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Reproductive Health and Medical Culture

D. SH. Atadjanova

Fergana Medical Institute of Public Health

Reproductive health of citizens is a state of physical, mental and social well-being of a person, which is associated with the reproductive system, the functions of this system, and the vital processes that determine its ability to bear children. Maintaining the reproductive health of citizens implies: obtaining reliable and complete information about the reproductive health of citizens; measures, procedures and services during pregnancy, childbirth and the postpartum period that ensure the preservation of pregnancy and the birth of a child without complications and defects; prevention and treatment of diseases of the reproductive system; prevention and treatment of sexually transmitted diseases; safe artificial termination of pregnancy, helping to prevent possible complications and consequences of impaired reproductive system functions; obtaining information about contraceptive methods and their use.

Reproductive health is not only the elimination of diseases of the reproductive system (infertility, various defects, cancer and precancerous diseases), but also the creation of a basis for raising the offspring as a physically strong, mentally intelligent, socially harmonious generation by eliminating diseases of the reproductive system (infertility, various defects, cancer and precancerous diseases). Several factors can lead to non-compliance with reproductive health. These are: the presence of chronic non-infectious and gynecological diseases in couples; failure to maintain a 3-3.5-year interval between births; having children before the age of 20 or after the age of 35; marriage between relatives; shortcomings in low-income, disadvantaged families; a negative environment in turbulent, quarrelsome families.



To improve reproductive health, it is necessary to reduce the above risk factors, to be aware of reproductive rights - that is, to be aware of the basic rights of couples regarding the number of children, the spacing of their births, the timing of their births, the use of modern contraceptives, and to pay attention to breastfeeding, and to have the necessary information and tools for this.

Every mother should have a high level of medical culture. Because the issues of giving birth to a healthy child and forming a healthy family are inextricably linked with reproductive health. The child of a mother with a high level of medical culture will always be healthy. Such mothers take their child to the family clinic according to the vaccination calendar, vaccinate him on time, and protect him from infectious diseases. They teach the child the rules of personal hygiene from a young age, protecting him from worm diseases. They teach the child the culture of brushing teeth, nutrition, and maintaining personal hygiene. They develop his intellect by paying full attention to the child, telling him stories, playing with toys, reading books, drawing. When the mother is sick, she does not have enough strength or time to feed and raise the child. The importance of maternal culture is that it educates the mother herself along with the child, making her the main cause of family health.

A newborn baby should weigh between 2.5 and 4 kilograms. There can be many reasons why a fetus fails to grow. For example, intrauterine infection, birth defects, hereditary factors, blood clots, etc. Excessive fetal weight gain is often due to the medical condition of the parents, their metabolic changes, especially the development of diabetes during pregnancy. To normalize this, they need to protect themselves from risk factors that cause the disease and receive timely treatment.

Conclusion: A healthy lifestyle is a broad concept, and every woman, whether she is a mother or not, can only deliver healthy offspring to society if she adheres to a set of practices that include productive work, active recreation, physical education and sports, strengthening the body, observing personal hygiene, eating rationally, refraining from harmful habits, undergoing annual medical examinations, and many other components.

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