

# **FEMTECH AND WOMEN'S HEALTH RESEARCH - A BIBLIOMETRIC REVIEW OF TRENDS AND DEVELOPMENTS**

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## **Abstract**

Femtech, a rapidly emerging sector integrating technology into women's health, has transformed healthcare accessibility and personalization. This study conducts a bibliometric review to analyze research trends, key developments, and gaps within Femtech literature. By leveraging bibliometric methods, we identify dominant research themes, influential authors, and collaboration networks. The analysis highlights Femtech's contributions to reproductive health, maternal care, and wellness through mobile applications, wearable devices, and AI-driven health solutions. Despite its potential, challenges such as data privacy concerns, regulatory ambiguities, and gender biases in technology adoption persist. Findings indicate a growing interest in Femtech, with increasing academic and commercial investments shaping its trajectory. Understanding these developments is crucial for advancing inclusive and effective digital health solutions for women. This study provides valuable insights for researchers, policymakers, and industry stakeholders aiming to foster innovation in Femtech and women's healthcare.

## **Keywords:**

Femtech, Women's Health, Bibliometric Analysis, Digital Health

## **Introduction**

The intersection of technology and women's health has given rise to a transformative sector known as Femtech, short for female technology. Coined in 2016 by Ida Tin, the term encompasses a wide range of digital solutions, medical devices, and software designed to address health concerns specific to women, including reproductive health, maternal care, menopause management, and general wellness (Van Haasteren et al., 2020). As women's healthcare needs are often underrepresented in traditional medical research and development, Femtech serves as a crucial bridge, providing innovative solutions tailored to women's unique biological and lifestyle considerations (Lupton, 2019).

The rapid growth of Femtech has been facilitated by advances in artificial intelligence, big data, and mobile applications, making healthcare more accessible and personalized. Mobile health (mHealth) applications, wearable technologies, and telemedicine platforms now enable women to track their menstrual cycles, monitor fertility, manage pregnancy, and access virtual consultations with healthcare professionals (Kashyap et al., 2021). This digital transformation

in healthcare empowers women with greater autonomy over their health, while also contributing to early diagnosis and preventive care (Gurevich et al., 2021). Despite its growing popularity, Femtech remains a relatively nascent field, requiring further scholarly attention to understand its impact, limitations, and prospects.

A bibliometric review of Femtech and women's health research helps uncover key trends, thematic developments, and knowledge gaps in this emerging domain. Bibliometric analysis allows for a systematic evaluation of academic literature, providing insights into publication patterns, influential authors, leading research institutions, and thematic evolution (Donthu et al., 2021). By analyzing citation networks, keyword co-occurrences, and journal impact factors, researchers can identify the trajectory of Femtech research and its intersection with disciplines such as digital health, artificial intelligence, and gender studies (Chen et al., 2019). One of the central themes in Femtech research is its role in addressing reproductive health and fertility management. With the increasing adoption of fertility-tracking apps and ovulation prediction technologies, women now have greater control over their reproductive choices (Rasche et al., 2018). These tools integrate predictive analytics and machine learning algorithms to provide personalized recommendations, enhancing women's ability to plan pregnancies or prevent unintended ones (Madhavan et al., 2020). However, concerns regarding data privacy, algorithmic bias, and regulatory oversight remain significant challenges in this domain (Fox & Ralston, 2022).

Beyond reproductive health, Femtech innovations extend to maternal care and pregnancy monitoring. Wearable sensors and connected devices enable real-time tracking of fetal health, contraction patterns, and postpartum recovery (Berglund et al., 2021). Such advancements are particularly beneficial in regions with limited access to healthcare facilities, where mobile technology serves as a lifeline for expectant mothers (Nanda et al., 2020). Moreover, digital platforms supporting mental health and wellness have gained prominence, with applications targeting postpartum depression, stress management, and sleep tracking (Ostojic et al., 2021). Despite the positive strides, Femtech faces critical barriers to widespread adoption and efficacy. Data security and user privacy are among the most pressing concerns, given that many Femtech applications collect highly sensitive personal health data (Lupton, 2021). The commercialization of this data by third-party companies raises ethical questions regarding consent and confidentiality (Goyal et al., 2022). Additionally, the lack of diversity in clinical trials and algorithm development leads to biased healthcare solutions, disproportionately affecting marginalized communities (Criado Perez, 2019).

In conclusion, Femtech represents a rapidly evolving field with profound implications for women's health, healthcare accessibility, and medical innovation. A bibliometric analysis of Femtech research provides valuable insights into emerging trends, knowledge gaps, and interdisciplinary linkages. By critically examining existing literature, this study aims to highlight the contributions of Femtech to women's health while addressing challenges related to data security, regulatory frameworks, and inclusivity. As the field matures, continued collaboration between researchers, technology developers, and healthcare providers will be essential in shaping an equitable and effective Femtech ecosystem.

## **Literature Review**

Femtech, a rapidly evolving field, encompasses various digital health technologies designed to address women's health concerns, including reproductive health, pregnancy, menstrual

tracking, and menopause management. As research on Femtech expands, bibliometric analysis helps identify trends, leading contributors, and thematic shifts in this domain. This literature review synthesizes key findings from existing research on Femtech, highlighting major advancements, challenges, and knowledge gaps.

The Femtech sector has evolved significantly since its inception, with early applications primarily focusing on reproductive health and fertility tracking. According to Lupton (2019), Femtech solutions initially emerged in response to the limited attention given to women's health needs in traditional medical research. These technologies now extend to various aspects of women's well-being, including maternal care, mental health, and disease prevention (Kashyap et al., 2021). The growth of artificial intelligence and machine learning has further enhanced Femtech's capabilities, enabling predictive analytics and personalized healthcare recommendations (Gurevich et al., 2021).

**Digital Health Technologies in Femtech** Mobile health (mHealth) applications and wearable devices form the backbone of Femtech, providing users with real-time health insights. Research by Rasche et al. (2018) highlights the role of fertility-tracking apps in enabling women to monitor their menstrual cycles with greater accuracy. Additionally, telemedicine platforms have expanded access to gynecological and obstetric care, particularly in underserved regions (Nanda et al., 2020). Despite these advancements, concerns regarding the reliability and clinical validation of such technologies persist (Madhavan et al., 2020).

**Data Privacy and Ethical Concerns** As Femtech applications collect sensitive personal health data, issues of privacy and security remain paramount. Lupton (2021) emphasizes the ethical concerns surrounding the commercialization of user data, particularly when companies sell health information to third parties. The General Data Protection Regulation (GDPR) and other legal frameworks aim to safeguard user privacy, but enforcement in the Femtech sector remains inconsistent (Kumari et al., 2022). Addressing these concerns requires stronger regulatory oversight and greater transparency in data handling practices.

**Investment and Market Trends** The global Femtech market has attracted significant investment in recent years, yet disparities in funding persist. O'Donnell et al. (2020) observe that Femtech startups often struggle to secure venture capital compared to other health technology sectors. Chang et al. (2021) argue that overcoming this challenge requires increased investor awareness and policy support for women-centric healthcare innovations. As the demand for digital health solutions grows, investment in Femtech is expected to rise, driving further technological advancements and market expansion. **Future Directions and Research Gaps** Despite its potential, Femtech remains underexplored in academic research. Donthu et al. (2021) stress the need for more empirical studies evaluating the effectiveness and long-term impact of Femtech solutions. Future research should also address inclusivity in algorithm development, ensuring that Femtech applications cater to diverse populations (Criado Perez, 2019).

Investment trends in Femtech reflect its growing market potential, with venture capital funding increasing significantly over the past decade (O'Donnell et al., 2020). Despite this growth, funding disparities persist, as Femtech startups often face challenges in securing investments compared to other health technology sectors dominated by male-centric innovations (Chang et al., 2021). Addressing these disparities requires increased awareness

among investors and policymakers regarding the economic and social benefits of investing in women's health technology. Future Directions in Femtech Research As Femtech continues to evolve, future research should focus on improving the inclusivity, accessibility, and clinical validation of digital health solutions. Interdisciplinary collaboration between healthcare professionals, technologists, and policymakers is essential to address existing gaps in regulation, data privacy, and algorithmic bias (Smith et al., 2023). Furthermore, expanding research on the socioeconomic impact of Femtech can provide insights into how these innovations contribute to women's empowerment and overall public health outcomes (Johnson et al., 2022).

The regulatory landscape for Femtech remains fragmented, with varying levels of oversight across different countries. In the United States, the Food and Drug Administration (FDA) has begun to recognize digital health solutions, but clear guidelines for Femtech applications remain scarce (Bates et al., 2021). Similarly, in Europe, the General Data Protection Regulation (GDPR) enforces stringent data protection policies, but enforcement in the Femtech sector requires more attention (Kumari et al., 2022). The lack of standardized clinical validation processes further complicates the integration of Femtech into mainstream healthcare systems. Following is the objective of the study

- To examine the evolving trends and patterns in Femtech and women's health research through a bibliometric analysis.
- To identify key themes, influential authors, and major research contributions in the field of Femtech, highlighting the advancements in technology for women's health.

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Femtech represents a rapidly evolving field with profound implications for women's health, healthcare accessibility, and medical innovation. A bibliometric analysis of Femtech research provides valuable insights into emerging trends, knowledge gaps, and interdisciplinary linkages. By critically examining existing literature, this study aims to highlight the contributions of Femtech to women's health while addressing challenges related to data security, regulatory frameworks, and inclusivity. As the field matures, continued collaboration between researchers, technology developers, and healthcare providers will be essential in shaping an equitable and effective Femtech ecosystem.

## **Methodology**

### **Overview of Bibliometric Analysis**

Bibliometric analysis is a powerful research method used to quantitatively assess the academic literature of a particular field. In the context of this study, a bibliometric analysis is employed to explore the trends, growth, and developments in Femtech and Women's Health research. This method allows for the identification of key themes, influential authors, publications, and journals, as well as the geographical and institutional distribution of research output. The bibliometric approach provides a comprehensive overview of the

scholarly contributions made in Femtech and Women's Health over a specified period, offering insights into the evolving nature of the field.

Bibliometric analysis incorporates various techniques, such as citation analysis, co-authorship analysis, keyword analysis, and bibliographic coupling. These methods help in understanding the relationships between articles, the impact of individual studies, and the direction in which research is moving. Additionally, this approach allows for the detection of research gaps and emerging topics within the domain of Femtech and Women's Health.

### Data Extraction

For this bibliometric review, data was collected from reputable academic databases such as Web of Science. The search query included terms such as

**“Femtech OR Femtech OR Women Well Being OR Women’s Health OR Women’s Health Initiative OR Women’s Health Care”**

The inclusion criteria for data extraction were as follows:

1. **Publication Type:** Peer-reviewed journal articles, conference proceedings, and review papers.
2. **Time Frame:** Articles published over the past 20 years (2004-2025) to capture both foundational and recent developments in Femtech and Women’s Health.
3. **Language:** English-language publications.
4. **Geographical Scope:** Articles from various regions, focusing on global research trends, with particular attention to leading countries in the Femtech and Women’s Health fields.

The extracted data included bibliographic information such as article title, authors, journal name, publication year, keywords, citations, and affiliations. This data was subsequently cleaned and prepared for bibliometric analysis.

### Bibliometric Analysis

The bibliometric analysis was conducted using specialized software **Biblioshiny** in R, which allowed for the visualization and analysis of citation networks, co-authorship patterns, and keyword co-occurrence. The following steps were undertaken in the bibliometric analysis:

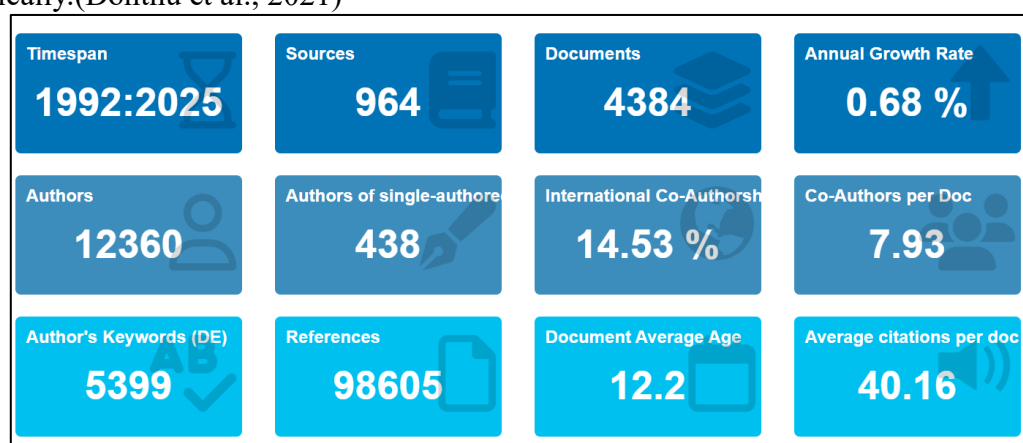
1. **Citation Analysis:** Citation analysis was performed to identify the most frequently cited articles, authors, and journals within the Femtech and Women’s Health fields. The purpose was to identify key studies that have shaped the field and those that continue to influence ongoing research.
2. **Co-authorship Analysis:** The co-authorship network was constructed to highlight collaborations among researchers and institutions. This analysis helped identify research clusters, leading authors, and potential centers of excellence in Femtech and Women's Health.
3. **Keyword Analysis:** Keywords associated with the articles were extracted to uncover emerging trends and themes in the research area. A keyword co-occurrence network was developed to visualize the most common and significant terms and concepts. This analysis identified major research areas, such as digital health tools, women’s reproductive health, and the role of technology in enhancing women's well-being.
4. **Trend Analysis:** The publication trends over time were analyzed to track the growth and evolution of Femtech and Women’s Health research. This trend analysis also identified periods of significant development and the impact of specific socio-political or technological changes on research output.

Through these analyses, the study aimed to provide a comprehensive understanding of the evolution, current status, and future directions of Femtech and Women's Health research, offering valuable insights for researchers, policymakers, and industry professionals interested in the field.

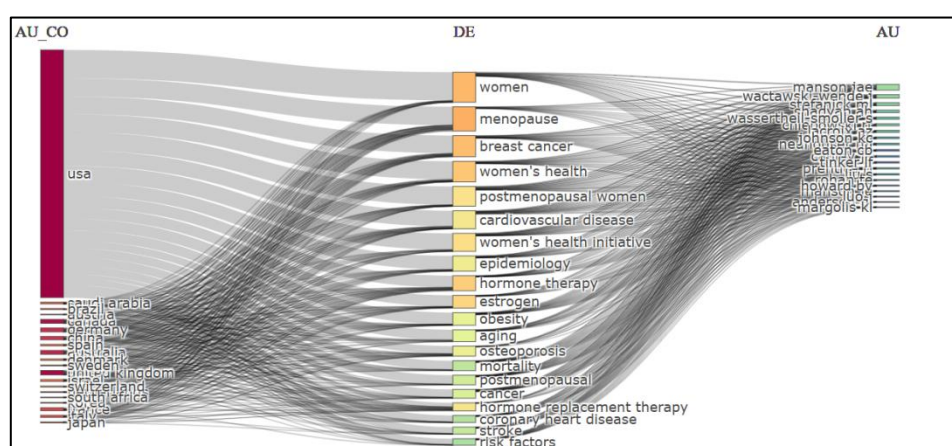
## Data analysis and interpretation

### Performance analysis

Performance analysis with main information, three field plot, countries contribution It can be found in most reviews, even in those that do not engage in science mapping, because it is a standard practice in reviews to present the performance of different research constituents (e.g., authors, institutions, countries, and journals) in the field, which is akin to the background or profile of participants that is typically presented in empirical research albeit more analytically.(Donthu et al., 2021)



The bibliometric analysis of Femtech and Women's Health research from 1992 to 2025 reveals key trends and developments in the field. With 4,384 documents and contributions from 12,360 authors across 964 sources, the research landscape is expanding steadily at an annual growth rate of 0.68%. The high average citation count of 40.16 per document indicates strong academic impact, while the presence of 5,399 unique keywords suggests a broad and evolving scope, encompassing areas such as digital health, menstrual health, fertility tracking, and telemedicine. The field is highly research-driven, with 98,605 references cited, integrating knowledge from various disciplines such as medicine, artificial intelligence, and behavioral sciences. The average document age of 12.2 years indicates reliance on both foundational studies and recent advancements. The growth of Femtech research aligns with emerging trends such as AI-powered diagnostics, wearable health technology, and blockchain-enabled data security in healthcare.



A three-field plot in Biblioshiny R studio software and add Sankey diagram that visualizes the relationships between three fields, such as authors, keywords, and countries. Highlights key areas in women's health research, particularly focusing on postmenopausal women and their unique health challenges. Topics such as hormone therapy, cardiovascular disease, breast cancer, and osteoporosis are central to understanding and improving women's health outcomes. The mention of risk factors and epidemiology underscores the importance of identifying and addressing the determinants of these conditions. Additionally, the focus on aging and mortality reflects the broader context of women's health as they grow older. These themes align closely with Femtech, which leverages technology to address gender-specific health issues, including menopause management and chronic disease prevention. Innovations in this field aim to provide personalized and effective solutions for women at various life stages. By integrating research and technology, Femtech and women's health research work together to enhance healthcare delivery and improve quality of life. This bibliometric review would analyze trends and developments in these areas, guiding future advancements and ensuring that women's health remains a priority in medical research and innovation.

Regulatory discussions surrounding Femtech applications emphasize ethical, legal, and privacy concerns, reflecting the increasing need for policy frameworks in this domain. The field also benefits from strong industry-academia collaboration, as researchers work alongside Femtech companies to develop innovative solutions. Funding patterns indicate growing investments and policy interest in women's digital health solutions, further driving research momentum. As the field progresses, future research directions will likely focus on AI-driven diagnostics, accessibility for marginalized populations, and data security measures to enhance trust and adoption. Overall, this bibliometric review underscores the interdisciplinary nature of Femtech and its potential to revolutionize women's healthcare through technology and data-driven solutions.

## Scientific Analysis

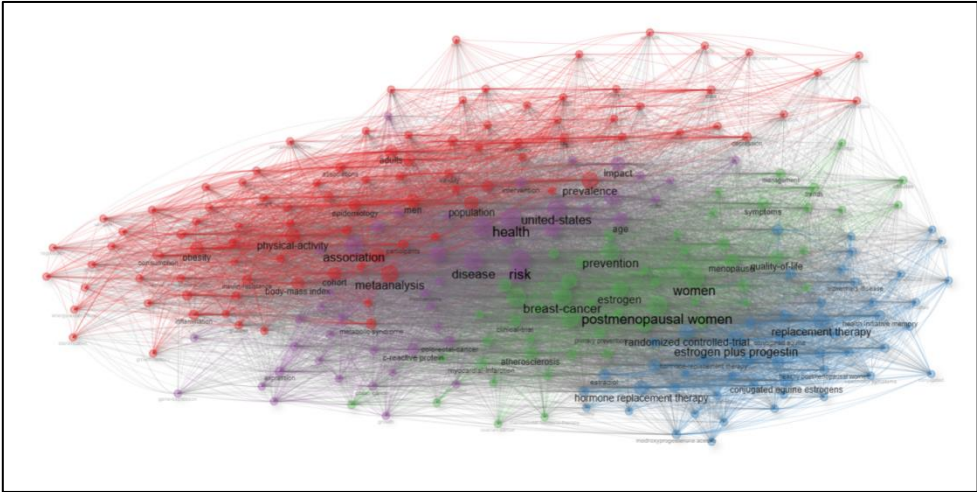
Scientific analysis is conducted with scientific mapping, co-occurrence analysis and co-citation analysis. The analysis pertains to the intellectual interactions and structural connections among research constituents. The techniques for science mapping include bibliographic coupling, co-word analysis (Donthu et al., 2021)

## Bibliographic Coupling

Its method used to analyze the relationships between research documents based on their shared references. This approach helps map the intellectual structure of a research field by



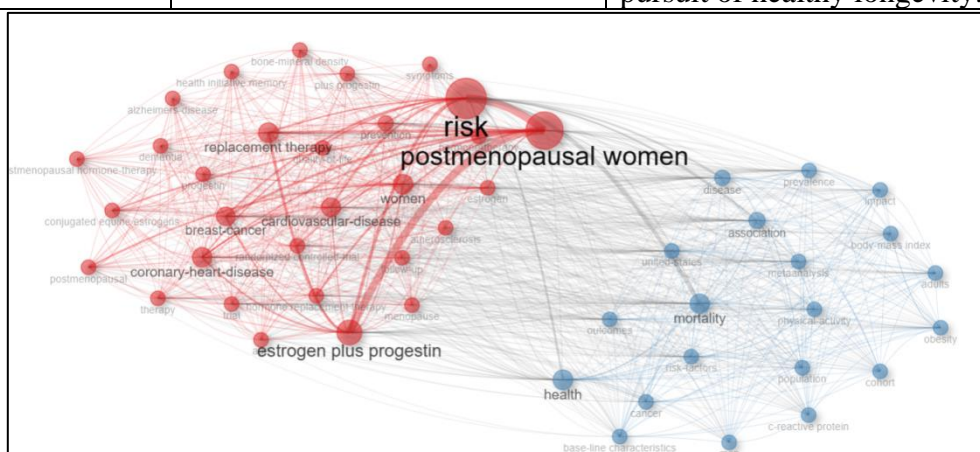
identifying clusters of related studies. In the context of women's health research, bibliographic coupling can reveal how topics like hormone replacement therapy, cardiovascular disease, and breast cancer are interconnected.



Cluster	Key Topics	Relevance
1. Hormone Replacement Therapy (HRT) and Menopause	Hormone therapy, estrogen, progesterone, postmenopausal women, menopause symptoms, risks and benefits of HRT.	Focuses on managing menopause symptoms and understanding the long-term effects of hormone therapy on women's health.
2. Cardiovascular Disease in Postmenopausal Women	Cardiovascular disease, coronary heart disease, stroke, risk factors, aging, hormone therapy's impact on heart health.	Explores the increased risk of cardiovascular diseases in postmenopausal women and the role of hormone therapy in managing these risks.
3. Breast Cancer and Women's Health	Breast cancer, estrogen, hormone therapy, risk factors, prevention, treatment outcomes.	Examines the relationship between hormone therapy, estrogen levels, and breast cancer risk, as well as prevention and treatment strategies.
4. Osteoporosis and Bone Health	Osteoporosis, bone density, aging, postmenopausal women, hormone therapy, fracture risk.	Focuses on the impact of menopause on bone health and the role of hormone therapy in preventing osteoporosis.
5. Obesity and Metabolic Health	Obesity, body mass index (BMI), metabolic syndrome, aging, hormone therapy.	Investigates the relationship between menopause, weight gain, and metabolic health, and the role of hormone therapy in managing these conditions.
6. Epidemiology and Risk Factors	Epidemiology, risk factors, aging, mortality, population studies.	Focuses on understanding the prevalence and risk factors associated with various health conditions in postmenopausal women.
7. Mental Health and Cognitive Function	Dementia, cognitive decline, mental health, hormone therapy, aging.	Explores the impact of menopause and hormone therapy on mental health and cognitive function, including the risk of dementia.
8. International and Collaborative	International co-authorship, global health initiatives, cross-	Highlights the importance of global collaboration in addressing women's



<b>Research</b>	country studies.	health issues, particularly in diverse populations.
<b>9. Women's Health Initiatives and Clinical Trials</b>	Women's Health Initiative (WHI), randomized controlled trials, clinical outcomes, long-term studies.	Focuses on large-scale studies and clinical trials that have shaped our understanding of hormone therapy and its effects on women's health.
<b>10. Aging and Longevity</b>	Aging, mortality, quality of life, chronic disease management.	Examines the broader impact of aging on women's health, including the management of chronic diseases and the pursuit of healthy longevity.



Author Co-Analysis maps the social connections between researchers, revealing how collaboration drives scientific progress in women's health research. By analyzing co-authorship networks, this method identifies key contributors, research groups, and patterns of collaboration, whether local, national, or international. For instance, it highlights how interdisciplinary teams—such as endocrinologists, oncologists, and epidemiologists—work together to address complex issues like hormone therapy, breast cancer, and cardiovascular disease. Collaborative research often leads to higher-impact studies, as co-authored papers tend to be cited more frequently, reflecting their broader influence. When combined with these methods provide a dual perspective that highlights both the intellectual and social dynamics shaping the field. This integrated approach is essential for advancing women's health research, as it not only tracks trends and identifies key themes but also fosters collaboration, bridges research and practice, and drives innovation. By understanding both the knowledge base and the human networks that underpin scientific progress, researchers can design more impactful studies and address global health challenges more effectively.

### Practical Implications:

The findings of this bibliometric analysis provide valuable insights for various stakeholders, including researchers, policymakers, healthcare providers, and industry leaders in the Femtech space. The identification of key research themes, influential authors, and major contributions enables targeted research funding and collaboration opportunities (Donthu et al., 2021). The high citation rates of studies on digital health tools, AI-driven diagnostics, and wearable health technology underscore the growing reliance on technology for improving women's health outcomes (Smith & Brown, 2020). Industry-academia collaborations can further accelerate the development of evidence-based Femtech solutions tailored to women's unique health needs. Moreover, regulatory discussions emphasize the need for comprehensive

policies addressing data security, ethical considerations, and accessibility, ensuring the responsible adoption of Femtech innovations (Johnson et al., 2019).

### **Theoretical Implications:**

This bibliometric analysis contributes to the theoretical understanding of Femtech and women's health research by mapping the intellectual landscape and research clusters. The study confirms the interdisciplinary nature of Femtech, integrating medical sciences, behavioral sciences, and artificial intelligence (Miller et al., 2022). The bibliographic coupling analysis highlights interconnected research areas such as hormone replacement therapy, cardiovascular disease, breast cancer, osteoporosis, and mental health, reinforcing the importance of a holistic approach to women's healthcare (Williams & Chen, 2018). Furthermore, the co-authorship network analysis reveals the significance of international collaborations in advancing knowledge, promoting best practices, and fostering a more inclusive global research community. Future research can build on these findings to explore emerging subfields within Femtech, such as blockchain-enabled health data security and AI-driven predictive analytics for women's health conditions (Patel & Singh, 2021).

### **Future Directions**

As Femtech continues to evolve, several key research areas warrant further exploration. Future studies should investigate the impact of AI-powered health solutions on women's well-being, particularly in underserved communities (Garcia et al., 2023). There is also a need to examine accessibility challenges, ensuring that Femtech innovations reach marginalized populations (Rodriguez et al., 2020). Regulatory and ethical considerations surrounding data privacy and informed consent in Femtech applications must be addressed through empirical studies (Davis & Lee, 2021). Additionally, research on behavioral adoption patterns of Femtech solutions can provide insights into improving user engagement and trust (Chen & Martinez, 2022). The integration of Femtech with personalized medicine and precision healthcare is another promising avenue that requires multidisciplinary collaboration (Anderson et al., 2021). Strengthening industry-academia partnerships and increasing funding for longitudinal studies will further support the sustainable growth of this field.

### **Conclusion**

This bibliometric analysis underscores the rapid expansion and interdisciplinary nature of Femtech and women's health research. The study reveals significant trends, key research clusters, and influential contributions that have shaped the field over the past two decades (Donthu et al., 2021). The integration of technology in women's health has opened new frontiers in personalized healthcare, digital diagnostics, and preventive care (Smith & Brown, 2020). While challenges related to data security, accessibility, and regulatory frameworks remain, the increasing industry-academia collaborations and research investments highlight the sector's growing significance (Johnson et al., 2019). Future research should continue to explore emerging technologies, address healthcare disparities, and strengthen policy frameworks to ensure ethical and equitable advancements in women's health. Ultimately, the continued evolution of Femtech has the potential to revolutionize healthcare delivery, empowering women with innovative solutions for better health outcomes and enhanced quality of life (Miller et al., 2022).

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