# Redefining the Cycle Calendar: Unpacking the Multifaceted Impact of Menstrual Tracking Technologies

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**Abstract:** *Menstrual tracking applications are revolutionizing the management of menstrual health, providing more than just period predictions (McKenna et al., 2019). This review explores their extensive influence, highlighting how these applications not only facilitate self-knowledge but also enhance menstrual health literacy and deepen users' understanding of their menstrual cycles. Additionally, we address the critical issues of data privacy, security concerns, and inherent biases present within these technologies. By analysing the comprehensive effects of menstrual tracking apps, this review aims to broaden our understanding of their significant role in influencing women's health experiences. Adding to the discussion, we also examine the impact of these apps on the doctor-patient relationship, providing insights into how technology can bridge information gaps and foster more informed healthcare conversations. By unveiling the multifaceted impact of menstrual tracking technologies, this review aims to contribute to a more comprehensive understanding of their role in shaping women's health experiences.*

**Keywords:** Menstrual tracking App, Women's' Health, Data Privacy and Security