



WOMEN'S HEALTH AND DIFFICULTIES IN PREGNANCY

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ABSTRACT

In this article, changes in a woman's health during pregnancy have a direct effect on the fetus. The importance of genetic changes is not only the mother, but also the role of the father in the fetus. The health of the pregnant woman and the fetus is the focus of research and research, the role of the Internet. The statistics are evidence of the weakening of the psychology of women. Fetal risks depending on age. Effect of vitamins and cosmetic taxicosis. Effects of maternal operations on the child. Discomfort in pregnancy and its causes.

KEYWORDS

Embryo's, oxygen, acromegaly, fibrin, fibrinogen, birth canal, toxicoses, pathological, tuberculosis, APPS, e-commerce, depression, antenxiety, psychology, stress, trimester.

INTRODUCTION

We know that pregnancy is an important period for every woman, but it is no secret that there are some discomforts and difficulties in it. At the beginning of pregnancy, there is some discomfort and sudden changes in the woman's body, so the responsible period begins, at this time, the expectant mother should pay special attention to herself. It is the

foundation of formation not only for the pregnant woman, but also for the fetus. The period of spiritual harmony of the embryo and the woman along with the physical.

Expectant mothers, pregnant women and their relatives consider this big period to be a happy, energetic, responsible period, but sometimes it is a

period of change, stress, and long fatigue, which is in serious danger due to the indifference of the mother. In this process, the changes in pregnancy are important for women to mentally prepare themselves for it. The knowledge contained in it about women's health and the difficult period in the fetus is definitely an important guide for every woman. Not only the pregnant woman, but also her relatives, her husband, and her family are united in this process, from even a simple diet to a woman's childhood, is an effect of heredity.

Science in pregnancy, books calm the stress, protect the diet and climate, give up harmful habits for the fetus. Of course, this is the first step towards the beginning of a small joy after a difficult and careful period, that is, a healthy baby's life. There are many judgments that age is important in giving birth, it is known that if a mother is born before reaching puberty (under 18 years old, in some reports up to 17 years old) or after getting married much later (30-35 years old), in them, compared to women under 18-23 years of age, the period of pregnancy, childbirth and chilling may be more difficult and pathological. From the 2nd week of the embryo's life (from the placement of the uterine membrane), it receives all the substances it needs from the mother, that is, from the mother's womb. At the same time, until the birth of the fetus, the exchange of substances between the mother and the fetus continues through the blood.

DISCUSSION AND RESULTS

We know that vitamins necessary for the proper development of the fetus pass to the fetus from the mother's body, and it also receives oxygen from the mother's womb. Even in this process, there is a partial risk, that is, if there is not enough oxygen to the fetus, then there will be a lack of oxygen and the fetus will die. From the second half of pregnancy, the protein that enters the mother's body is mainly used for the formation of fetal tissues, and the calcium salts collected in the maternal tissues and placenta are used for the formation of the fetal skeleton.

If these salts are not enough, the pregnancy may end prematurely and the fetus may die. During pregnancy, blood clotting ability increases, the amount of fibrin and fibrinogen increases, blood platelets increase, correspondingly, blood platelets increase in pregnant women. Improper growth of the fetus in the mother's body and its passage into the wrong birth canal, previous operations during childbirth and other severe consequences for the fetus. May cause if there are no defects in the health of the mother and there are no defects in the birth canal, there is no danger in the development of the fetus, the fetus develops normally, becomes normal, and is born on time. Thus, the mother's organism is a source of nutrition for the fetus, it provides all the necessary substances for the growth and development of the fetus. In some cases, we can see signs of acromegaly during pregnancy, in which the bones of the legs, arms, and lower jaw become larger. The skin of the pregnant abdominal wall stretches.

This condition is observed especially when there is a lot of amniotic fluid, and the fetus is large or twins.

It is also important to pay attention to the mother's body during pregnancy. If you are pregnant, this is important information for you. So, if we can see the changes in this, the lack of calcium salts leads to tooth decay, caries, and brittle nails in a pregnant woman. In severe cases, the bone becomes soft and brittle. Phosphorus in the body of the fetus is mainly involved in the development of the bone system of the fetus together with calcium salt. In addition, phosphorus is used for the structure of the nervous system. If these types of salt are not enough in the body, tetania and osteomalacia may occur, if such conditions are observed, see your doctor. If there is a lack of phosphorus and calcium salts, the pelvic bone can soften and change its shape. But this pathological condition is almost rare, because all women undergo consultation and medical examination, and preventive measures are taken on time.

Let's talk about toxicosis. If vitamins are depleted in the body of a pregnant woman, favorable conditions are created for the development of toxicosis. The female body has a high demand for vitamins A, B, D, E, and C. According to M.A.Daniakhy, Y.A.Alekseev, the blood production system, especially the bone marrow undergoes a number of changes. Not only the internal condition and diseases of a pregnant woman, but also the geographical conditions and climatic conditions in which she lived are of great importance. The health of

not only the pregnant woman, but also the husband of the pregnant woman is important for the fetus, because the husband's previous and current tuberculosis and other diseases endanger the health of the pregnant woman and the fetus. Investigating pregnant women's health information needs during pregnancy on internet platforms. In this regard, School of Health Sciences, Guangzhou Xinhua University Guangzhou, China School of Management, Zhengzhou University If we focus on the research of Zhengzhou, China With the advancement of Internet technology, pregnant women's behavior of seeking online health information has become a universal trend worldwide because of insufficient information received from healthcare providers and the natural advantage of the Internet to ask questions anonymously (Al-Dahshan et al., 2021). As one of the largest maternal and child health websites in China, "Mama.cn" has integrated websites, APPS, new media, micro-network celebrities, and other media resources, covering hundreds of millions of pan-maternal and infant groups. Dedicated to serving all kinds of needs of pregnant women, the company has built several service sections including information, social networking, tools, and e-commerce, aiming to build a diversified Internet maternal, and infant service platform with pregnant women as the core. "Mama.cn" is widely popular among people who are preparing for pregnancy, during pregnancy, and childrearing. In August 2019, "Mama.cn" had 16.479 million active users. The

number of active users of “Mama.cn” reached 19.31 million in June 2020, ranking first in the parenting subdivision list in China. Therefore, “Mama.cn” was selected as the research data source for this study. This study collected the posts in the “pregnant section” under “Mama.cn” from 1 June 2020, to 31 January 2021, involving data from “the first month of pregnancy” to “the tenth month of pregnancy.” The current study extracted the following information from the “pregnant section” under “Mama.cn” posts: username, post time, duration of pregnancy, city, and text. A total of 5,75,970 posts were obtained. Examples of our dataset are presented. Mood swings during pregnancy are common for a lot of reasons. The constant hormonal dance your body is performing will often strike a chord during your first trimester and towards the your due date. Other factors that impact our mood can be sleep disturbances, pregnancy worry and other external contributing factors. With the rise in oestrogen and progesterone in your body you may find yourself reaching for the tissues during a TV commercial or feelings of anger if there are no more loaves of bread in the supermarket. As your hormone levels stabilise your mood swings are likely to reduce. Whilst many may have a giggle about their ‘moody mummy moments’ during pregnancy, if you feel your mood swings are intense and persistent, or are significantly impacting your daily life, please speak to a trusted professional for further assessment and advice. In the United States, compared to non-

pregnant women, pregnant women may experience twice the rate of depression (up to 20% vs. 10%; Center for Disease Control and Prevention (CDC), 2019b), and low-income pregnant women may experience more than three-fold rates of depression (approximately 30% to 50% vs. 10%: Choi & Sikkema, 2016; Narayan et al., 2017). Although more difficult to distinguish due to normative fears concerning pregnancy and childbirth, rates of prenatal anxiety also are higher compared to non-pregnant women (Dunkel Schetter & Tanner, 2012). Rates of PTSD, a less-studied prenatal mental health problem than depression and anxiety but an especially potent risk for women with childhood adversity, are also elevated in community samples of pregnant women compared to their non-pregnant counterparts (e.g., approximately 6%–8% compared to 4%–5%: Seng, Rauch, et al., 2010). In lower-income samples, PTSD symptoms may be clinically elevated in as many as 18%–29% of pregnant women or more, particularly if women are high-risk due to childhood adversity and pregnancy complications (Narayan et al., 2017; Narayan, Atzl, et al., 2019; Yildiz, Ayers, & Phillips, 2017). Many reasons may account for heightened rates of mental health problems during pregnancy. These include factors associated with the pregnancy (e.g., whether it was planned or wanted), support in the co-parenting relationship (e.g., whether the father of the baby provides support and wants the pregnancy), demographic and financial circumstances (e.g. socioeconomic status, access to concrete needs,

number of children already in the family), and other emotional, and cognitive factors that may influence pregnant women's well-being (Narayan et al., 2019; Slade, Cohen, Sadler, & Miller, 2009; Sperlich & Seng, 2008). Physiologically, the massive hormonal changes that occur normatively during the prenatal period may also unmask vulnerabilities in both physical (e.g., diabetes, hypertension) and mental (e.g., depression) health.

Depression

- Feeling sad and frequently crying.
- Difficulty concentrating and decision making.
- Isolating self from family, friends and supports.
- Fatigue and lack of motivation.
- Eating more or less than usual.
- Little or no joy in daily activities.
- Thoughts of harm, death or suicide.

Anxiety

- Persistent worry.
- Feeling nervous, overwhelmed and stressed.
- Sleep disturbance.
- Eating more or less than usual.
- Being irritable.
- Panic attacks (heart palpitations, shortness of breath, sweating or shaking).
- Avoiding people or places that trigger worry or panic.
- Obsessive, intrusive and distressing thoughts.

Psychology plays an important role in women's health, especially during pregnancy. If a pregnant woman is depressed, long mental shocks have a high effect on

the fetus. Talk with your health care provider if you have these types of stress:

Negative life events. These are things like divorce, serious illness or death in the family, or losing a job or home.

Catastrophic events. These include earthquakes, hurricanes or terrorist attacks.

Long-lasting stress. This type of stress, also called chronic stress, can be caused by stressful things you experience for a long time. Exposure to racism, especially life-long racism, causes increased stress levels. Other things that cause this type of stress include, having problems with money, having an abusive partner, living in an unsafe or unstable environment and having serious health problems.

Depression or anxiety. Depression is a medical condition that causes feelings of sadness and a loss of interest in things you like to do. It can affect how you feel, think and act and can interfere with your daily life. Anxiety is a feeling of worry or fear of things that may happen. Both conditions may make it hard to take care of yourself and your baby. Depression and anxiety are common and treatable so talk to your provider if you feel depressed or anxious. If you have these conditions before pregnancy, talk to your provider before you stop or start taking medications. Stopping suddenly can cause serious problems for you and your baby. If you need to stop taking medicine or switch medicines, your health care provider can help you make changes safely.

Pregnancy-related stress. Some parents may feel serious stress about pregnancy. They may be worried about pregnancy loss, the health of their baby or about how they'll cope with labor and birth or becoming a parent. If you feel this way, talk to your health care provider. Currently, prenatal stress in pregnant women peaks at 80 days of pregnancy, and postnatal stress increases at 115 days, according to statistics. Jillian Nissen had her first child when she was a postdoctoral fellow at Stony Brook University in New York, United States, where she used mice to study multiple sclerosis. She found the smell in the animal facility nauseating during her first trimester. "Having a really good supportive [project advisor] and group of peers helped with those challenges," she says. Nissen's colleagues helped her with small tasks in the animal facility and with any lifting she had to do."The first trimester of pregnancy – before many women feel comfortable disclosing their pregnancy – can be the most vulnerable time."

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