

Pregnancy and Childbirth in Women of Different Age Groups

Yunusova Aziza Rakhmatilloevna
Samarkand State Medical University
Department of Obstetrics and Gynecology 1

Abstract: They say it's rude to ask a woman her age - BUT not during pregnancy or at the doctor's office. After all, the future mother should know about all the age-related features of pregnancy and childbirth and follow the instructions of the attending physician. When it comes to the ideal age of a mother, some say that a woman should stand on her feet and only then think about having children, others - when you stand on your feet, the proverbial clock ticks and you win. unable to give birth. If the first argument is based on personal beliefs, then the second argument can be believed.

Key words: Normal childbearing age face, age-related physiological changes in childbearing women, normal childbearing age.

But is it true that there is an ideal age for giving birth?

up to 20 years

It is believed that you should give birth at a young age. However, a young mother is not always a healthy mother. Giving birth early, mainly during adolescence, is a serious test from a physiological and psychological point of view.

According to the scale,

if a young girl decides to give birth to a child, then she has every chance to pass the pregnancy test with honor and become a wonderful mother of a wonderful child. After all, the pregnancy and childbirth process largely depends on the mother's health, and in her youth, the body has not yet accumulated a large number of "wounds", including chronic ones. Complications of pregnancy can occur at any age (or not), and it is not true that a young, active and energetic mother will face serious problems. It is easier to overcome any problems when you are young. Of course, it is very important that the girl is supported by her relatives, the baby's father, and that experienced doctors are nearby - then everything will be successful. But the small difference in age with the child allows the mother to be much closer psychologically, to understand his aspirations and needs, to actually belong to the same generation and therefore speak the same language.

Disadvantages

Until the age of 20, the organs and systems of the female body are still "rocking" hormonal and reproductive systems; Pregnancy often causes complications - toxicosis, gestosis, anemia. There is also a lack of hormones - estrogen, progesterone, so there may be problems with the formation of the placenta. Most pregnancies end in premature birth. 15% of young girls are diagnosed with an anatomically narrow pelvis and an

underdeveloped muscle layer of the uterus. Because of this, childbirth can also be difficult. Another factor worries young future mothers. A baby of this age is not always born into a united family as a result of a deliberate decision. Sometimes pregnancy is accompanied by infections, because young women rarely think about contraception. It's also the ongoing puberty that causes girls to react violently to experiences and stress. Psychological immaturity makes it difficult to enjoy pregnancy, the baby can also be excited and make a young mother nervous in the first years of life.

From 20 to 35 years old

Most obstetricians and gynecologists consider these years to be optimal for the birth of the first child.

Consider:

a woman's body is fully mature and ready to give birth. The menstrual cycle is established, and the only thing that causes discomfort is premenstrual syndrome caused by a lack of progesterone. However, the rest of the hormonal system works clearly and harmoniously. Thanks to this, it is also easier to get pregnant, give birth and give birth than at other ages, since a woman has not yet had time to "earn" chronic diseases of the reproductive system. In this age group, the frequency of various complications is minimal: the risk of genetic diseases in the child is less and the risk of premature birth is minimal. Childbirth often occurs naturally, and the muscles are elastic enough that doctors do not need to resort to, for example, an episiotomy. Psychologically, the future mother is also ready for motherhood. She has a lot of energy, her personal life is comfortable, and it gives her pleasure to give birth to a child from her lover. Children at this age are desired, but the desire to get pregnant is not yet excessive, as it was at the age of forty. This means that there are no fears and psychological blocks that prevent a harmonious pregnancy and childbirth. What about a career? After all, after graduating from university, a woman, as a rule, works a lot and hard, trying to create future prosperity. Feel like you don't have time for kids? In fact, 20-30-year-olds have a lot of energy, they can successfully combine motherhood and career, besides, those who encourage young mothers to achieve creative and career achievements - after all, there is someone who works for them. And if the mother refuses to work for a while, it will be easy for her to make up for the "lost" years of caring for the child - the time is not over yet. At the same time, young people in their 20s and 30s no longer have "the wind in their heads": they take a responsible approach to family planning, they understand how important it is to start a healthy baby. If a couple wants to have more than one child, they have a full ten years to give birth to two or three children, with an optimal age difference that allows the mother's body to fully recover after childbirth - this is 2- 3 years.

Disadvantages

In terms of female physiology, almost no. But other considerations - the desire to make a career, to see the world, to devote yourself completely to what you love - can push the age of motherhood into the next decade.
35 to 45 years old

For doctors, 35-year-old women who are preparing to become mothers for the first time are "old". But psychologists believe that pregnancy should be planned closer to the age of 30.

Consider:

A woman is mentally ready to become a mother, she is full of her profession, she is not financially dependent on anyone. He knows his body. If he has chronic diseases, he knows how to "control them". In addition, thanks to his careful attitude towards himself, he successfully said goodbye to many of them - for example,

student gastritis. A woman leads a healthy lifestyle. In his youth, suffering from the usual vices associated with youth (alcohol, smoking, late-night parties and watching textbooks during classes), he practiced sports, regular preventive visits to the doctor, and careful self-care. made caring a norm in his life. By the way, late motherhood - and many studies show this - renews the female body. And it allows you to stay young and active much longer than your peers who had children before the age of twenty.

Disadvantages

From the age of 35, reproductive function decreases. This is primarily due to changes in the hormonal level, which leads to a decrease in the natural ability to conceive, a violation of the menstrual cycle and the process of ovulation. The appearance of new chronic diseases, even surgical intervention is possible. For example, most often uterine fibroids are found in women aged 30 to 40, mastopathy also looks younger - it is characteristic of 8 out of 10 women aged 25-45. The probability of giving birth to a healthy child is only 5% less than that of a 25-year-old. Adult mothers are more likely to have twins (including as a result of IVF) - the peak of twin births occurs at the age of 35-39. This is great in itself, but the load on the body doubles, and you need to take the doctor's recommendations more carefully. Due to the deterioration of muscle properties and the violation of their tone, there may be problems with the pregnancy process, as well as childbirth complications. Thus, the probability of caesarean section for 40-year-old mothers is higher than for 20-25-year-old mothers. With age, the child is at risk of chromosomal abnormalities that lead to miscarriage, stillbirth, and disease. The most popular among the general public is Down syndrome. But the risk of chromosomal diseases increases not only with the age of the mother, but also with the age of the father. So, in this sense, the clock is ticking for men as well.

Conclusion: Age-related changes in the female body do not happen overnight. They follow one after another throughout life and flow smoothly. Can they be influenced? Of course - lifestyle, diet, bad habits, environmental situation, even the ability to relax and enjoy life greatly affect them. Internal processes play an important role in age-related changes. If you know your "weaknesses", it will be easier to overcome problems, live in peace and harmony with yourself, give birth and enjoy subsequent motherhood at any age.

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