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as a result of iron and/or folate deficiency and of malaria and other parasitic diseases

30 to 50% of women, and even more in some areas, are considered as anemic.

below 11 g/l dL

60 percent of pregnant women in developing countries (other than China) had nutritional anemia (despite efforts in iron supplementation, fortification and dietary modification)

Another risk to expectant women is malaria. It can lead to anemia, which
1) increases the risk for maternal mortality (making women more susceptible to infection and less able to withstand infection or the effects of hemorrhage)
And Other
2)development problems for babies.
- miscarriage
- stillbirth
3) Long term morbidity in women
4) levels may be associated with low birth weight.

PATHOPHYSIOLOGIC CAUSES:

1) HEMODILUTION : HB concentration decreases in pregnant women (many women function well and do not require iron supplementation)

2) IRON DEFICIENCY is responsible for 95% of anemia of pregnancy

3) FOLATE DEFICIENCY due to increased turnover or requirements of folate can occur during pregnancy :
because of the transfer of folate to the fetus
and during lactation, giving rise to Megaloblastic anemia

RISK FACTORS of anemia

1)Twin or multiple pregnancy
2)Poor nutrition, especially multiple vitamin deficiencies:
3)Poverty and reduced consumption of important nutrients
4)Gastric and intestinal disorders , leading to poor nutrition
5)Any disorder that reduces absorption of nutrients
6)Use of anticonvulsant medications

Regions% of women HB<11
Africa 57%
North America 17%
Developed 18%
Latin America 39%
World 51%
Asia 52%
Asia (except Japan) 60%

Pregnant women should take iron tablets for at least 90 days during pregnancy to prevent anemia and other complications
In Jordan (2006) received the recommended 90 days of iron supplements.
22% received no iron supplements during their last pregnancy

What increase the risk of a woman developing UTIs?
The short urethra & its intimate relationship with the vagina

UTIs aetiology in pregnancy
1)Urinary catheterisation in pregnancy
2)Urinary catheterisation, frequently performed during labor , may introduce bacteria leading to UTI
3)In the postpartum period, changes in bladder sensitivity and bladder overdistention may predispose to UTI
4)The organisms which cause UTI in pregnancy are the same uropathogens they have problems found on collection which enhance bacterial adhesion leading to increase virulence . seen in non pregnant individuals
5)Hormonal effects of progesterone also may cause smooth muscle relaxation leading to dilation and urinary stasis, and vesicoureteral reflux (VUR) increases
6)During pregnancy, urinary tract changes predispose women to infection. Ureteral dilation is seen due to compression of the ureters from the gravid uterus

Gestational Diabetes mellitus

is high blood sugar that develops during pregnancy and usually disappears after giving birth.

It can occur at any stage of pregnancy but is more common in the second half. (It occurs when body cannot produce enough insulin)

Gestational diabetes can cause problems to the mother as well as her baby during and after birth(But the risk of these problems happening can be reduced if it's detected and well managed)

The prevalence of GDM (varies between 1% and 14%) in all pregnancies depending on
the genetic characteristics
environment of the population under study,
screening and diagnostic methods employed
As well as on prevalence of type 2 diabetes mellitus

Risk factors for gestational diabetes (GDM)
1)Obesity
2)Family or personal history
3)excess weight
4)non white race

gestational diabetes that's not carefully managed can lead to uncontrolled blood sugar levels and cause problems for the mother and her baby, including an increased likelihood of needing a C - section to deliver

Complications that may affect the mother who has GDM
1)reduced labor & Caesarean section
2)polyhydramnios (the excessive accumulation of amniotic fluid that surrounds the baby in the uterus during pregnancy
3)premature birth
4)pre-eclampsia
5)type 2 diabetes
6)still-birth

Sexually transmitted diseases
Each year, there are about 340 million new cases of STD & 1 million case of AIDS in the world

Examples of STDs
1) Syphilis
2) Syphilis
3) Chlamydia
4) Genital herpes
5) Trichomonas vaginalis

1/3 of ever married women and all men have heard about STI rather than AIDS
11% (From men who have heard about STI) report having had an STI in the year before the survey.
Men's self report of STIs is highest in Aqaba (14%) and Balqa (11%)

Causes of maternal morbidity in Jordan

Urinary tract infections.
Genital infections
Anemia
Early and late bleeding
Hypertension
Gestational diabetes
Preeclampsia
Ectopic pregnancy
Thyroid disorders
Disseminated intravascular coagulopathy
Heart & kidney Disease

Maternal mortality : The death of a woman whilst pregnant or within 42 days of delivery or termination of pregnancy, from any cause related to, or aggravated by pregnancy or its management, but excluding deaths from incidental or accidental causes

Maternal mortality ratio as the rate is not calculated using an] accurate count of all pregnancies that can result in a maternal death, [with stillbirths not included and infants in multiple birth sets over represented in live birth figures]

500,00 women die as a result of pregnancy each year (it is a statically indicator that shows the greatest disparity between developed and developing countries)

Maternal mortality is much higher in developing countries compared to developed nations owing to
poor health infrastructure
high prevalence of infectious diseases
higher total fertility rate and due to health care system difference.

Maternal death in sub Sarhan and Africa are 200 times higher the industrial countries

Adolescent pregnancy carries a higher risk due to :
1)incomplete development of the pelvis
2)hypertensive disorders

Concern for maternal mortality is not only for the mother's life it is also related to
seven million newborns who die annually as a result of maternal health problems
The health and socio economic impact on children, families, and communities

The major cause od pregnancy and child death to women in 1997 is severe bleeding

1)1/4 of maternal deaths are due to **direct** complications of pregnancy and childbirth, such as
severe bleeding,
infection,
unsafe abortion,
hypertensive disorders (eclampsia)
, and obstructed labor.

Women also die of **indirect** causes aggravated by pregnancy, such as malaria diabetes hepatitis, and anemia

Over 99 percent of maternal deaths occur in Asia and Africa.

The United Nations Millennium Declaration
committed world leaders to combat poverty, hunger, disease, illiteracy, environmental degradation, and discrimination against women.

The MDGs were derived from this Declaration, and had specific targets and indicators. The MDGs have been superseded by the Sustainable Development Goals, a set of 17 integrated and indivisible goals that build on the achievements of the MDGs but are broader, deeper and far more ambitious in scope

Post 2015 UN development agenda
MDG 1: eradicate extreme poverty and hunger
MDG 2: achieve universal primary education
MDG 3: promote gender equality and empower women
MDG 4: reduce child mortality
MDG 5: improve maternal health
MDG 6: combat HIV/AIDS, malaria and otherdiseases
MDG 7: ensure environmental sustainability
MDG 8: develop a global partnership for development

MMR 41 per 100,000 in >2000
to 12 per 100,000 in >2015

Maternal death per 100,000
Sudan > Yemen >Egypt

Direct causes of maternal mortality in Jordan
1)hemorrhage
2)thromboembolism
3)eclampsia

Indirect MMR in Jordan in 2007 (26.3%)

Delivery
Bill When, Where and Who
3cs
• Clean hands
• Clean delivery service
• Clean cutting of the cord
How - Normal or CS

69% of women give birth public facility
30% in private facility
1% in home

Post natal
Observe physical status
Advise, and support breast feeding
Advise, and support psychological support.
Health education on ensuring safe food preparation.
Advice on Family Planning

83% of women age 15-49 received postnatal check ups within 2 days of delivery
86% of newborn

12% of women received no check ups
13% of new born relieve no check ups