



# She Found

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## Abstract-

SheFound is a web-based women's health management platform developed to address the growing need for accessible, personalized, and privacy-focused healthcare solutions for women. Many individuals face challenges in tracking menstrual cycles, understanding hormonal changes, and managing conditions such as Polycystic Ovary Syndrome (PCOS) due to limited awareness and lack of integrated digital tools. This project aims to provide a comprehensive solution by combining health tracking, data analysis, and user-friendly design into a single platform. The system is built using the MERN stack, incorporating technologies such as MongoDB for data storage, Express.js and Node.js for backend development, and React.js for an interactive frontend interface. The platform enables users to track menstrual cycles, monitor symptoms, receive health insights, and set personalized reminders. Additionally, it emphasizes data privacy and security to ensure user trust and confidentiality. The results demonstrate that SheFound improves user engagement in health monitoring and promotes awareness through intuitive features and real-time feedback. The platform offers significant potential for enhancing preventive healthcare practices and empowering women to make informed health decisions. In conclusion, SheFound contributes to the field of digital health by providing an accessible, scalable, and user-centric solution that supports long-term health management and awareness.

**Keywords—** Women's Health; Menstrual Tracking; PCOS Management; MERN Stack; Health Monitoring; Digital Healthcare



## I. INTRODUCTION

Women's health has gained increasing attention in recent years due to the growing need for accessible and personalized healthcare solutions. Many women face challenges in tracking menstrual cycles, understanding hormonal changes, and managing conditions such as Polycystic Ovary Syndrome (PCOS). Traditional methods of health tracking are often inconsistent and lack proper guidance, leading to reduced awareness and delayed diagnosis. With the rapid advancement of digital technologies, web-based health platforms have emerged as effective tools for improving health monitoring and awareness [1]. Despite the availability of several health applications, many lack personalization, privacy assurance, and integrated health insights. Existing systems often focus only on basic tracking without offering meaningful analysis or recommendations. This creates a research gap in developing a comprehensive, user-centric platform that combines tracking, analysis, and awareness in a secure environment. This study aims to design and develop *SheFound*, a web-based women's health management system that provides menstrual tracking, PCOS monitoring, and personalized health insights. The primary objective is to enhance awareness, improve self-monitoring, and promote preventive healthcare practices among women.

## II. LITERATURE REVIEW

Several studies have explored digital health solutions for women's wellness and menstrual tracking. Existing applications such as cycle tracking systems primarily focus on recording user input data and predicting menstrual cycles using basic algorithms [2]. While these systems are useful, they often lack deeper health insights and do not address conditions like PCOS comprehensively. Research in digital healthcare highlights the importance of personalized recommendations and data-driven insights for improving user engagement [3]. Some platforms integrate artificial intelligence techniques to analyze user data and provide health suggestions; however, these solutions are often complex and not easily accessible to all users.

Additionally, privacy concerns remain a major limitation in existing systems, as sensitive health data may not always be securely managed. Many applications do not clearly communicate data protection mechanisms, leading to reduced user trust. This research builds upon previous work by addressing these limitations through a simple, user-friendly, and privacy-focused platform. Unlike existing systems, *SheFound* integrates health tracking with personalized insights and emphasizes secure data handling. The study contributes by providing a scalable and accessible solution tailored specifically to women's health needs.

## III. METHODOLOGY

The development of the *SheFound* platform follows a full-stack web application approach using the MERN stack. MongoDB is used for efficient data storage, Express.js and Node.js handle backend operations, and React.js is used to design an interactive and responsive user interface. The system is designed to collect user input data such as menstrual cycle dates, symptoms, and health-related information. Based on this data, the platform processes and generates predictions, reminders, and personalized health insights. A rule-based approach is implemented to provide recommendations related to menstrual health and PCOS management. The development process includes system design, database modeling, frontend and backend implementation, and testing. User data privacy is ensured through secure authentication mechanisms and encrypted storage practices. The system is tested for usability, performance, and reliability to ensure smooth user experience.

## IV. RESULTS AND DISCUSSION

The *SheFound* platform was successfully developed and tested as a functional web application. The system provides accurate menstrual cycle tracking, timely reminders, and basic health insights based on user input. Users can easily navigate the interface and access features without technical complexity. The results indicate improved user engagement due to the simplicity and clarity of the interface. Compared to existing applications, the platform offers a more focused approach toward PCOS awareness and health monitoring. The integration of personalized insights enhances the usefulness of the system.

**Table I: Feature Comparison**

Column 1 (Feature)	Column 2 (Existing Systems)	Column 3 (SheFound)
Cycle Tracking	Basic	Advanced
PCOS Monitoring	Limited	Included
Personal Insights	Minimal	Detailed
Data Privacy	Unclear	Secure

The findings demonstrate that SheFound provides a balanced combination of usability, functionality, and privacy.

## V. CONCLUSION

The research contributes to the field of digital healthcare by providing a simple, scalable, and privacy-focused solution. It highlights the importance of combining technology with healthcare to address real-world problems effectively.

Future work may include integrating AI-based predictions, adding doctor consultation features, and developing a mobile application to increase accessibility and usability.

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