

# Reproductive Health is the Guarantee of a Healthy Family

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**Annotation:** This article provides for reproductive health among the population and youth, one's health. Also, conducted on new pedagogical technologies and innovative methods. Reproductive health is a component of the general condition of the body. It turns out that it directly depends on the lifestyle of the mother during pregnancy, as well as on the health of the father. Also, conducted on new pedagogical technologies and innovative methods.

**Keyword:** Valeology, reproductive, health, reproductive health, stress, issues of family planning and childbirth, lifestyle, pedagogical technologies, ECO treatment, Ovulation treatment.

The reasons for the reproductive health of the population, such as the elimination of infertility, the right to use assisted reproductive technologies in solving the problem of infertility, the introduction of assisted reproductive technologies, what types are allowed, the practice by public or private medical institutions requires work on many issues, such as how to implement it. In addition to the work done in the field of health, there are still problems and shortcomings that need to be addressed. In preparing young people for marriage, we need to provide information about reproductive health, various diseases that occur at this age, and prevention measures. It is true that these issues should be taught in the family, at school, in universities, to provide deeper knowledge and skills in the study of the basics of valeology. For example, marriage, childbearing and the prevention of infectious diseases, and the prevention of diseases of the reproductive organs at the reproductive age are also important and help prevent infertility.

## What is infertility?

Infertility is the inability of a sexually active, non-contraceptive couple to conceive within a year. Infertility is not a separate disease, it is always caused by various diseases of the body. Infertility in couples is caused by men in 40% of cases and women in 40% of cases. In the remaining 20% of couples, infertility is caused by a number of factors present in both women and men.

## Factors of male infertility.

There are many causes of diseases that deprive men of the happiness of fatherhood. These can be general pathologies of the body and diseases of the male genitalia.

- Low sperm count (oligospermia) - less than 15 million sperm per milliliter of sperm.
- Low sperm motility (asthenospermia) - the inability of sperm to reach the egg and fertilize it.
- Abnormal shape (morphology) - the inability of sperm to penetrate the egg shell.
- Absence of sperm in the ejaculate (azoospermia) - may be due to the absence of spermatogenesis or impaired sperm motility.

- Erection problems - problems with ejaculation or potency.
- Genetic problems - chromosomal abnormalities, cystic fibrosis.
- Male infertility caused by colds, perforation, injuries, oncology therapeutic treatments.

**Types of male infertility:** Regardless of the type of cause of infertility, infertility is divided into the following types:

- Grade 1 infertility
- Grade 2 infertility

**Grade 1 infertility in men.** This level indicates that a woman cannot become pregnant even if men have active, unprotected sex throughout the year. The diagnosis is made in a man with the following conditions:

- Deficiencies in hormonal status;
- Genital pathologies, congenital or acquired;
- Varicocele;
- History of genital injuries;
- Genetic defects;
- Decreased immunity;

Level 1 infertility occurs in 3 different types.

- Secretory - disorders in the process of spermatogenesis due to hormonal deficiencies;
- Immunological - affects the sperm by producing antisperm antibodies in the male body, which reduces sperm motility and prevents the egg from fertilizing the cell;
- Obstructive - obstruction of the seminal vesicles.

**Grade 2 infertility in men.** This diagnosis is made in men who have previously had children, but have now lost the ability to conceive. The cause of this disease is like 1st degree infertility:

- Taking anabolic, tranquilizers;
- Varicocele;
- Surgery;
- Chemotherapy and radiation therapy;
- Obstruction of the acquired seminal vesicles, prostatovezikuli, epididymitis, urethritis, injuries;
- General systemic pathologies: diabetes, liver cirrhosis, tuberculosis, bronchial asthma;
- Diseases of the thyroid gland.

### **Factors of female infertility**

There are 2 types of infertility in women:

- Primary infertility;
- Secondary infertility;

**Primary** - before or after pregnancy (congenital gynecological anomalies) or (female genital complications) menarche (first menstrual bleeding);

**Secondary** - the inability to re-fertilize after the first successful pregnancy can be absolute (permanent) or relative (there is a cure).

Factors that contribute to infertility include:

Problems with the ovaries are hormonal disorders. As a result of this factor, ovulation does not occur due to the immaturity of the follicles in the ovary. As you grow older (after the age of 35), the number of eggs naturally decreases.

When a girl is born, her egg cells are at their maximum. Egg cells no longer occur throughout life.

Infertility due to obstruction of the fallopian tubes (mostly after gynecological inflammation or endometriosis in women) or due to the absence of fallopian tubes.

Endometriosis is a disease characterized by the growth of tissue in the endometrium (inner layer of the uterine wall) that extends beyond that layer. Endometriosis is caused by the closure of the fallopian tubes, spikes, decreased permeability, immunological problems, and adversely affects the fertilization process and embryo implantation.

Immunological factor - adversely affects the action of immunological antibodies, as well as disrupts the process of cell aggregation during fertilization and may affect the early development of the embryo.

Genetic disorders are changes in the composition of chromosomes.

#### **External factors leading to infertility:**

Drinking a lot of alcohol; smoking; drugs; ecology; effects of pesticides; deficiency of certain minerals and vitamins; hot showers, frequent saunas, overheating; excessive physical exertion; toxic fumes, chronic poisoning with heavy metals, receiving ionizing radiation.

#### **Treatment of male infertility**

As a result of advances in medicine and technology, research on the treatment of infertility in men has expanded in recent years, and very good results have been achieved in treatment. Treatment of male infertility is highly developed.

First, the most important goal in diagnosing infertility is infertility treatment. For example, if men are more likely to have varicocele, surgery should be started. If the cause of infertility is considered to be a hormone deficiency, the hormones are supported by men. The causes of infertility in people are hypocrisy and divorce. When such conditions occur, the drug is given to the person by a doctor and psychological help is given.

#### **Treatment of infertility in women**

In the treatment of infertility, the best way to identify infertility and the factors that cause infertility is to first identify it. Good treatment is done through a good diagnosis. After all the tests, the cause of infertility should be determined. Treatment should also begin after this stage.

Ovulation treatment: After all examinations, women are treated if there is no cause of infertility or if the egg does not explain. This treatment is also used in women with ovarian asymmetry. The goal of treatment is to allow a woman to lay eggs on a regular basis every month.

ECO treatment: A woman is almost unlikely to become pregnant if both tubes in her uterus are damaged. Women who are blocked by both tubes are at risk of infertility. Another treatment is ECO ECO, which can treat 99% of women who become pregnant.

Another treatment is vaccination. Immunization therapy can be applied to both men and women and is one of the most common treatments used for infertile couples. is used.

In the treatment of male and female infertility, first of all, patience is required, never blame each other, it is better to seek professional advice, first of all, ask Allah for the child. May we all have sweet children.

They should have knowledge and skills about reproductive health, family planning, the consequences of early marriage and their prevention, and contraceptive methods. The relevance of the topic is that young people need to develop family planning skills, prepare them for marriage, have a thorough knowledge of the negative consequences of early marriage, contraception. We hope that scientific and practical research and innovations in the field, based on achievements and analysis, will help solve problems.

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