

Women's Health and Modern Gynecology

Husanova Sarvinoz Sherzodovna

1-course student, "Medical treatment" faculty

Mamadoliev Ikromjon Ilkhomidinovich

Kimyo International University in Tashkent. Samarkand, Uzbekistan

Abstract: Nongenetic environmental factors contribute to maternal morbidity and mortality from chemical exposures through air, water, soil, food, and consumer products. Pregnancy is a particularly sensitive period of susceptibility during which physiological changes in every major organ system increase sensitivity to chemicals that may affect a woman's long-term health. Nonchemical stressors, such as low socioeconomic status, may exacerbate the effects of chemicals on maternal health. Racial/ethnic minorities are disproportionately exposed to both chemical and nonchemical stressors, which likely contribute to observed disparities in maternal morbidity and mortality. Epidemiologic studies linking exposures to adverse maternal health outcomes highlight the importance of environmental exposures on health, and mechanistic studies in model systems reveal how chemicals disrupt biological pathways and processes. Environmental stressors have been linked to a range of immediate maternal health effects, including hypertension disorders during pregnancy, fibroids, and infertility, as well as long-term maternal health effects, such as increased risk of breast cancer and metabolic disorders. Identifying and reducing a pregnant woman's environmental exposure is not only beneficial for her offspring, but is also important for her short- and long-term health.

Keywords: Women's Health, Gynecology, Reproductive Health, Prevention, Screening Methods, Minimally Invasive Surgery, Mental Health, Healthy Lifestyle, Nutrition, Stress Management.

Introduction

The republic has adopted a number of resolutions on issues of protecting motherhood and childhood and has published a collection of special legislative documents. The "Family Code" of the Republic of Uzbekistan, the Law "On the Protection of Citizens' Health" No. 938-XII dated September 3, 1993, the "Labor Code" approved by the Law No. 161-1 dated December 21, 1995, the Law "On Additional Benefits for Women" No. 700-1 dated April 14, 1999, the Decree of the President of the Republic of Uzbekistan No. PF-1657 dated December 10, 1996 "On Further Strengthening State Support for Families with Children", the Decree of the Cabinet of Ministers of the Republic of Uzbekistan No. PF-2246 dated March 17, 1999 "On Additional Measures to Strengthen the Social Protection of Women", Resolution No. 589 of December 3, 1993 "On a comprehensive solution to the problems of improving the health of the youth", Resolution No. 437 of December 10, 1996 "On measures to strengthen social support for mothers with children", Resolution No. 140 of April 1, 1998 "On the organization of a state system of screening of mothers and children for the early detection of congenital and other pathologies in newborns and pregnant women in order to prevent birth defects from childhood", Resolution No. 46 of February 15, 2000 "On the state program "Healthy Generation", Resolution No. 68 of

February 5, 2001 “On the state program “Mother and Child”, Additional measures have been taken to strengthen the health of the growing generation. Women's health and modern gynecology Women's health and modern gynecology are closely related and play an important role in improving women's physical and mental health. This article presents the importance of women's health, the achievements of modern gynecology, and recommendations for developing a healthy lifestyle for women.

1. The importance of women's health

Women's health is important not only for themselves, but also for society. Healthy women mean healthy families and a healthy generation. Women's health depends on many factors, including genetic factors, environmental conditions, nutrition, physical activity, and mental state.

2. Achievements of modern gynecology

There are many innovations and achievements in the field of modern gynecology. Among them: Prevention and screening: Preventive examinations, such as mammography and Pap smears, are very important in maintaining women's health. These methods can detect many diseases, including cancer, at an early stage.

Reproductive health: Modern gynecology offers various methods to ensure reproductive health. These include contraceptives, IVF (in vitro fertilization), and other assisted reproductive technologies.

Minimally invasive surgery: Innovative surgical techniques such as laparoscopy allow for less pain and faster recovery in restoring women's health.

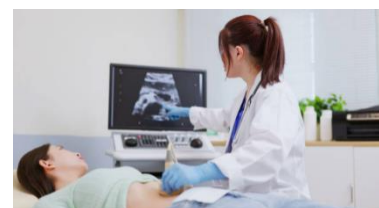
Mental health: Modern gynecology also takes into account the mental health of women. Stress, depression, and other mental conditions can affect women's overall health.

3. Healthy Lifestyle

A healthy lifestyle is very important for maintaining women's health. This includes: Nutrition: Healthy eating - eating foods rich in vitamins and minerals, as well as limiting sugar and fats.

Physical activity: It is recommended to engage in physical activity for at least 150 minutes a week. This helps prevent cardiovascular disease, diabetes and other diseases. Stress management: Meditation, yoga or other stress reduction methods improve mental health.

Healthy sleep: Getting enough sleep (7-9 hours for adults) improves overall health. The greatest wealth of a person is, of course, his health. Therefore, in recent years, great work has been done in our country to improve and strengthen the health of the population. In particular, caring for women's health has become one of the priorities of our state policy. In our country, a number of tasks and measures have been set in this regard, and the quality of medical care for women is improving year by year, and the allocated funds are also significantly increasing.



Gynecological diseases can manifest themselves with various symptoms and can seriously affect women's health. Gynecologists of the National Medical Center focus on these symptoms and apply an individual approach to the diagnosis and treatment of diseases:

Menstrual disorders: Lengthening, shortening or disappearance of the menstrual cycle, increased pain during menstruation or a feeling of heaviness before menstruation. These symptoms may be a sign of diseases such as endometriosis, polycystic ovary syndrome or hormonal disorders. Lower abdominal pain: Constant or sharp pain, especially during menstruation. This pain can be associated with ovarian cysts, fibroids, or inflammation. The pain can sometimes be felt on the right or left side of the abdomen. Heart rate: Irregular heartbeat, hot flashes, fatigue, and sweating can be symptoms of hormonal changes or menopause. Fast and irregular heartbeats can also be signs of hormonal imbalance. Urinary changes: Painful urination, frequent urination, or

urinary tract infections can be symptoms of cystitis or other urinary tract infections. These symptoms can also be signs of inflammation affecting the reproductive organs. Pregnancy discomforts: Abdominal pain, bleeding, irritability, fatigue, or other pregnancy-related problems. Such symptoms should not be ignored during pregnancy, as they may indicate negative consequences of pregnancy. During pregnancy, excess weight gain or difficulty moving may also be observed. Diagnostic methods in gynecology are important for a complete assessment of the state of the female reproductive system and the detection of diseases. Gynecologists at the National Medical Center use modern diagnostic technologies to provide an individual approach to correct diagnosis and treatment:

Ultrasound examination: Used to assess the structure of the female reproductive organs and detect changes.

Magnetic resonance imaging (MRI): Used to view the structures of the reproductive system in detail.

Biopsy: Used to determine the cause of diseases by taking tissue samples from the reproductive organs.

Colposcopy: A diagnostic method used to detect changes in the cervix and vagina.

Laboratory tests: Determine the causes of diseases by analyzing blood and other biological materials.

What diseases does a gynecologist treat? Gynecologists at the National Medical Center are highly qualified in the treatment of many diseases related to the female reproductive system. They use an individual approach to the diagnosis and treatment of the following diseases:

Menstrual cycle disorders: Prolongation, shortening or cessation of menstruation.

Endometriosis: Growth of the inner lining of the uterus outside the endometrium.

Polycystic ovary syndrome: Formation of cysts on the ovaries and hormonal disorders. **Uterine fibroids:** The formation of benign tumors in the uterus.

Problems in pregnancy and childbirth: Treatment and monitoring of problems during pregnancy and childbirth. Since women's health is considered the wealth of society, it is natural to provide continuous support and opportunities on a global and local scale to maintain and strengthen the health of girls from the day of birth. In recent years, in our country, free provision of medicines and vitamins has been established to restore the health of women of childbearing age. The fact that 30 billion soums were used to carry out these tasks in 2021, and the allocation of 100 billion soums to provide women of childbearing age, pregnant women and those in childcare with medicines and vitamins in 2022 is another important step for women's health.

It is no secret that it is better to prevent a disease than to treat it. Therefore, it is no exaggeration to say that the good news that 200 billion soums have been allocated in 2022 for vaccination of adolescent girls aged 9-12 against the human papillomavirus and other types of vaccines, based on the instructions of the head of our state, was welcomed by our people. In addition, it was decided to organize oncological screening of 3 million women and allocate 40 billion soums from the state budget for these activities. Undoubtedly, our state's systematic and ongoing measures to prevent diseases among women will bear fruit.

Introduction

Research on environmental exposures of pregnant women has focused on adverse health outcomes for their offspring, but relatively few studies have focused on short- and long-term maternal health. Pre-existing conditions associated with environmental exposures and maternal exposures during pregnancy pose risks to women's health both during pregnancy and after delivery. Environmental toxicants that play an important role in maternal health are ubiquitous: over 70% of women of reproductive age and pregnant women have detectable levels of phenols

such as bisphenol A, persistent organic pollutants (POPs), and polycyclic aromatic hydrocarbons.¹ Levels of these toxicants are often higher in women of color²; and these chemical stressors, combined with non-chemical stressors such as neighborhood conditions, contribute to disparities in maternal morbidity and mortality and long-term health outcomes after pregnancy. In this review, we examine the role of environmental exposures on fertility, pregnancy, maternal morbidity, and women's health after childbirth. Examples from both environmental epidemiology and basic mechanistic research demonstrate the direct role of the environment during this period of susceptibility, as well as indirect effects on comorbidities or health outcomes later in life.

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