



## PREGNANCY COMPLICATIONS AND THEIR IMPACT ON MATERNAL HEALTH

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**ANNOTATION:** This article highlights the main complications occurring during pregnancy and their impact on maternal and fetal health. It focuses on the causes of pregnancy-related disorders, preventive measures, as well as modern diagnostic and therapeutic approaches. The research emphasizes the importance of early detection, medical supervision, and an integrated approach to safeguarding maternal health.

**KEYWORDS:** Pregnancy, complications, gestosis, anemia, preeclampsia, preterm birth, fetal growth restriction, perinatal care, maternal health, prenatal diagnosis, medical prevention.

### INTRODUCTION

**Pregnancy**— this is one of the most responsible and physiologically complex periods in the life of every woman. During this period, profound hormonal, immunological, metabolic and anatomical changes occur in the body. If a woman's general health is not fully monitored, this process can lead to complications. According to WHO, more than 280 thousand women die every year worldwide as a result of various complications during pregnancy or childbirth. In the Republic of Uzbekistan, maternal health protection is also one of the priorities of state policy. Although the maternal mortality rate has significantly decreased in recent years, complications during pregnancy, especially anemia, preeclampsia, premature birth and infectious diseases, still remain an urgent problem. Therefore, this article will extensively cover the main complications that occur during pregnancy, their etiology, clinical manifestations, prevention and treatment approaches.



## MAIN PART

### Types of complications in pregnancy

Pregnancy complications can be conditionally divided into three groups:

1. **Early complications**(1st trimester) — early toxicosis, ectopic pregnancy, spontaneous abortion, fetal growth retardation;
2. **Late complications**(2nd–3rd trimester) — gestosis (preeclampsia, eclampsia), fetal hypoxia, polyhydramnios or oligohydramnios, anemia;
3. **Childbirth and postpartum complications**— bleeding, infection, postpartum depression, uterine atony. Each case requires separate clinical observation and an individual medical approach.

#### Preeclampsia (preeclampsia and eclampsia)

Preeclampsia is one of the most dangerous complications of pregnancy, characterized by high blood pressure, protein in the urine, and edema. The causes of the development of preeclampsia are multifactorial, among which genetic predisposition, hypertension, kidney disease, and endocrine disorders play an important role. According to WHO, preeclampsia occurs in one in 25 pregnant women worldwide. In the healthcare system of Uzbekistan, this condition is recorded at around 4.8%. Preeclampsia is dangerous for the life of the mother and child, and can lead to heart failure, cerebral circulation disorders, fetal hypoxia, and even death. Regular medical supervision, monitoring of blood pressure, proper nutrition, reducing salt intake, rest, and limiting stress are important to prevent preeclampsia.

#### Anemia and iron deficiency

Anemia is one of the most common pathologies during pregnancy. According to statistics, 45-50% of Uzbek women are diagnosed with varying degrees of anemia during pregnancy. Iron deficiency increases the risk of fetal growth retardation, premature birth, postpartum hemorrhage, and infectious complications. To prevent anemia, it is necessary to eat a nutritious diet, consume foods rich in iron and folic acid (meat, liver, spinach, buckwheat, apples), and regularly take prophylactic iron preparations.

#### Intrauterine growth retardation (IUGR)

Intrauterine growth retardation (IUGR) is characterized by the fact that the fetus is small for its gestational age. The causes are chronic diseases in the mother, hormonal imbalances, smoking, stress, and malnutrition. In the case of IUGR, the child may lag



behind in physical and mental development even after birth. Therefore, regular monitoring of the fetal growth rate by ultrasound is very important.

### **Premature birth and its consequences**

Premature birth is the birth of a baby before the 37th week of pregnancy. The main causes of this condition are: infections, cervical insufficiency, stress, heavy physical labor and nervous tension. Premature babies are prone to respiratory failure, low body temperature, and weak immunity. Therefore, prenatal medical care, timely registration and adherence to a healthy lifestyle can reduce this problem.

### **State policy in maternal and child health**

In the Republic of Uzbekistan, within the framework of the “Protection of Motherhood and Childhood” program, every pregnant woman is medically registered and regularly monitored. Perinatal monitoring is carried out monthly through the mahalla and polyclinic system. Advanced training of medical personnel, ultrasound diagnostics, laboratory tests, and provision of mothers with free vitamin preparations play an important role in reducing complications.

### **CONCLUSION**

Complications during pregnancy are one of the greatest risk factors for the life of the mother and child. To prevent them, women should be under medical supervision, adhere to a healthy lifestyle, eat properly, and maintain psychological peace. Modern medical capabilities — ultrasound, laboratory diagnostics, hormonal tests — make it possible to detect complications early and reduce their consequences. Maintaining maternal health is a guarantee of a healthy generation. Therefore, strengthening the system of medical, social, and psychological support for every pregnant woman remains the most important task.

Complications observed during pregnancy are conditions that pose a serious threat not only to the health of the mother, but also to the health of the unborn child. Their causes are multifactorial and are closely related to factors such as non-compliance with a healthy lifestyle, chronic diseases, hormonal changes, and lack of adequate medical supervision. Early detection of complications and their timely treatment, as well as regular medical supervision of pregnant women, are one of the most important conditions for protecting motherhood and childhood. It is also necessary to strengthen preventive measures and widely promote recommendations for pregnant women on maintaining hygiene, nutrition, and mental balance. A healthy pregnancy for each



woman directly affects not only individual health, but also the demographic and social stability of the entire society. Therefore, the prevention of complications during pregnancy and their early diagnosis are one of the most important medical and social tasks in ensuring a healthy generation.

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