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AGE-RELATED FEATURES OF PREGNANCY AND CHILDBIRTH: ADVANTAGES AND DISADVANTAGES.

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Abstract. From the point of view of modern medicine, "late birth" is the first birth of a woman over 35 years old. But it wasn't always like that. In the middle of the last century, women who had their first child over the age of 24 were called elderly in official medicine. Then the boundaries changed, and the ideal age for the birth of the first child began to be considered not 18-22, but 20-25. Later, doctors began to talk about the fact that a woman can give birth to her first child before the age of 30 without any fear, and the concept of "old woman" first moved from the age of 24. At the age of 28, then at the age of 30, and then completely disappeared.

Keywords: Premature birth, late birth, disadvantages of early birth, disadvantages and advantages of late birth.

Аннотация. С точки зрения современной медицины, «поздние роды» – это первые роды женщины старше 35 лет. Но так было не всегда. В середине прошлого века женщин, родивших первого ребёнка в возрасте 24 лет, в официальной медицине называли пожилыми. Затем границы изменились, и идеальным возрастом для рождения первого ребёнка стали считать не 18–22, а 20–25 лет. Позже врачи стали говорить о том, что женщина может без опасений родить первого ребёнка до 30 лет, и понятие «старуха» сначала переместилось с 24 лет в 28, затем в 30, а затем и вовсе исчезло.

Ключевые слова: Преждевременные роды, поздние роды, недостатки ранних родов, недостатки и преимущества поздних родов**.**

Annotatsiya. Zamonaviy tibbiyot nuqtai nazaridan, "kech tug‘ilish" 35 yoshdan oshgan ayolning birinchi tug‘ilishi sifatida ta'riflanadi. Ammo bu har doim ham shunday bo‘lmadi. O‘tgan asrning o‘rtalarida 24 yoshida birinchi farzandini dunyoga keltirgan ayollar asosiy tibbiyotda keksa deb hisoblangan. Keyin chegaralar o‘zgardi va birinchi farzand ko‘rish uchun ideal yosh 18–22 yoshdan 20–25 yoshga o‘tdi. Keyinchalik shifokorlar ayol 30 yoshdan oldin birinchi farzandini xavfsiz tug‘ishi mumkinligi haqida fikr bildira boshladilar va "kampir"

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tushunchasi 24 yoshdan 28 yoshga, keyin 30 yoshga o‘tdi va oxir-oqibat butunlay yo‘q bo‘lib ketdi.

Kalit so‘zlar: Erta tug‘ilish, kech tug‘ilish, erta tug‘ilishning kamchiliklari, kech tug‘ilishning kamchiliklari va afzalliklari.

INTRODUCTION.

Currently, after 35 years, women are called "adult primiparas", and giving birth at 40 ceases to be unusual. According to statistics, now there are 3 times more women who gave birth to their first child between the ages of 30 and 40 than 20 years ago, and the average age of mothers in Russia has approached 30 for the first time.

In part, the "fashion" of late birth came to Russia from Europe and America, where it is customary to get married after 30 years and give birth to your first child later. This is explained by the fact that a woman should find herself in life, make a career, fully realize her potential, and only then approach the moment of childbirth with full responsibility.

However, this is not the only reason for late birth. There are fewer and fewer completely healthy women who get pregnant and give birth without problems. In this case, advanced reproductive technologies come to the rescue.

BENEFITS OF LATE MOTHERHOOD

If the physiologically optimal time for childbirth corresponds to about 22 years, it has been proven that psychologically and emotionally a woman is ready for motherhood after about 10 years, that is, at the age of 30-35. Perhaps that is why women who get pregnant and give birth after the age of 30-35 perceive their situation positively, are less likely to be depressed and pay more attention to raising and raising a child.

There is also an opinion that late pregnancy and late birth make a woman younger. On the one hand, this is true. And the reason for this is the production of "pregnancy" hormones, mainly estrogen, which tones muscle tissue, gives elasticity, strengthens bones and reduces the risk of hypertension. Delayed pregnancy and breastfeeding is actually a woman's second youth physiologically. Psychologically, a woman who gave birth late may also feel younger than her peers, because at 40 she is not a grandmother, but a young mother.

There are other benefits to having a delayed birth. After them, menopause is easier, menopause can occur later, and the aging process is less painful. In addition, late birth can lower cholesterol levels and reduce the risk of stroke or osteoporosis. Late mothers are less likely to develop urinary tract infections.

Of course, pregnancy after 35 years cannot be completely free of risk, but in most cases, if a woman prepares herself physically for the upcoming process, this

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risk can be minimized. Fetal organs are formed in the first 12 weeks of pregnancy, and at this time the fetus is the most vulnerable. Therefore, women planning to give birth should eat properly and avoid bad habits and caffeine. You need to take vitamins and exercise. It increases the chances of an easy and good pregnancy and a healthy baby. But it should be remembered that pregnancy is not the time to start physical activity. You should prepare physically in advance, if they arise, it will be easier to overcome problems. Accurate risk assessment can help older primigravidas reduce stress during pregnancy, which often leads to complications during childbirth.

DISADVANTAGES OF LATE MOTHERHOOD

For a woman who is not very young, if she wants to give birth for the first time, it should be taken into account that it may be difficult to get pregnant at first.

There is documented evidence that fertility gradually declines after 35 years. It can take 6-12 months to get pregnant. instead of 4. But the great danger that awaits an elderly primiparous woman is related to the birth of a child with genetic abnormalities, especially Down syndrome. According to statistics, the risk of giving birth to a child with Down syndrome for a 40-year-old woman is 9 times higher than for a 30 years-old woman.

Women over 35 are more likely to experience health problems during pregnancy and childbirth than younger women. This is especially true for diabetes and high blood pressure, which are common in the elderly. Such complications occur in approximately 6% of women over 35 years of age, and in 1.3% of young women. Women over 35 are at increased risk of problems with endometriosis and fibroids, which can affect fertility and pregnancy.

Late pregnancy and late birth complications are often associated with hormone failure and tissue changes. Complications such as premature or premature pregnancy, toxicosis of the second half of pregnancy (preeclampsia), premature rupture of amniotic fluid, weak labor, placental abruption and pathological condition of the fetus require medical intervention and can have very serious consequences. mother and child health. The possibility of miscarriage also increases.

A serious condition such as fetal hypoxia, often requiring cesarean delivery, is 7 times more common in older primiparas than in younger women. In older primiparas, the number of indications for caesarean section is usually higher. This is because by the age of 40, the tissues of the female body become less elastic. In addition, we are talking not only about the soft tissues of the vagina or perineum, but also about the muscle tissue of the uterus, which has begun to work less intensively as a muscle organ. Old, inelastic tissues do not allow the birth canal to

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open completely, in particular, the cervix - the head compresses the navel and the risk of asphyxia and fetal death in the last minutes of childbirth there is. As a result, even if the pregnancy itself is normal, childbirth may be more difficult and last longer. Therefore, late birth, especially in primiparous women, is often performed by cesarean section.

In addition, late mothers are more likely to face problems in the postpartum period: bleeding, infections. Difficulties with establishing lactation and breastfeeding are also common: many babies are transferred to artificial feeding from the first months of life. Older women of childbearing age do not recover from childbirth as quickly as younger women.

Some women find it difficult to adjust to the demands of caring for children after spending decades caring for them. Some opponents of the late birth of children point out that parents often spoil their children too much, especially if the child is alone. However, this trend can be observed in any age group. In any case, if you approach the issue of pregnancy seriously and responsibly, it is quite possible to have a healthy child after 35 years. And experts will help any woman in this regard.

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