

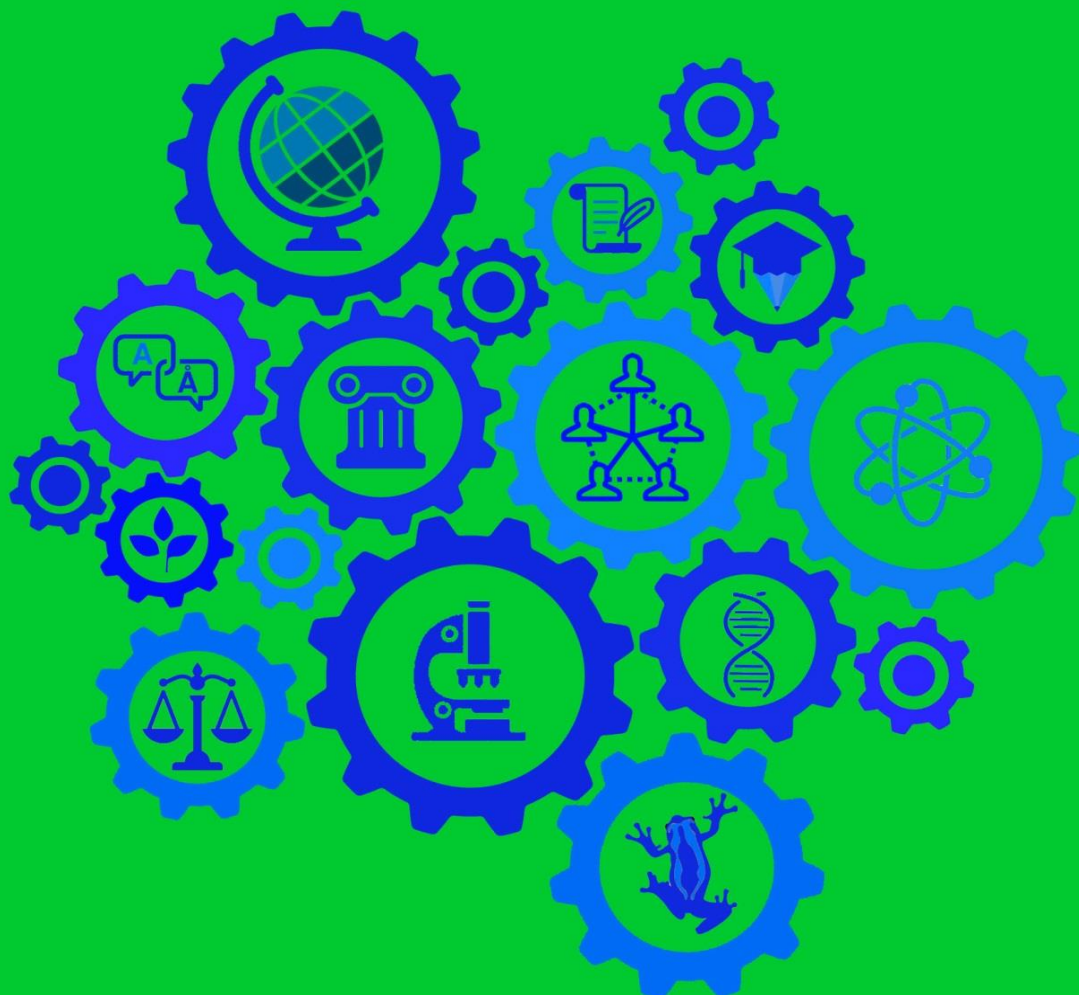
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COLDS DURING THE PREGNANCY AND ITS EFFECT ON THE FETUS

Kasimova Shahnoza Oybekovna

Andijan State Medical institute

Abstract: This article discusses what to do for a cold when pregnant. It explains why you may get more colds during pregnancy and how getting sick may affect your baby. It also lists what you can take when pregnant with a cold and how to prevent colds in the first place.

Keywords: cold, flu, infection, disease, pregnancy, fetus, health.

As we all know, among the population today many diseases are caused by the weather and a healthy lifestyle caused by non-compliance. Of these diseases in the current season the most common are infectious diseases. It is noteworthy that such diseases it can be transmitted from the air through invisible viruses. One of such infectious diseases is influenza. Flu is the most widespread and fast is an acute infectious disease that spreads almost all over the world found in countries. Seasonality is typical for this disease, mainly it is registered in many cases in the autumn and winter months. Influenza the seasonal increase of indicators corresponds to the months of November-March of the year will come The virus is easily transmitted through airborne droplets, and that's it because it is fast in school, kindergarten, office and other crowded places spread on occasion

Flu manifests itself quickly. It begins with an unexpected rise in body temperature of 38 degrees or more. Dry cough, fever and chills disturb, headache, throbbing pain in the body, loss of appetite.

A cold, unlike the flu, does not make itself felt in the first days. Runny or runny nose, itchy or sore throat, cough, weak or moderate headache, tearing, body temperature may rise slightly.

A runny nose starts with a runny or stuffy nose. This is inflammation of the mucous membrane of the nose. Symptoms: fever, chills, muscle aches, headache, bloody or purulent discharge from the nose.

The common cold is a viral infection of the respiratory tract. The throat, nose, sinuses, airways and lungs are affected. Symptoms include sneezing, coughing, sore throat, blocked or runny nose, blocked ears, headache, and muscle aches. If fever occurs, it is generally very mild. Symptoms usually last for 5-7 days^{1,2}. The common cold is not the same as the “flu” (influenza virus), which is a more serious viral infection. Having the [common cold](#) when you're pregnant is tough. Congestion can make it challenging to eat well and get enough sleep. You may also worry if a cold can harm the baby. For the most part, if you get sick while pregnant, it does not affect the baby.

However, many cold medicines can potentially harm the fetus, especially in the first trimester. For cold symptom relief during pregnancy, your healthcare provider may suggest some at-home remedies, nasal sprays, antihistamines, and other approved medications.

All ages are susceptible to influenza, especially the weak (debilitated, i.e. low immune status) children, elderly people, pregnant women, women and those with chronic diseases, i.e., low immunity it develops quickly and is severe in people. Influenza of the respiratory tract starting with inflammation, then the patient's body temperature is 38-40 elevation, headache and sore throat, runny nose, runny nose discharge, cough, muscle pain, weakness, loss of appetite in some cases, vomiting is observed. Some of these symptoms may not be present, but high fever and sudden onset are classic symptoms of the disease. In other words, if you have several feel sick during the day and then "fall", then this is not a flu, but an acute respiratory viral infection, that is, a sore throat. Influenza occurs in patients in mild, moderate and severe forms. The most dangerous complications of the disease are inflammation of lung tissue pneumonia, meningitis (inflammation of the meninges), meningoencephalitis (inflammation of the meninges and substance), otitis (inflammation of the middle ear, sinusitis, nephritis, pyelonephritis (kidney inflammation)).

Sometimes, that is, patients suffering from mild forms of influenza. Such patients are more dangerous for others in most cases, without treatment at home, it is enough for the disease they ignore it and spend it on their feet. Public when they are sick can be found in places, in all transports, in places of study and work. The following are recommended to prevent the flu:

- Avoid contact with sick people;
- When sneezing and coughing, use a tissue to cover the mouth and nose cover with used paper;
- Wash hands as often as possible with soap or use antiseptic gels (
- use of sanitary facilities;
- dress for the season;
- eating and resting on time;
- production enterprises, treatment and prevention and educational institutions, heat in children's and nursing homes, organizations and residential buildings compliance with the regime, the heat temperature of all rooms is below 22 degrees not to be;
- symptoms characteristic of influenza and acute respiratory diseases have been identified not to add individuals to the team;
- preschool institutions, schools for the purpose of early detection of the disease to arrange morning filter at entrances and morning filters attention to be paid and others.

But the most effective method of prevention is vaccination. Against the flu Vaccination is effective and safe. Flu vaccination is free in Uzbekistan vaccination is carried out based on epidemiological guidelines. A profession that involves a lot of

communication with people depending on the epidemiological situation owners are also vaccinated for free¹

There are 2,753 influenza vaccination points in our country was established. Children of kindergarten age in Uzbekistan in November and the beginning of free flu vaccination for 1st graders was reported. According to the Ministry of Health , influenza vaccination processes until March 2022 continues. "Influenza, which we consider to be a simple disease, is a serious threat to life , even taking into account that it can lead to serious complications, We call on our compatriots to be more active in this process. it is said in the message.

We observed statistically significant associations between maternal report of cold or flu with fever during early pregnancy and offspring with gastroschisis and colonic atresia/stenosis that, to the best of our knowledge, have not been reported previously. We also observed statistically significant associations between exposure to a cold or flu with fever during early pregnancy and six birth defects (anencephaly, spina bifida, encephalocele, cleft lip with or without cleft palate, limb reduction defects, and bilateral renal agenesis or renal hypoplasia), that have been reported in previous studies. In addition, a study by Acs, Ba'nhidy, Puho', and Czeizel (2005) reported associations for maternal fever and limb deficiencies and renal anomalies that were based on small numbers of exposed cases and did not achieve statistical significance²

Similar to most of the previous case control studies, we measured the occurrence of fever due to cold or flu during pregnancy by maternal interviews conducted after delivery, introducing the possibility that, compared to control

¹ Rahmatullayeva Sh. Influenza in Uzbekistan, its causes and prophylaxis. models and methods in modern science International scientific-online conference.

<file:///C:/Users/User/Downloads/MMMS0119-21.pdf>

² Dorothy Kim Waller. Maternal report of fever from cold or flu during early pregnancy and the risk for noncardiac birth defects, National Birth Defects Prevention Study, 1997–2011. Birth Defects Res. 2018 March 01; 110(4): 342–351. doi:10.1002/bdr2.1147

mothers, mothers of infants with birth defects may be more likely to recall a “cold or flu” or fever. However, in this analysis, significant associations were present only among mothers who were exposed to fever during the most relevant developmental period of early pregnancy and not for those who were exposed to fevers later during the 3rd or 4th month of pregnancy.

Also, there were no statistically significant associations among mothers who were exposed to a cold or flu without a fever during early pregnancy. In order for this pattern of results to be explained by differential recall bias, it would be necessary for the mothers in our study to have known that: (1) The first 8 weeks of gestation is the developmental period when most birth defects occur (Sadler, 2012) and (2) We postulated that a cold or flu with fever would be more likely to be associated with birth defects than a cold or flu without fever. We believe it is unlikely that the mothers in this study had this knowledge and therefore we think our findings are unlikely to be explained by differential recall bias. Additional evidence against the presence of differential recall of maternal fever is provided by a meta-analysis of the association between maternal fever during early pregnancy and offspring affected by NTDs in which the summary odds ratio for 9 case control studies (OR = 1.93), was observed to be similar to the summary odds ratio for six cohort studies (OR = 1.95) (Moretti et al., 2005). As differential recall is not possible in cohort studies, the similarity of these results argues against it³

In the territory of Uzbekistan, pregnant women are often affected by the flu neglect, that is, it is necessary when the first symptoms of the disease appear instead of taking measures and contacting a doctor, passing the disease injection, or uncontrolled intake of drugs at home and as a result of this, the aggravation of the disease and the carelessness of the disease as a result, it causes infection to healthy people. Especially during the autumn season, it was necessary not to go to public

³ Moretti ME, Benjamin BO, Fried S, Koren G. Maternal hyperthermia and the risk for neural tube defects in offspring: Systematic review and meta-analysis. *Epidemiology*. 2005; 16(2):216–219. [PubMed: 15703536]

places wear a mask in case of illness, with people with symptoms of illness it is necessary to keep a distance and not shake hands. Summary in other words, health is a priceless blessing given to every person. Life is given to a person once. Therefore, everyone to be attentive to oneself and others and this is a priceless blessing should be protected.

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