

# Proceedings of International Educators Conference

Hosted online from Rome, Italy.

Date: 25<sup>th</sup> February, 2024

ISSN: 2835-396X

Website: [econferenceseries.com](http://econferenceseries.com)

## DISEASES CAUSED BY MISUSE OF CONTRACEPTIVE MEANS

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### ABSTRACT:

In this article, a moderate psychological environment in the family is the prerequisite for the formation of a healthy family, the formation of a healthy lifestyle among the population, the study of the woman's genotype, the reaction of the immune system to various external influences. information provided.

**Keywords:** hormonal contraception, BIV, condoms.

### INTRODUCTION

moderate psychological environment in the family is one of the prerequisites for the formation of a healthy family. Creating a moderate psychological environment in the family where mutual respect, correct understanding, mutual trust, love and loyalty between spouses is an important factor for the strengthening of the family, creating a healthy family. leads to formation. The availability of housing and the economic situation of the family have an impact on the family environment. Based on this, it is required that the couple should be concerned about increasing the family income, especially that the man, who is the support of the family, should take a priority action in this process.

### REFERENCES AND METHODOLOGY

The work being carried out on the formation of a healthy lifestyle among the population, raising the general and medical culture and medical activity of the population is giving its initial results. Birth rates, child mortality, and maternal mortality are decreasing year by year, while the average life expectancy of the population is increasing. It is up to each woman to choose the right time to conceive



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according to her own goals in terms of fertility and family size, and to delay pregnancy and childbirth until the best chance for her, the baby's and the child's health. and very important to his family. By regulating the interval between pregnancy and childbirth , a woman strengthens her health, devotes more time to raising and caring for the child, and feeds the child properly. If we talk about the pregnancy interval (interval), it is better if the woman has not been pregnant for at least 24 months after the previous birth.

## RESULT AND DISCUSSION.

The study of a woman's genotype allows predicting the reaction of the immune system to various external influences, which can be used to form a risk group for the development of dysbiotic diseases under certain conditions. Currently widely used hormonal contraception and BIV can be considered as one of the main factors leading to the shift of vaginal microcolony.

### Tablets

are not recommended for everyone . COCs are not recommended if a woman is over 35 years old , has high blood pressure, is elderly, has severe cardiovascular or liver disease, or migraines. If a woman is breastfeeding , she should first consult her doctor about which type of contraceptive pill is best to use and when to start it. Some women think that birth control pills cause infertility . This is not true : As soon as you stop taking the pill, your ability to get pregnant will return. Other women believe that hormonal pills accelerate the growth of body hair . This is also wrong : on the contrary, some low-dose hormonal pills are used to slow down the growth of body hair. Hormonal contraceptive pills Rigevidon, Anteovin, Ovidon, Marvelon, Microgenon and others are used .

### Condoms

Condoms are the most effective way to prevent pregnancy if used correctly . Check the expiration date on the condom box and use it only once. Condoms that have expired are not suitable for use, and also do not use if the package is dirty, oily or torn. Lubricants containing oil (M: Vaseline) should not be used during sexual intercourse , as they dissolve the latex and make the condom less effective. This is wrong : all condoms are disposable.



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## Spermicides

Some women feel that they should rinse the vagina after using spermicide . This is wrong : rinsing the vagina after spermicides can damage the normal microflora of the vagina, which creates conditions for the spread of infection. You can wash your underwear with clean water, but it is recommended to wash your vagina 8 hours after intercourse .

## Hormonal contraception

In the early years when hormonal contraception began to be used, as a result of external introduction of natural estrogens and gestogens into the female body, it was found that ovulation was suppressed and women were prevented from pregnancy. However, due to the high content of estrogen hormones in oral pills (at that time, the amount of estrogens was up to 150 µg), an increase in cardiovascular diseases was noted in women who used them. Of this main the reason is hormonal tablets contained estrogen of blood clot process acceleration and thromboembolism risk it is birth . In this regard, effective research was conducted to improve the production technology of hormonal contraceptives. As a result, the amount of estrogen in the used preparations was reduced by 2-3 times, i.e. up to 50 µg , and the amount of gestogen (progesterone) was also reduced. In this way, the above-mentioned dangerous complications were avoided .

When recommending this type of contraceptives, it is necessary to take into account its advantages as well as the weight of unpleasant situations that may arise from it. It is advisable to use contraceptives, depending on the fact that they have a therapeutic effect, sometimes preventing the occurrence of certain concomitant or genital diseases. Such situations include:

- endometriosis;
- algodysmenorrhea;
- polyposis;
- uterine endometrial hyperplasia;
- hyperpolypromenorrhea;
- dysfunctional bleeding from the uterus ;
- fibrocystic mastopathy;
- inflammatory diseases of the genitals;
- anemia caused by iron deficiency ;



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- premenstrual syndrome (premenstrual syndrome);
- cystic changes of the ovaries;
- endocrine infertility.

If hormonal contraceptives are used for 21 days starting from the 5th day of the menstrual cycle, which lasts for 3 months with a two-month break in between, it can be expected to have a positive effect on preventing pregnancy and preventing diseases.

Monetians. Conditions considered "high risk" when using hormonal contraceptives in women include:

- obesity;
- migraine (severe headache);
- depression;
- diabetes;
- thrombophlebitis;
- nephropathy;
- hypertension;
- liver and kidney diseases ;
- epilepsy;
- bronchial asthma;
- if malignant tumors are suspected, mainly breast cancer.

Women over 35 and smokers may also be at "high risk" of these conditions. If there is a high risk of using oral combined (hormonal) contraceptives, or in cases where there are absolute obstacles to it, it is better to recommend other means of contraception.

## CONCLUSION

In short, when using natural methods of pregnancy prevention, it is advisable for women to try all natural methods with great determination and endurance and use the most effective method. In this regard, it is necessary that midwives are the closest advisors of women.



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