

THE IMPORTANCE OF MODERN TYPES OF CONTRACEPTION IN THE REPRODUCTIVE HEALTH OF WOMEN

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Annotation: One of the most relevant problems in the Republic of Uzbekistan today in this review is the importance of healthy family planning, that is, maintaining the interval between births, in reducing maternal and child mortality, and the correct choice of the type of contraception for each woman and an individual approach to it.

Keywords: Woman, family, pregnancy, uterine scar, abortion, infection, gestagens, childbirth, postpartum period, contraception.

Healthy family planning and maintaining women's reproductive health are associated with reducing the number of unwanted pregnancies and abortions. Statistics show that single pregnancies and periods between deliveries exceeding 3 years reduce maternal mortality by 35%, pregnancy and postpartum complications by 90%, and infant mortality by 15%. It was found that pregnancy within 1 year after the procedure of caesarean section uterine scar deficiency occurs 1-3 times more often, premature displacement of the normally located placenta occurs 2-3 times more often.

It is very important that postpartum contraception is explained to families not only after childbirth, but also in the maternal school in the primary system during the prenatal period. In the conditions of Uzbekistan, Kham clarification work should be carried out not only on the woman, but also on her family members.

The choice of postpartum contraception is of great importance, which means that contraception should not affect breastfeeding and baby health.

Contraceptives are the means that prevent pregnancy. All contraception methods and their widespread use are considered important today in ensuring a woman's reproductive health, and there are a number of methods in this regard.

Natural methods:

1. The lactational amenorrhea method (LAU) is a natural way to prevent pregnancy, which women can only use during breastfeeding in the first 6 months after childbirth. In this case, the breastfeeding interval should not be less than 6 hours during the day and 4 hours at night.

Advantages of the lactational amenorrhea method: does not pose any danger to the health of the mother and child; there are no contraindications; does not affect sexual intercourse; prevents complications after childbirth.

Disadvantages of lactational amenorrhea: limited effectiveness (i.e., the breastfeeding interval must be controlled); other additional methods should be used when the amount of breast milk decreases; does not protect against sexually transmitted diseases.

2. Calendar method. In family planning, the calendar method can be used only when the period is favorable days and menstruation is regular. But the ovulatory method (Billingsa) is not recommended for contraception in the postpartum period, since it is difficult to know the exact days of menstruation and ovulation at this time.

Barer method of contraception. Benefits of using Barer contraception: protects against sexually transmitted diseases; does not pose a threat to lactation and children's health; can be started immediately after childbirth. The disadvantage is the appearance of allergic reactions (aching, itching, rashes). 2 different types of Barer contraception method differ:

- the chemical method is spermicides-spermatozoa-killing substances, these substances are released in the form of vaginal suppositories, creams and gels. Spermicides not only have the property of killing sperm, but also have a bactericidal effect;

- mechanical method-mechanical obstruction of sperm in the transition to the uterine cavity. Condoms are the most common of these remedies. Condoms are made specifically for men and women. The men's condom is placed on the penis during an erection, while the women's condom consists of two rings that are adjacent to a latex film between them, while one of the Rings is placed on the cervix, and the other remains outside the vagina. To improve their effectiveness, it is necessary to use correctly: not to use oils to reduce friction force, not to reapply a condom, not to use a condom during prolonged sexual intercourse, and to pay attention to the duration of the contraception and the conditions of preservation.

Hormonal contraception. it will be made up of gestogenic or estrogen hormones. Types of hormonal contraception are as follows:

1. Combined: oral contraceptives, vaginal rings, plasters.
2. Gestagen: mini-pili, injectable, implantable.

Mechanism of action and efficiency. Combined oral contraceptives:

- the head brakes the release of cyclic hormones in the brain;
- slows down the release of eggs;
- increases cervical mucus secretion;
- increases the contractility of the fallopian tubes;
- strengthens the endometrial atrophy, in which the egg cell does not receive a uniformity to the lining of the uterus.

Side effects and contraindications: modern minimum-dose contraceptives practically do not have side effects, such as thrombus formation, increased arterial blood pressure, increased cholesterol levels, increased body weight, acne and other complications. However, these substances can negatively affect liver function, lead to the formation of stones in the gallbladder, reduce eye sharpness.

Absolute contraindications to the use of Oral contraceptives are liver, mammary glands, uterine and ovarian tumors. In addition, these drugs cannot be used during severe

renal-hepatic insufficiency, hypertensive conditions, circulatory disorders in the brain, migraines, genital bleeding, obesity, lactation, and benefits:

- high efficiency and its appearance on the surface in a short period of time;
- simplicity and safety of taking the drug;
 - convenience of the pair at the time of contact;
 - reduced risk of developing tumor diseases in the genitals and intestines;
 - effectiveness of the treatment of infertility and other gynecological diseases;
 - decrease in the likelihood of the origin of infectious diseases in the genitals;
 - effects of treating rheumatoid arthritis also.

Gestagen preservatives (pure gestagens) it contraceptives are prescribed in the following cases:

- during lactation;
- menopause in the previous time. Mini-Pili increase adhesion in the cervix channel and decrease the contractility of the fallopian tubes. Almost half of women who use these contraceptives retain the ovulation process. This is why these contraceptives have a lower efficacy rate, with a Perl index of 0.6-4.

Injectable contraceptives and implants. This method is suitable for women who do not plan a pregnancy for a long time. The drug is administered 1 time between the muscles, its effect is estimated at 1.2 Perl index.

Advantages:

- that it has much higher efficiency;
- long-term exposure;
- good reception by the female organism;
- that it is not necessary to take it every day;
- the drug can also be used when there is an indication against uterine fibroids, adenomyosis and other esterogenic preservatives.

Disadvantages:

- the ability to get pregnant is restored within 6 Months-2 years after the cessation of injection of the drug;

- increased predisposition to uterine bleeding.

The implant drug named Norplant consists of 6 small capsules. It is placed under the skin by local anesthetic, the effect of the drug begins on the first day and lasts up to 5 years. Pearl index is 0.2-1.6.

Intrauterine contraception. It is carried out by placing bodies that are "foreign" to the organ, that is, to the uterine cavity. Intrauterine contraception is common in highly economically developed countries such as China, Russia and the Scandinavian countries. This method was first used at the beginning of the 20th century, when rings made of various metals were placed inside the uterus. Mechanism of action:

- kills sperm, that is, sperm that fall into the uterus die due to the toxic nature of the metals in the spiral;

- increases the mucous viscosity produced by the cervix and makes it difficult for sperm to move;

- the hormone levonorgestrel causes atrophy of the uterine endometrial floor. In this case, ovulation and the production of estrogens are maintained, the menstrual time can be slightly reduced.

Advantages:

- the effect of the method begins immediately and affects the long term;

- high efficiency;

- affordability;

- comfort for a sexual couple and getting rid of walking by taking constant pills;

- the fact that it is possible to apply even at the time of lactation.

Emergency contraception. It is used after unprotected sex, when rape, when a condom is torn, or when the drinking pattern of Coks is disrupted. Emergency contraception affects within 72 hours after unprotected sex maximum 120 hours . As an emergency contraception, the following can be used: CoC in a very large dose, the

substance acting on pure gestagens is in large quantities (levonorgestrel 750mkg), progesterone antagonists , the use of emergency uterine insertions.

Surgical sterilization. The method of contraception, which is carried out surgically, can be used in representatives of both sexes. In women, the practice of connecting the fallopian tubes is carried out, and the egg is not able to penetrate the uterine cavity. In males, however, the germ is bound and the sperm are not shed together with the ejaculate. This method is equal to 0-0.2 in the Perl index and is considered one of the most convincing. Pregnancy can be observed as a result of the regeneration of the fallopian tubes. This method is considered irreversible, so that explanatory work is carried out on a woman and a man before the surgical procedure is performed. If couples want to have children again after undergoing surgery, it is only possible to do so using the extra-uterine pregnancy method (ECO).

Family planning and postpartum contraception are important medico-social tasks, the solution of which is reproductive health to fully prepare for childbirth, ensure the uncomplicated course of the next pregnancy and healthy childbirth, and prevent unwanted pregnancy.

Healthy postpartum family planning tasks: interval between births (should not be less than 3 years), reducing maternal child mortality, reducing the number of congenital anomalies in babies, reducing the number of abortions, reducing the breakdown of young families. It is important to use modern means of contraception and their individual selection in the most appropriate way for a particular family.

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