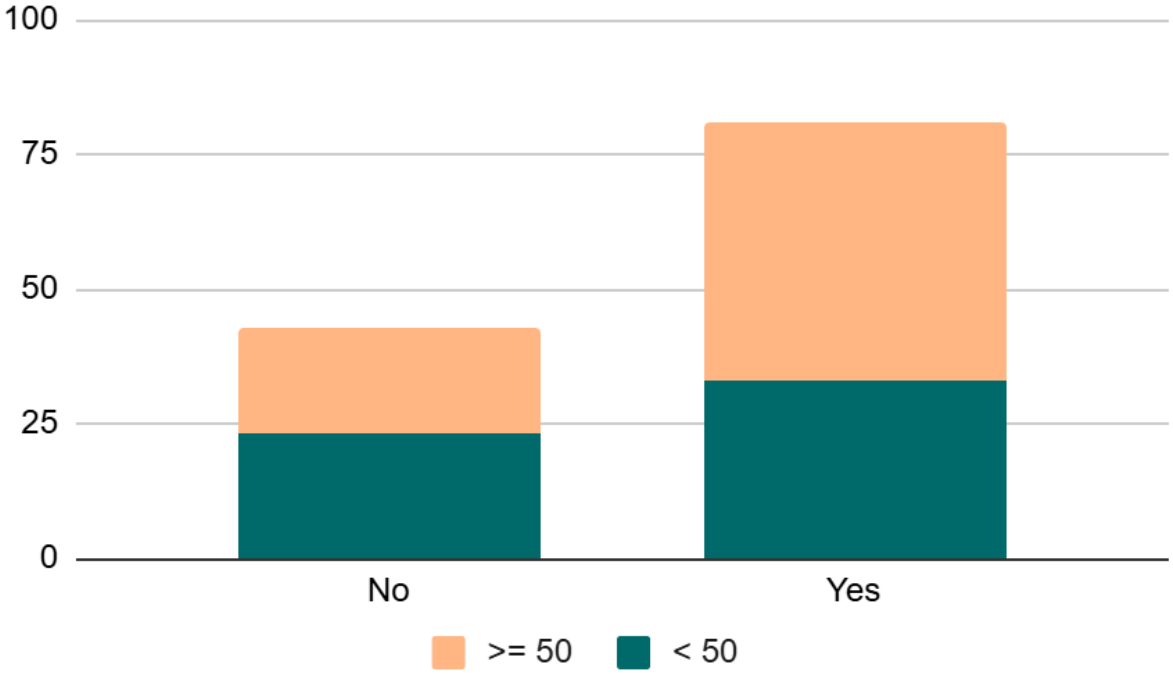



Lipid Profile
100
75
50
25
0
Don't know
Hypercholesterol
Normal
>= 50
< 50

ECG Screening



Regular Exercise



Summary of the Survey

SOGOG has conducted a health survey for it's members on the Doctor's Day, 1st July, 2026.A total of 203 practicing Gynaecologists across Gujarat participated in the survey. The comprehensive overview of the wellness status among participating Gynaecologists, revealing both commendable habits and areas requiring urgent attention. While the majority of doctors report maintaining healthy blood pressure levels (71.8%) and consistent exercise routines (73.4%), the data exposes notable vulnerabilities in metabolic and preventive health. Specifically, weight management remains a major concern, with nearly half of the respondents (46.5%) falling into the overweight category and 9.9% in obese category, accompanied by a concerning prevalence of hypercholesterolemia reported by approximately 24% of the group. Furthermore, while thyroid function is generally stable, the survey highlights significant gaps in health awareness and screening. An alarmingly high proportion—38%—of doctors are unaware of their bone mineral density status, and over one-third have neglected essential ECG screenings in the past year, indicating a potential oversight in personal preventative care. When stratified by age, the insights become even more critical; doctors aged 50 and older show a higher dependency on antihypertensive medications and a greater presence of identified health risks, underscoring an increasing need for vigilance with advancing age. Additionally, the prevalence of HbA1c levels in the high-risk or confirmed diabetes range among a segment of the respondents suggests that metabolic health requires a more proactive, consistent monitoring approach. The findings strongly advocate for a cultural shift towards routine health check-ups and personalized wellness management. By addressing these identified gaps—particularly through regular screenings, targeted metabolic interventions, and increased health literacy—the medical community can significantly improve long-term health outcomes and lead by example in promoting preventive care standards. Proactive screening for BMI, BMD and cardiovascular health could improve long-term outcomes for this medical community. Overall, while lifestyle habits like exercise are commendable, regular health monitoring remains a critical priority to address age-related risks.