Special Issue

Advances in Women's Health and Pelvic Health: Lifelong Care

Message from the Guest Editors

Scientific research in women's health and pelvic health is rapidly evolving, now integrating dynamic, innovative therapies and multidisciplinary approaches. This field focuses on the prevention of dysfunctions, the promotion of health, the improvement of health literacy, and the implementation of educational therapies, treatments, and rehabilitation strategies. The aim of this field is to optimize women's clinical outcomes, quality of life, and well-being throughout all stages of their life. Intervention in women's health is challenging due to anatomical, hormonal, and functional factors. Conditions such as pelvic floor dysfunction, endometriosis, urinary incontinence, sexual dysfunction, pregnancy, postpartum recovery, and menopause represent complex and impactful clinical issues. Innovations in pelvic health care could be exploited to address women's individual needs, promoting advances in preventive and therapeutic care. This collection seeks to provide a platform for the dissemination of innovative research and inspire novel approaches to comprehensive care and the empowerment of women worldwide.

Guest Editors

Dr. Paula Clara Ribeiro Santos

Department of Physiotherapy, School of Health Technology of Porto, Polytechnic Institute of Porto, 4200-072 Porto, Portugal

Dr. Diana Salvador Bernardo

Department of Physiotherapy, School of Health Technology of Bragança, Polytechnic Institute of Bragança, 5300-253 Bragança, Portugal

Deadline for manuscript submissions

30 December 2025



International Journal of Environmental Research and Public Health

an Open Access Journal by MDPI

CiteScore 8.5
Indexed in PubMed



mdpi.com/si/227989

International Journal of Environmental Research and Public Health Editorial Office MDPI, Grosspeteranlage 5 4052 Basel, Switzerland Tel: +41 61 683 77 34 ijerph@mdpi.com

mdpi.com/journal/ ijerph





International Journal of Environmental Research and Public Health

an Open Access Journal by MDPI

CiteScore 8.5
Indexed in PubMed





About the Journal

Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers.

Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

IJERPH provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality peer-reviewed journal.

Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health Disparities Research and Innovation, Richard N. Dixon Research Center, Morgan State University, Baltimore, MD 21251, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)