Maternal health is the key to child health.

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ABSTRACT

This article provides information about the causes of disability. In particular, it was thought about the origin of various defects and the measures to prevent them as a result of the unfavorable course of the mother's pregnancy.

Keywords: drugs, mechanical effects, chemical effects, environmental effects, alcohol, smoking, drugs, parents, child, defect.

It is worth recognizing that the reforms being implemented in our country are already showing their results. It is noteworthy that as a result of reforms aimed at protecting the health of our future mothers, maternal mortality in Uzbekistan has decreased by 3.1 times, infant mortality by 3.2 times, and the number of births with defects has decreased by 1.8 times as a result of the implementation of the “Mother and Child Screening” program since 2000. All this is evidence that reforms are being carried out rationally in our country. It is not for nothing that our Head of State speaks enthusiastically about the health of mothers and children in his speeches, because humanity is now feeling the impact of negative factors in nature. The impact of these negative factors on the developing fetus is even more dangerous. According to the World Health Organization, more than 600 million disabled people live in the world. By the beginning of the 21st century, every 10th family in the world has such a person. According to statistics, more than 800,000 disabled people are registered in the social protection strata of the population in Uzbekistan. In developed countries, an average of 10 percent of the population is considered disabled. In particular, if we focus on visual impairments, there are 42 million blind and partially sighted people in the world. This figure is growing every year, and the growth rate is 3–6% per year.

Studies conducted to date have shown that the causes of such anomalies are divided into two groups:

1. Environmental influences.

a) Intrauterine infection. The most dangerous infections for the fetus include: cytomegalovirus, herpes types I and II,

toxoplasmosis, rubella, influenza, viral hepatitis, chlamydia, syphilis, mucoplasmosis, sexually transmitted infections.

b) Chemical effects. Anil dyes, petroleum products, synthetic rubber, products used in the production of plastics, viscose fibers.

V) Physical effects: ionizing radiation, high temperature in the production building, drugs.

d) Drugs. Folic acid, vitamin A deficiency, cortisone hormone deficiency, barbiturates, cytostatics. Their teratogenic effects have been identified as the cause of chemical defects in the fetus.

e) Alcohol, smoking and drug use. Future parents who are accustomed to these negative habits often do not even think about their effect on the fetus. It has been proven that the birth of a child with various defects from a smoking mother is 25% higher.

2. Hereditary factors. If one of the parents has a vision pathology, the first child will be born with such a defect, and the probability of the next child being born with such an anomaly is 2-2.5%. If 2 family members have this pathology, the incidence of the disease is 13-14%. If a birth defect is noted in one parent and one child, the incidence of the next child being born with a defect is 20-50%. Analyzing hereditary factors, we should pay special attention to hereditary syndromes. What is a hereditary syndrome? These are certain congenital defects that are passed from generation to generation. Therefore, if a child is born with this type of anomaly, genetic counseling is necessary. Parents should know about their child's disease during subsequent pregnancies and preventive measures.

Ultrasound examination can provide complete information about the condition of the child. By the end of the 12th week, the facial part of the fetus is fully developed. Therefore, the optimal period for UTT is considered to be the 11th-12th week of pregnancy.

To determine the presence of hereditary syndromes in the fetus, a biopsy of the umbilical cord is performed to examine the chromosome set. These examinations are carried out on the recommendation of an obstetrician-gynecologist and geneticists. The purpose of conducting UTT is to determine the development of the fetus and the presence of defects in the fetus, therefore, the optimal time for conducting it is 11-12 and 23-24 weeks. Today, these examinations are also performed in 3-dimensional imaging. This increases the accuracy of the examinations. The basis for preventing any anomalies in the child is the correct organization of the family.

What are they?

- 20-28 years is considered the optimal childbearing age for a woman;
- Treatment of all infectious diseases before pregnancy;
- Health of the couple before pregnancy;
- Refusal of all harmful habits before pregnancy:
- Limitation of exposure to toxic factors in production, not using drugs during pregnancy without their knowledge;
- Constantly being under the supervision of medical personnel during pregnancy, undergoing necessary tests and examinations;
- Taking folic acid-containing vitamins before pregnancy and in the first 3 months of pregnancy.
- Depending on the causes of occurrence, any anomalous development can be congenital or acquired during pregnancy.

Congenital anomalies largely depend on the health and living conditions of the expectant mother. Infection, intoxication, injury and other factors can affect the development of the fetus in the womb. The mother's suffering from various diseases during pregnancy, the arbitrary use of various medications, whether knowingly or unknowingly, can cause the child to be born with an anomaly.

Congenital anomalies can also be due to the influence of genetic, that is, hereditary factors. For example, hearing and visual analyzer dysfunction, mental retardation are also observed from generation to generation (Down's disease, Rh factor incompatibility, etc.). Alcoholism, drug addiction, toxicomania of parents can also lead to the birth of an anomaly in a child.

Anomalies acquired in life arise as a result of the impact of harmful factors on the child's body during and after birth. Brain injury during childbirth, prolonged passage of the child through the birth canal, the use of a vacuum

extractor or a sling, the child's umbilical cord being wrapped around and suffocated (asphyxia), etc., can sometimes lead to its abnormal development.

A child's suffering from various diseases at a very young age, such as meningitis, meningoencephalitis, otitis, central nervous system damage, and other similar ailments, can also cause abnormal development.

Many measures are being taken in our country to prevent child anomalies, and considerable progress has been made in this area. Due to the expansion of treatment and prevention of the population in Uzbekistan and great achievements in the field of medicine, the number of abnormal children has relatively decreased. There are cases of children becoming abnormal after smallpox, plague, typhus, cholera, trachoma, measles, and other infectious diseases characteristic of children. There are still cases of children becoming anomalous due to hereditary factors, as well as intoxication and other causes that lead to damage to the brain and analyzers during the formation of the organism.

A clear understanding of the types of visual impairment allows you to correctly determine the ways to eliminate it. If measures are taken without clearly distinguishing its types, this can harm the child instead of benefiting it. The issues of eliminating visual impairments in such children and developing effective methods in this area occupy an important place in the field of modern typhlopedagogy, and the problems of correcting and eliminating such visual impairments have become one of the most urgent problems.

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