

**PROBLEMS OF PREVENTION AND EARLY DIAGNOSIS OF  
COMPLICATIONS DURING PREGNANCY****Allanazarov Ismailjon Musurmonqulovich**

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**ANNOTATION:** This article highlights the importance of maintaining women's health during pregnancy, early detection and prevention of complications. The effectiveness of perinatal and prenatal diagnostic systems, ultrasound examinations, laboratory tests, and screening programs is analyzed. It also discusses the state policy of Uzbekistan in protecting motherhood and childhood, as well as the positive outcomes of ongoing reforms in the healthcare system. The study emphasizes the role of preventive medicine, social factors, and psychological support in ensuring reproductive health of women.

**KEYWORDS:** pregnancy, complications, early diagnosis, prenatal diagnostics, perinatal medicine, ultrasound examination, screening program, motherhood and childhood, reproductive health, medical prevention, psychological support, healthcare system of Uzbekistan

**INTRODUCTION**

Pregnancy is one of the most important stages in human life, during which profound physiological and hormonal changes occur in the female body. Therefore, this process requires constant medical monitoring and control. In recent years, large-scale measures have been implemented worldwide to reduce maternal and child mortality and prevent complications of childbirth. According to the World Health Organization (WHO), more than 295,000 women die every year worldwide due to complications associated with pregnancy or childbirth. In the Republic of Uzbekistan, the protection of motherhood and childhood is also one of the priority areas of state policy. In this regard, significant results are being achieved through the development of a system of prevention and early diagnosis, in particular, by strengthening the activities of women's consultations, perinatal centers and family clinics.

**MAIN PART**

Complications that occur during pregnancy can be diverse. The most common include gestosis (preeclampsia), gestational diabetes, anemia, the risk of premature birth, fetal growth retardation, and infectious diseases. These complications, if often not diagnosed early or ignored, pose a threat to the lives of both the mother and the child. Therefore, regular medical examinations, laboratory and instrumental examinations are of great importance at each stage of pregnancy. A number of reforms

have been implemented in the healthcare system of Uzbekistan to improve the early diagnosis system. In particular, free screening programs have been introduced in antenatal clinics, and special electronic health cards have been developed for pregnant women. This allows doctors to monitor the status of each pregnancy online. One of the most effective methods of early diagnosis is prenatal diagnosis. Prenatal diagnosis identifies hereditary, chromosomal or physical defects in the fetus before birth. Ultrasound, biochemical tests and invasive methods (amniocentesis, chorionic biopsy) are of primary importance in this area. In particular, screening tests conducted between 12 and 22 weeks allow monitoring the healthy development of the fetus. According to the “Procedure for Medical Observation of Pregnant Women” approved by the Ministry of Health of the Republic of Uzbekistan, each woman must undergo a medical examination at least 7–10 times during pregnancy. Regular medical supervision in this manner allows for the early detection of 70–80% of pregnancy complications. In addition to medical prevention, social and psychological approaches are also important in preventing complications. Numerous studies have shown that stress, anxiety and depression in pregnant women complicate the birth process. Therefore, psychological training with the participation of qualified specialists in the field of perinatal psychology and strengthening the family support system are of great benefit. The concept of “Healthy mother - healthy child” serves as the main principle. In medical practice, the following measures are important for preventing pregnancy complications: pregnancy planning, early registration, adherence to a healthy lifestyle, rational nutrition, physical activity, giving up harmful habits and undergoing regular screening examinations. In addition, it is necessary to take iron, folic acid and iodine preparations during pregnancy, and to carry out immunoprophylactic measures.

Based on the Decree of the President of the Republic of Uzbekistan “On Further Improving the System of Motherhood and Childhood Protection”, modern perinatal centers have been established in all regions since 2021. These centers allow for special monitoring, early diagnosis, and emergency care for women identified as at-risk groups during pregnancy. At the same time, a system for monitoring maternal and child mortality rates has been established at the regional level. Best practices in the field of medicine show that prevention and early diagnosis directly affect the reduction of pregnancy complications. For example, according to WHO, complications are 60 percent less common in women who undergo regular prenatal care. Also, timely treatment of pathologies detected in the first trimester of pregnancy reduces maternal and child mortality by up to 45 percent.

### **CONCLUSION**

Prevention and early diagnosis of complications during pregnancy is one of the most important areas of modern medicine. This process is not limited only to saving the lives of the mother and child, but also directly affects the strategic goals of society in raising a healthy generation. Complications during pregnancy are conditions that

pose a threat to the health of the fetus and mother, and their prevention, early detection and proper treatment are considered a decisive factor in reducing maternal and child mortality. Today, the main complications during pregnancy in medical practice include pregnancy toxemia, anemia, gestational hypertension, preeclampsia, eclampsia, fetal hypoxia, the risk of premature birth, infectious diseases, placental pathologies and metabolic disorders. Most of these diseases can be kept under complete control if timely diagnosis is made and medical preventive measures are taken.

One of the most important tools for early detection of pregnancy complications is regular medical examinations. Every pregnant woman, after being registered in a maternity hospital, must undergo examinations by a therapist, gynecologist and other narrow specialists within the established time periods. The pregnancy process is fully monitored through methods such as ultrasound examinations, regular monitoring of blood pressure, laboratory tests, and assessment of the fetal heart rate. In particular, for the early detection of severe conditions such as preeclampsia and eclampsia, it is important to monitor blood pressure, assess the amount of protein in urine analysis, as well as properly organize stress and nutrition in pregnant women. Preventive measures play a special role in preventing complications during pregnancy. These measures include the formation of a healthy lifestyle, proper nutrition, adequate intake of vitamins and minerals (especially iron, calcium, folate), maintaining physical activity, giving up harmful habits (smoking, alcohol, stress). Also, a complete medical examination of women before pregnancy, early detection and treatment of chronic diseases also reduce the risk of complications during pregnancy.

In recent years, the introduction of prenatal screening programs has made it possible to detect congenital malformations, genetic diseases, and other pathologies in the development of the fetus at an early stage. This, in turn, helps to prevent severe complications in the later stages of pregnancy. For example, through ultrasound diagnostics, biochemical screening, and invasive examinations, deviations in fetal development are detected early and necessary treatment measures are taken. Complications during pregnancy are often associated with the socio-economic conditions of women, their access to medical services, their psychological state and the level of hygienic culture. Therefore, it is necessary to solve this problem not only from a medical point of view, but also through a social approach. Psychological support for pregnant women, their education on proper nutrition and hygiene, improving the culture of motherhood, and promoting a healthy lifestyle are of great importance.

In the Republic of Uzbekistan, great attention is paid to the issue of protecting the health of pregnant women. The “Healthy Mother — Healthy Child” program, the National Strategy for the Protection of Motherhood and Childhood, the activities of perinatal centers and the establishment of special monitoring systems in family clinics are of great importance in preventing complications during pregnancy. In particular, improving the skills of medical personnel, the widespread use of modern diagnostic

tools, and the organization of free medical examinations and preventive measures for pregnant women make it possible to achieve positive results in this regard.

However, despite the current achievements, in some regions there are still cases of underutilization of medical services by pregnant women, late registration, insufficient hygienic knowledge, and neglect of their own health. This prevents early detection of complications. Therefore, it is necessary for representatives of the healthcare system, medical workers, social services, and the media to work together systematically to improve the medical culture of the population.

The role of the family in preventing complications during pregnancy is also extremely important. The spiritual and moral support of the husband and family members, the woman's living in a peaceful and safe environment, and protection from excessive physical exertion are among the most important conditions for a healthy pregnancy. Psychological stress, family conflicts, and mental pressure negatively affect the development of not only the woman, but also the fetus. Therefore, it is necessary to create a healthy psychological environment and provide positive emotional support to mothers.

In conclusion, solving the problems of preventing and early diagnosis of complications during pregnancy requires an integrated approach. This process includes medical, psychological, social and educational factors. The health of the mother and child can be strengthened through regular medical supervision, prevention, a healthy lifestyle, the use of modern diagnostic methods and increasing the medical literacy of the population. State policy aimed at preserving reproductive health, the qualification of medical workers and a responsible approach of society to this issue are the most reliable guarantees of reducing the number of complications. Every healthy mother is the beginning of a healthy generation, and a healthy generation is the future of the nation.

Prevention and early diagnosis of complications during pregnancy are one of the most important factors in maintaining women's health. The reforms implemented in Uzbekistan in recent years are yielding positive results. However, increasing the culture of prevention, constantly improving the skills of doctors, providing them with modern diagnostic equipment, as well as strengthening the promotion of a healthy lifestyle among women still remain urgent tasks. The combination of medical, social and psychological approaches increases effectiveness, practically ensures the concept of a healthy mother and a healthy child.

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