

Women's health

Gynetics

A bi-annual column offering the latest insights into the latest cutting-edge in gynecology and women's health by an expert in women's reproductive health

Decoding Stress with Wearables, Tests & OMICS in the UAE



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In today's busy world, stress has become a constant part of life. But did you know it can quietly affect your hormones, monthly cycles, and dreams of starting or growing a family? In this edition of GYNETICS, we explore the link between stress and Reproductive Health, and how three powerful types of technology are working together to give women clearer answers and better support. When stress lasts a long time, your body releases more Cortisol (the stress hormone). This can upset important reproductive hormones, leading to irregular periods, delayed ovulation, lower egg quality, and sometimes lower success rates with treatments like IVF. It can also affect your emotional well-being during the journey to motherhood.

The good news? Modern tools are making these hidden effects easier to spot and manage. The UAE is becoming a hub for this kind of

innovation, especially with exciting new partnerships.

Your Personal Fertility Support Team: Three Technologies Working Together

1. Wearables

These smart bands or rings track your body 24 hours a day. They monitor:

- Heart rate patterns that show stress and recovery
- Sleep quality (key for hormone balance)
- Body temperature changes that help detect ovulation

Daily "strain" and "recovery" scores
In May 2026, WHOOP announced a major partnership with Mubadala Investment Company in the UAE. This brings advanced tracking and lab services closer to families across the country.

2. Point-of-Care Testing (Quick, Easy Tests)

These are simple tests you can do at home or in a clinic with fast results. They measure important biomarkers such as:

- Cortisol (stress levels)
- LH and Progesterone (ovulation and cycle timing)
- AMH (ovarian reserve / egg quantity)
- Many are available as urine strips, saliva tests, or quick finger-prick blood tests.



They give you immediate insights without waiting for lab appointments.

3. OMICS Technologies

This is the deeper, more advanced layer. OMICS looks at thousands of molecules in your body at once (genes, proteins, metabolites, etc.). It helps doctors understand exactly how stress is affecting you at a cellular level; especially useful in complex cases or for personalized fertility plans.

When these three tools are combined, they create a complete picture: daily wearable data gives continuous feedback, quick tests add hormone snapshots, and OMICS provides deeper scientific understanding.

How This Helps Women

Together, these technologies can:

- Spot stress-related cycle changes early
- Help choose the best time for trying to conceive or starting IVF
- Guide simple lifestyle improvements (sleep, nutrition, mindfulness)
- Support emotional well-being during fertility journeys

Clearing Common Myths

Myth Stress alone causes infertility.

Myth It can make things more difficult, but it's rarely the only reason. Managing stress helps improve your overall experience.

Myth You must remove all stress to get pregnant.

Myth That's impossible! Small, consistent improvements make the real difference.

Myth These technologies replace your doctor.

Myth They are helpful supporters, however best used together with fertility specialists.

Important Things to Know

These tools have limitations. Results can vary between people, and too much data can sometimes feel overwhelming. Protecting your personal health and information about it, is very important. That's why

responsible use, strong privacy rules, and professional guidance matter.

Positive Steps Forward

The UAE is creating a supportive environment for these innovations. Health authorities balance new technology with safety and clear guidelines. Partnerships like WHOOP with Mubadala show how global tools can help local families in practical, responsible ways.

A Message of Hope

You don't have to face stress alone. With friendly wearables, simple quick tests,

and advanced OMICS insights, women today have better ways to listen to their bodies and make informed choices.

At Kazim's Fertility Barza, we believe knowledge and technology should empower, not overwhelm. Small daily habits like good sleep, mindful breathing, balanced meals, regular movement, and smart tracking can go a long way.

Your Reproductive Health and peace of mind are closely connected. Taking simple steps today can lead to brighter, healthier tomorrows for you and your family. **H**



Image courtesy of: Dr Abdulla Kazim, Internal Medicine Specialist and Lifestyle Medicine Specialist; Founding Board Member of Kazim's Fertility Barza

