مؤسسة الإمارات للخدمات الصحية
Emirates Health Services

Reproductive Health Across the Lifespan



Table of Contents

Topic	Page
Introduction	3
First stage: Pre-puberty	6
Stage Two: Puberty	10
Third stage: Pre-marital	19
Stage Four: Pregnancy	29
Stage Five: Birth	38
Stage Six: Postpartum	43
Reproductive Health of Individuals with Chronic Infections	51



Dear Members of the Community,

Welcome to this informative guide highlighting reproductive health across different life stages. Whether you are growing up, starting your independence, planning to start a family, or during and after pregnancy, we know that each stage of life brings its own specific health questions and needs.

This guide has been prepared to be a reliable resource offering simplified health information and scientifically based guidance that supports reproductive health awareness and promotes informed health decisions. The guide aims to accompany you on your health journey by providing age-appropriate educational content that respects privacy and societal values.

In this guide you will find comprehensive information and guidance that addresses the concepts of reproductive health, prevention, health follow-up, and family planning, in addition to supporting physical and mental health at various stages of life, which contributes to promoting public health and quality of life for individuals and society.

Public Health Services Department

The Concept of Reproductive Health



Reproductive health is a fundamental component of overall health and a cornerstone of an individual's physical, mental, and social well-being throughout life. The concept of reproductive health encompasses more than just the ability to conceive or prevent disease; it includes a comprehensive system of knowledge, behaviors, and health services that empower individuals to understand their bodies, respect their limitations, make informed health decisions, and build balanced relationships based on responsibility and respect.

Reproductive health is approached holistically, recognizing that early health experiences, psychological and social factors, and the surrounding environment all play a cumulative role in shaping an individual's later reproductive health. Therefore, treating reproductive health as a lifelong process, rather than a separate stage, represents an effective preventative approach consistent with modern public health principles.

Why Does Reproductive Health Begin in Childhood?

Scientific evidence indicates that the early years of life are a crucial stage in shaping an individual's physical and psychological foundations. During this period, a child begins to form their first relationship with their body, develops a sense of privacy, and begins to feel secure or anxious about future physical changes.

Studies confirm that approximately 90% of brain development is completed before the age of five, making early childhood a crucial period for establishing concepts of mental and physical health that are later linked to reproductive health. Children raised in an environment characterized by emotional support, responsiveness to their feelings, and open dialogue are better able to:

- Accept natural physical changes
- Respect their bodies and their boundaries
- Express concerns or health questions
- Seek help in a timely manner

Therefore, early awareness of reproductive health does not mean providing complex medical information, but rather building a healthy cognitive and psychological foundation that enables the child to move safely between stages of development.

The Health and Societal Impact of Reproductive Health



Reproductive health impacts not only the individual but also the family and society as a whole, as it is an essential part of holistic health that integrates physical, psychological, and social aspects. A health-conscious individual is better equipped to care for themselves, make sound health decisions, is less susceptible to health and psychological problems, and is more willing to seek timely medical advice or psychological support, thus contributing to the prevention of complications and improving quality of life.

At the Individual Level

Reproductive health awareness helps individuals to:

- Understand normal physical and psychological changes at different stages of life.
- Promote the concept of privacy and respect for the body.
- Build a healthy and positive relationship with oneself.
- Prevent health problems through early screening and following a healthy lifestyle.
- Reduce anxiety and misconceptions related to growth, puberty, and reproduction.

At the Family Level

Awareness of reproductive health within the family is reflected through:

- A more conscious and flexible approach to the different developmental stages of children and adolescents.
- Better support for women's health at different stages of life, including puberty, pregnancy, and postpartum.
- Creating a family environment based on open dialogue and mutual respect.
- Promoting children's mental health and building their sense of security and confidence.
- Strengthening family bonds and reducing stress and anxiety associated with physical and psychological changes.

At the Community Level

Raising awareness of reproductive health in the community contributes to:

- Reducing long-term health problems associated with neglect or lack of awareness
- Raising the level of public health and improving quality of life
- Supporting sustainable health development through prevention and early detection
- Reducing the stigma associated with talking about reproductive health issues
- Building a more aware and capable society that supports its members both physically and mentally

01

Pre-puberty Stage

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Early Childhood as a Foundation for Reproductive Health



Early childhood represents the foundation upon which reproductive health is built in later stages of life. At this stage, although the physical changes associated with puberty have not yet begun, the child begins to form his first understanding of his body, his boundaries, his feelings, and his sense of security.

During early childhood, psychological concepts related to privacy, self-confidence, and the ability to express oneself are formed—elements that are indirectly linked to future reproductive health. The quality of the relationship between the child and those around them, whether parents or caregivers, also plays a pivotal role in building their self-confidence, body confidence, and sense that their physical and psychological needs are respected and understood.

Key points at this stage:

- Emotional security is the foundation of healthy psychological and physical development.
- Simple, age-appropriate dialogue builds trust and enhances a sense of security.
- Ignoring, intimidating, or ridiculing a child's questions can have a long-term impact on their body image.
- A calm and supportive response contributes to building a balanced and confident personality.

Physical Privacy and Building a Sense of Security

At this stage, the child learns that their body has boundaries that must be respected, that they have the right to feel safe and comfortable, and that they can express discomfort when subjected to any behavior that bothers them. This concept is a cornerstone of their future mental and reproductive health.

This understanding helps the child to:

- Protect himself and ask for help when needed
- Build healthy and balanced trust in others
- Distinguish between acceptable and unacceptable behavior
- Express his feelings without fear or hesitation

General advice:

- Use simple and clear words appropriate for the child's age.
- Reinforcing the idea that the body belongs to its owner, and no one has the right to violate its boundaries.
- Encouraging the child to talk about their feelings and daily experiences
- Pay attention to sudden behavioral changes, such as withdrawal, fear, or unexplained anxiety.

Natural Growth and Building a Positive Body Image

Physical development varies from child to child, and this is perfectly normal and nothing to worry about. Fostering a positive body image helps reduce appearance-related anxiety and builds self-confidence and self-acceptance by respecting and caring for the body, accepting individual differences without comparison, and emphasizing that health is more important than physical appearance.

Psychological Preparation for the Next Stage

A simple, introductory discussion about growth and upcoming changes helps the child prepare psychologically without fear or confusion. This doesn't require going into complex details, but rather providing general, reassuring information appropriate to the child's level of understanding.



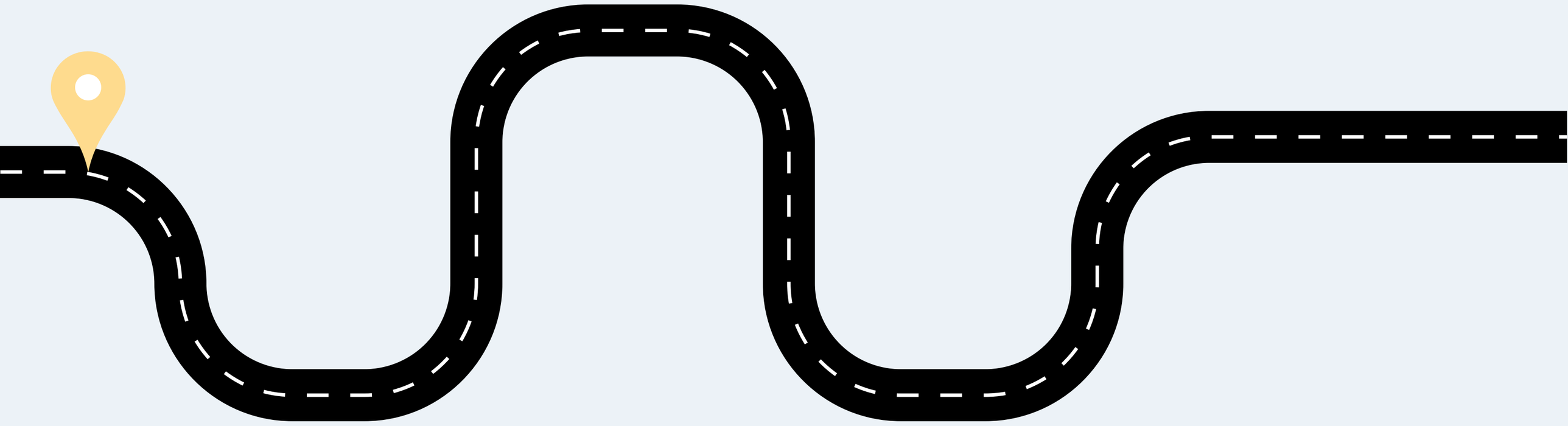
Psychological preparation contributes to:

- Reducing anxiety and fear of the unknown
- Enhancing feelings of security and trust in parents or caregivers
- Encouraging the child to ask questions confidently in the future

Why is this stage important?

Early childhood and pre-adolescence are among the most influential periods in shaping an individual's future physical, mental, and reproductive health. During this time, fundamental concepts related to the body, privacy, health, and daily behaviors are formed, leaving a lasting impact on an individual's health and lifestyle later in life.

Early health education is not limited to preventing problems, but also contributes to building a balanced health awareness that helps the child understand himself and his body in a positive way, and enhances his self-confidence and ability to express himself and ask for support when needed.



Early Healthy Habits

Healthy habits instilled in early childhood are among the most important factors affecting a child's health in the short and long term. Habits acquired during this stage often become part of their lifestyle in later years, forming a solid foundation for overall and reproductive health in the future.

Teaching a child to care for their body from a young age fosters a sense of responsibility for their health and helps them understand that body care is not a temporary obligation, but a continuous lifestyle.

Personal hygiene helps prevent illnesses and infections, and promotes a child's comfort and self-confidence. This includes regular handwashing, maintaining body hygiene, and learning simple, age-appropriate healthy habits.





Teaching a child to respect and care for their body instills a sense of self-esteem. This includes understanding bodily needs, distinguishing between healthy and unhealthy behaviors, and adhering to habits that maintain their well-being.

Physical activity contributes to healthy physical development, strengthens muscles and bones, and improves mood and mental health. It also helps children release energy positively and fosters a love of movement and active play.





Maintaining good health includes following a balanced diet that supports growth, getting enough sleep, and adhering to a healthy daily routine. Good sleep and proper nutrition play a vital role in supporting physical and mental development.

The family plays a pivotal role in instilling these habits through positive role modeling, consistent encouragement, and a supportive environment. Involving the child in daily healthy habits and reinforcing positive behavior without pressure or reprimand helps these practices become established naturally and sustainably.



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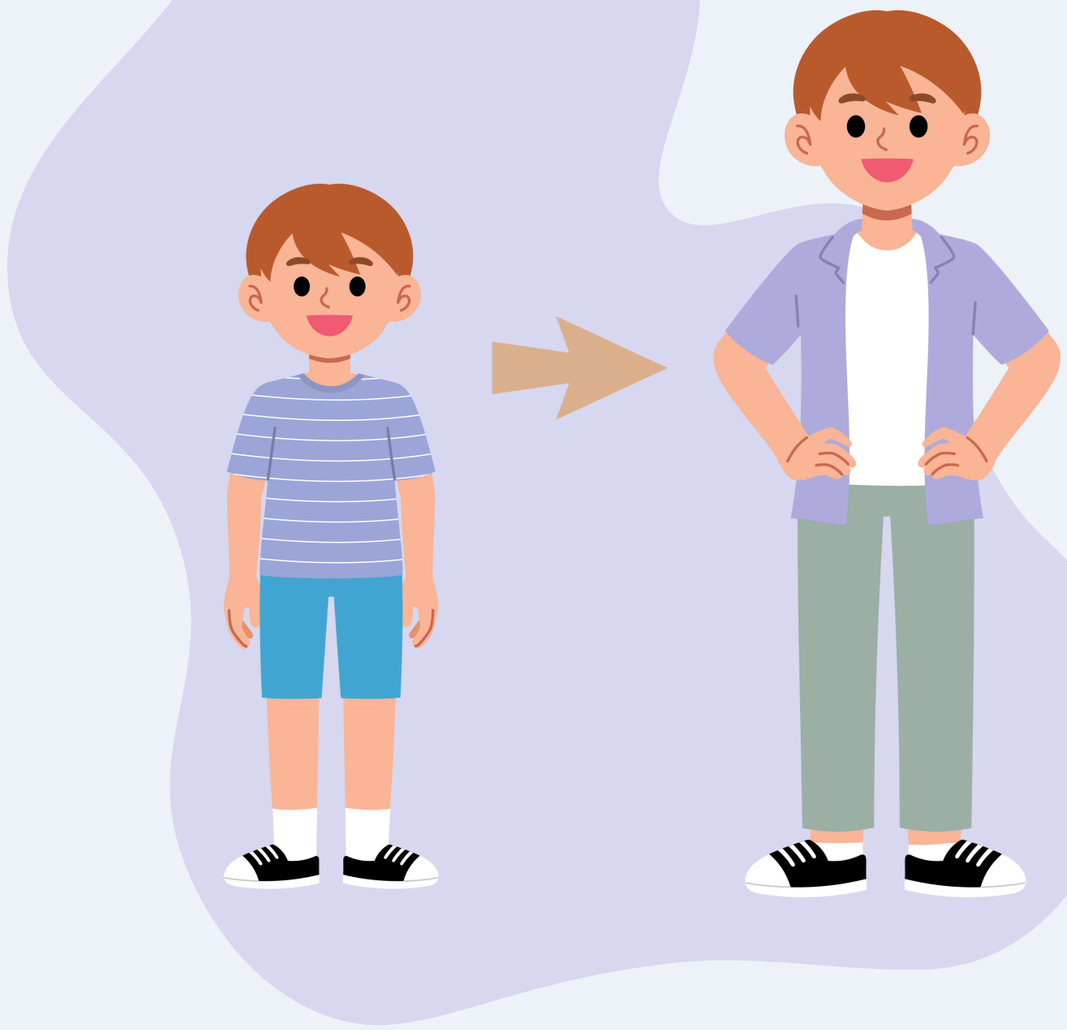
Puberty Stage

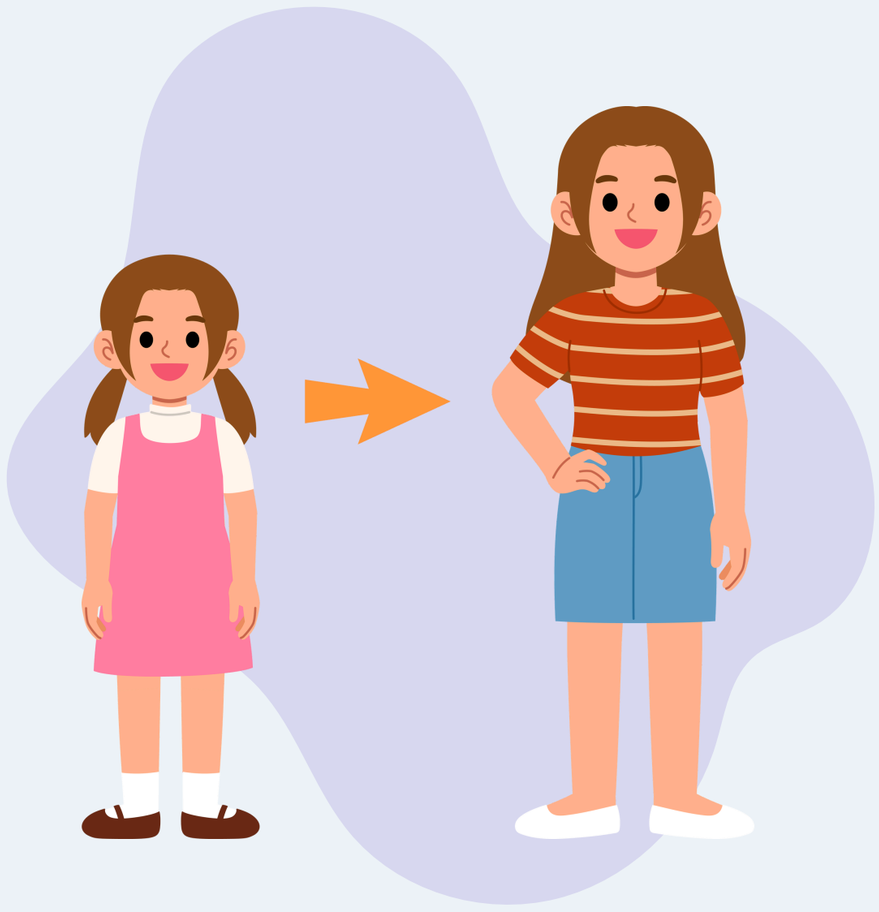
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Puberty in Males and Females

Puberty is a crucial transitional stage in human development, during which a child gradually moves from childhood to physical and psychological maturity. This stage occurs as a result of natural hormonal changes that affect the body, emotions, behavior, and way of thinking.

The onset of puberty varies from person to person in terms of age and the pace of changes; this variation is normal and does not indicate a health problem. Some changes may begin gradually and subtly, while they are more pronounced in others.





Physical Privacy and Building a Sense of Security

- Reducing anxiety and fear associated with physical changes
- Boosting self-confidence and body acceptance
- Supporting mental and social health
- Enabling adolescents to adapt healthily to changes

Common Changes Between Males and Females

Common Psychological and Behavioral Changes

- Mood swings and emotional sensitivity
- Increased focus on appearance and privacy
- The desire for independence and decision-making
- Being influenced by the opinions of friends and the surrounding community
- The need for support and guidance instead of reprimand

Common Physical Changes

- Increased height and weight, and changes in body shape
- Hair appearing in new areas of the body
- Increased sweating and changes in body odor
- Sebaceous gland activity and the appearance of acne

Male Puberty



What Are the Causes of Puberty in Males?

- Puberty is controlled by hormones, which are special chemical messages released by the brain to alert the body to begin growing and changing.
- The brain releases the hormones LH and FSH, which stimulate the body to produce testosterone, the primary hormone responsible for puberty changes in males.
- These hormones lead to physical changes, maturation of reproductive capacity, emotional changes, and general development in the body.

When Does Puberty Begin in Males?

- Most males begin puberty between the ages of 9 and 14, with an average age of approximately 12 years.
- Everyone develops in their own way, and that's perfectly normal.
- The order and timing of changes may vary from person to person.

Physical Changes During Puberty

Growth spurt:

- Rapid increase in height and weight
- Bone and muscle growth
- The shoulders become broader and stronger

Voice change:

- The sound becomes deeper and may change gradually or become intermittent at first.
- This occurs due to the growth of the larynx and vocal cords.

Hair growth:

- Underarms and sensitive areas
- On the arms, legs, chest, and face (beard and mustache)
- Hair may start out thin and then become thicker over time

Skin changes and sweating:

- Increased sweating and body odor
- Oily skin and acne, especially on the face, chest, and back.
- Hygiene and skincare become more important

Increased muscle growth:

- Muscles become stronger and physical performance increases.
- The body changes shape and becomes more mature

Changes in the reproductive organs:

- Growth and development of the reproductive system and its readiness to perform its function in the future

Emotional and Psychological Changes

Hormonal changes during puberty can affect emotions and behavior.

Males may experience:

- Mood swings and increased emotional sensitivity
- The desire for independence and privacy
- Anxiety about body shape or comparing oneself to others
- Feeling stressed, confused, or bewildered sometimes



Tips for Dealing With These Changes:

- Talk to someone you trust (father, older brother, teacher, specialist)
- Engage in sports and hobbies to relieve stress.
- Boost your self-confidence and try to think positively.

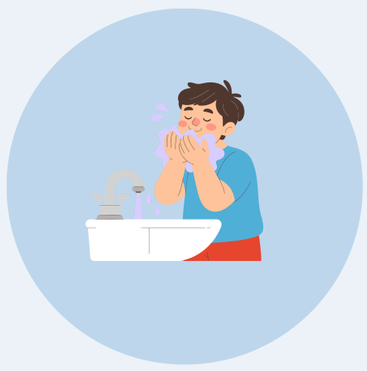
Personal Hygiene in Adulthood



Taking a shower daily with water and soap



Washing and keeping hair clean



Washing your face regularly to avoid acne



Removing unwanted hair from the sensitive area and underarms



Using deodorant



Using special personal hygiene products

Healthy Lifestyle During Adulthood

Healthy Nutrition



Drink 6–8 glasses of water daily



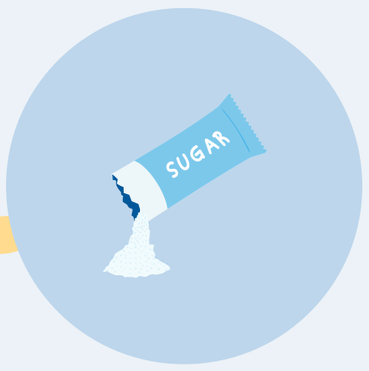
Reduce your intake of fast food and salty snacks



Maintain a healthy weight



Eat vegetables, fruits, whole grains, protein, healthy fats, and low-fat dairy products.



Avoid saturated fats, excess sugar and salt

Physical activity

Males at this stage are advised to engage in 60 minutes daily of moderate to vigorous physical activity such as:

Brisk walking – running – swimming – cycling – football – jumping rope

This helps develop muscles, improve mood, and promote better sleep.





Sleep

Males at this stage need 8–10 hours of sleep per day to support growth, regulate mood, and maintain hormonal balance.

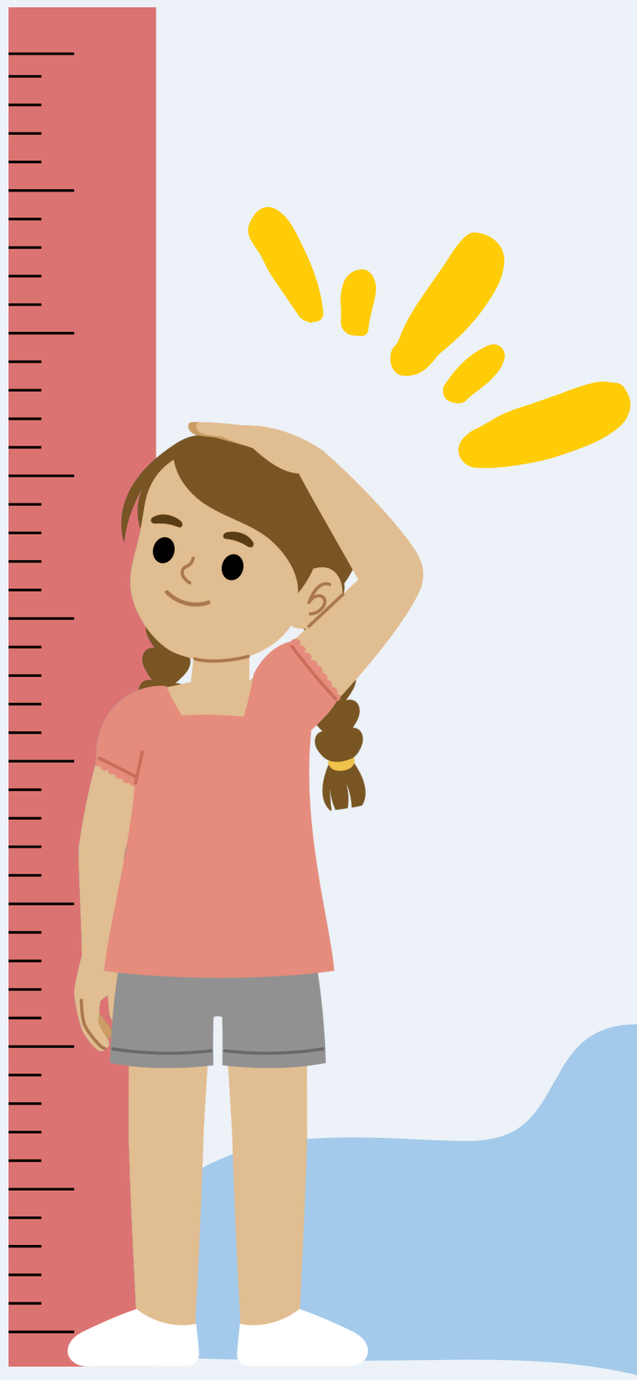
Female Puberty

What Are the Causes of Puberty in Females?

- Puberty is controlled by hormones, which are chemical messages released by the brain to alert the body to begin growing and changing.

- The brain releases the hormones LH and FSH, which stimulate the ovaries to produce the hormones estrogen and progesterone, the two primary hormones responsible for the changes of puberty in females.

- These hormones lead to physical changes, maturation of reproductive capacity, regulation of the menstrual cycle, along with emotional and psychological changes, and general development in the body.



When Does Puberty Begin in Females?

- It usually starts between the ages of 8 and 13.

- The speed and timing of development vary from girl to girl, and this is perfectly normal.

- The order in which the changes appear may differ between girls.

Physical Changes During Puberty

Growth spurt:
- Rapid increase in height and weight
- Muscle and bone growth
- The hands and feet may grow first

Breast growth:
- First clear sign of puberty
- It may be accompanied by mild pain or slight itching, and this is normal

Hair growth:
- Under the armpits
- In the sensitive area
- A slight increase in arm and leg hair

Skin changes and sweating:
- Increased sweating
- Body odor (may require the use of deodorant)
- Oily skin
- Acne appears in varying degrees

Changes in body shape:
- Widening of the pelvic area
- Increased fat in the thighs, hips, and breasts
- These changes are normal and healthy for female growth

Emotional and Psychological Changes

Due to hormonal changes, a girl may experience the following:

- Greater emotional sensitivity
- Rapid mood swings
- Feeling embarrassed about physical changes
- A greater desire for privacy
- Increased need for independence
- Tension or confusion in relationships with friends or family



Tips for Dealing With These Changes:

- Talk to a trusted adult such as your mother, older sister, or healthcare professional.
- Remember that all these changes are normal and temporary.
- Practicing positive thinking and boosting body confidence.

Personal Hygiene in Adulthood

Hygiene in the sensitive area:

- Clean the area from front to back
- Change sanitary pads every 4–6 hours
- Avoid perfumes or scented products as they may cause irritation in the sensitive area

Daily care:

- Shower daily with water and soap
- Use deodorant
- Wash your face 1–2 times daily to help reduce the appearance of acne
- Keep hair clean
- Change your underwear daily



Menstrual Cycle (Period)



Menstruation occurs due to natural hormonal changes that take place every month in the body.

- It usually starts between 10 and 14 years old.
- It lasts from 2 to 7 days.
- It may be irregular during the first 1–2 years.

Premenstrual Syndrome (PMS)



Lower abdominal pain



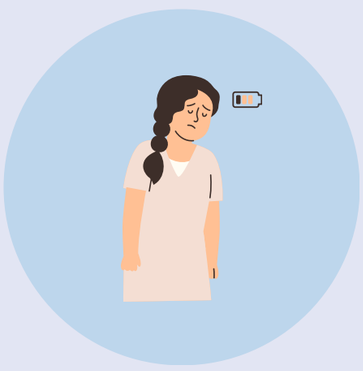
Back ache



Headache



Bloating



Feeling tired



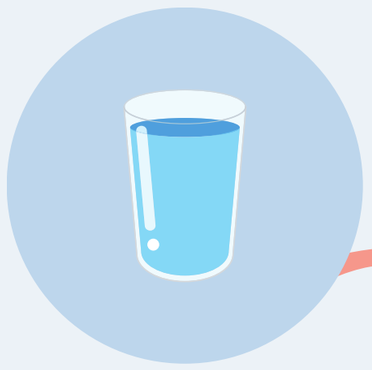
Mood swings

Ways to Relieve Symptoms

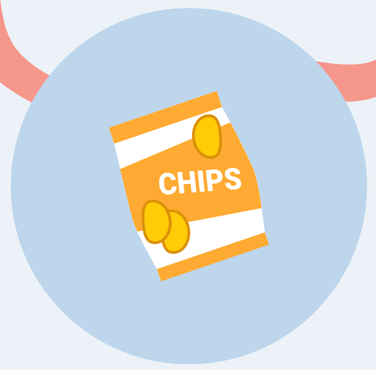
- Warm compresses on the lower abdomen or back
- Walking or light exercise
- Warm bath
- Rest and relaxation
- Drinking water
- Simple painkillers after consulting a doctor
- Follow the course via apps for advance preparation

Healthy Lifestyle During Adulthood

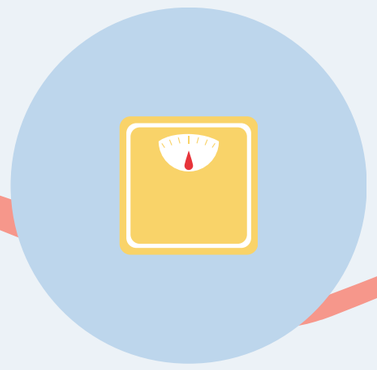
Healthy Nutrition



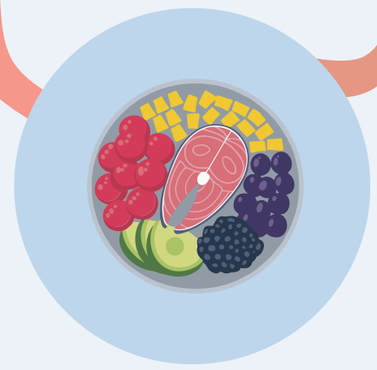
Drink 6–8 glasses of water daily



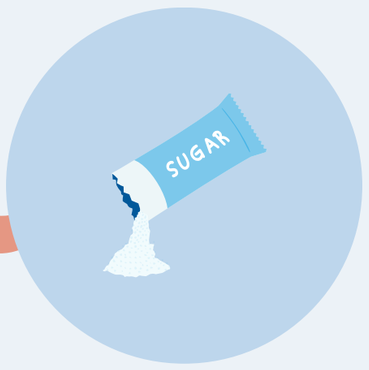
Reduce your intake of fast food and salty snacks



Maintain a healthy weight



Eat a balanced diet: fruits, vegetables, whole grains, healthy proteins



Avoid saturated fats, excess sugar and salt

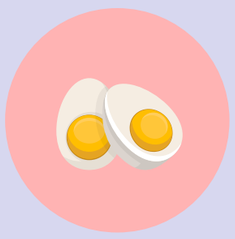
Prevention of Anemia

Girls at puberty are more prone to anemia due to blood loss during menstruation.

Foods rich in iron:



Meat, liver, fish



Eggs



Spinach



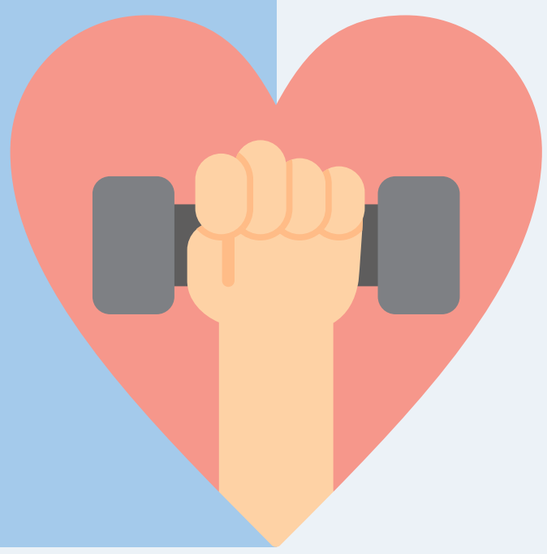
Lentils, beans



Nuts and seeds

Physical Activity

- 60 minutes of activity per day
- It helps improve mood, sleep, and maintain a healthy weight.



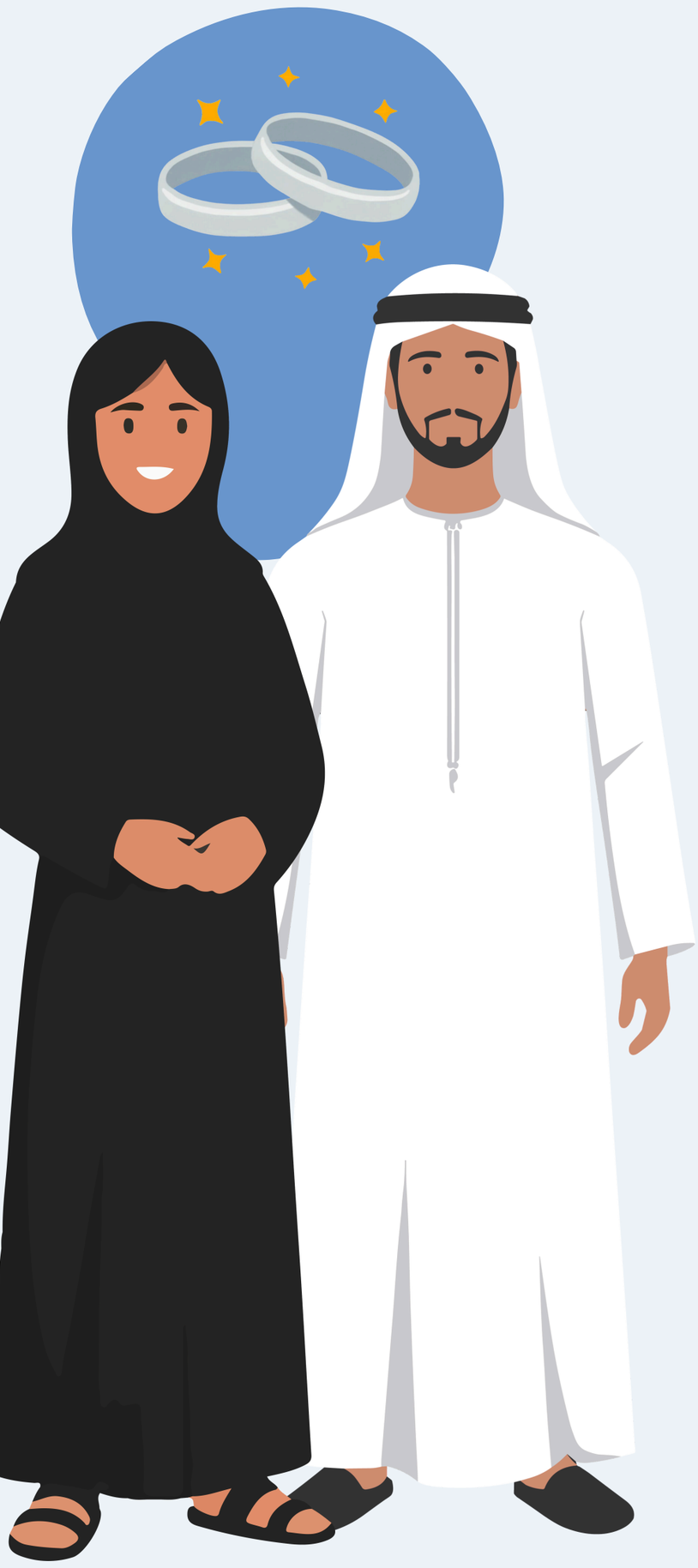
03

Pre-marital Stage

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Pre-Marital Stage | Building a Healthy and Conscious Foundation

The premarital stage is a crucial milestone in reproductive health, as individuals begin to transition from focusing solely on their own health to taking responsibility for the health of their partner and future family. Health awareness at this stage is vital for prevention, sound planning, and making informed health decisions with long-term consequences.



First: Pre-marital Medical Examinations

Premarital medical examinations help assess the overall health of both partners and detect early signs of certain health or genetic conditions that could affect married life or the health of their children. These examinations also provide an opportunity for scientifically based health education and guidance.

The tests usually include:

- Common genetic disease tests
- Blood type tests
- Infectious disease tests
- General health assessment

Infectious Disease Tests

It aims to prevent the transmission of infection between spouses or from mother to fetus.

Includes:

- Bloodborne disease tests
- Some infections can affect pregnancy or cause birth defects.

Health intervention:

- Treatment before pregnancy
- Prevention of infection transmission
- Improving pregnancy outcomes

Genetic Testing

It aims to reduce the transmission of genetic diseases, especially in societies with high rates of consanguineous marriage.

Includes:

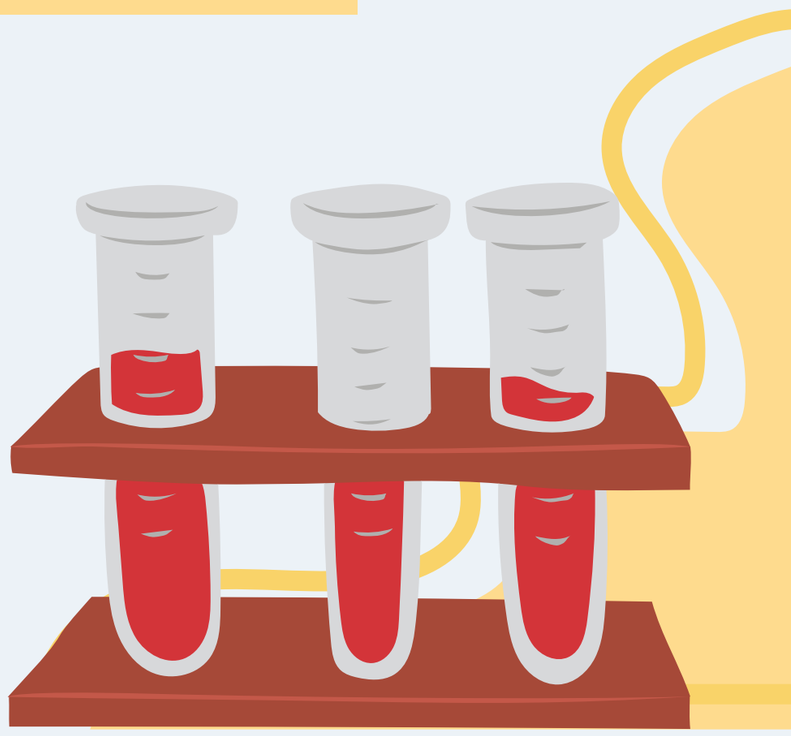
- Hereditary blood disorders (such as thalassemia and sickle cell anemia)
- Screening carriers of common genetic mutations
- Referral to genetic counseling when needed

Health impact:

- Reducing the burden of genetic diseases
- Supporting informed reproductive decision-making
- Planning for early medical follow-up

The Importance of Premarital Medical Examination

- Protecting the health of the couple in the short and long term.
- Reducing the transmission of infectious diseases between spouses.
- Reducing the risk of complications during pregnancy.
- Reducing the likelihood of children being born with genetic diseases.
- Promoting family stability based on health awareness.



Steps for Premarital Medical Examination

Before the Examination

- Book an appointment at one of the approved health centers
- Bring the required documents
- Inform the doctor about:
- Any chronic diseases
- Currently used medications
- Family medical history (hereditary or chronic diseases)

During the Examination

- Perform the required blood tests
- Reproductive health assessment if needed
- Undergo any additional tests the doctor deems necessary
- Adhere to the medical team's instructions during the examination.

After the Results Appeared

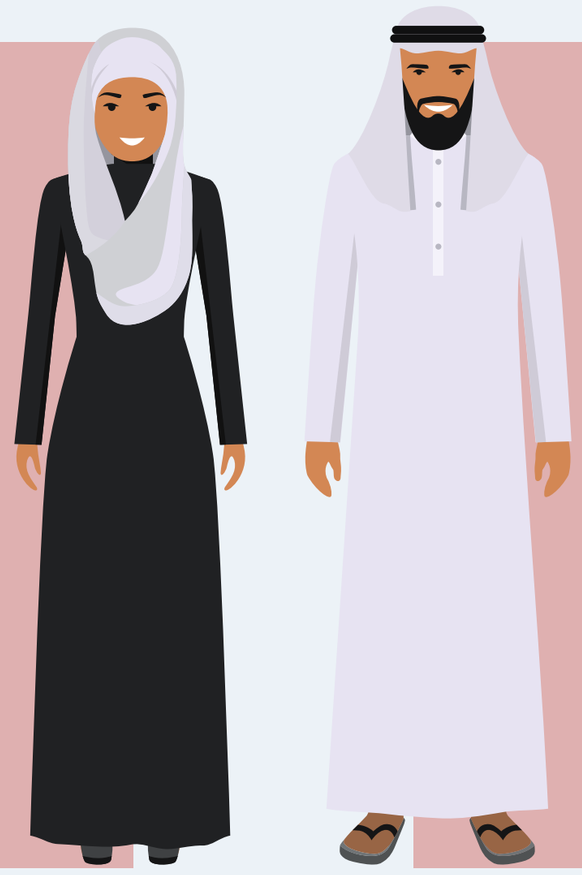
- Attend the medical consultation session if required.
- Understanding the results from a specialist and not interpreting them yourself
- Discuss the available health options in case of any risks.

Second: Reproductive Health and Fertility

Reproductive health includes understanding the biological functions of the reproductive system and the factors affecting fertility in males and females.

In Females:

- Menstrual cycle regularity
- Ovulation, ovarian health and polycystic ovary syndrome (PCOS)
- Endometrium
- The effect of age on fertility



In Males:

- Sperm count and quality
- The effects of smoking, obesity, heat, and stress
- Genital infections

Third: Pre-pregnancy Healthcare

Dietary supplements (please do not take supplements without medical advice)

Iron

- Prevention of anemia
- Improving iron levels before pregnancy



Folic Acid

- 400–800 micrograms daily
- It begins at least 3 months before pregnancy.
- It reduces neural tube defects by up to 70%



Vitamin D (when needed)

- Supports bone health and immunity
- Reducing pregnancy complications associated with its deficiency



Iodine

- Essential for the development of the fetus's brain and nervous system



Pre-pregnancy Vaccinations

Pre-pregnancy vaccinations aim to protect the health of both the woman and the fetus from infectious diseases that could lead to serious complications during pregnancy or birth defects. It is advisable to have your vaccination status assessed well before planning a pregnancy, as some vaccines are not given during pregnancy. The most important vaccinations include the following:

Recommended vaccinations before pregnancy:

Hepatitis B

- It is recommended for those who are unvaccinated or in the absence of immunity, to prevent and stop the transmission of infection to the fetus.

Tetanus, diphtheria and pertussis (Tdap)

- It can be taken before pregnancy (and is also given during pregnancy according to protocol) to protect the mother and the newborn.

Seasonal influenza

- It is recommended before pregnancy, especially for those with chronic diseases, and can also be given during pregnancy.

Measles (Rubella) / MMR Vaccination

- Essential for those without proven immunity. Infection during pregnancy can cause serious birth defects.
- It is advisable to postpone pregnancy for one month after vaccination.

Chickenpox (Varicella)

- Important for unvaccinated women. Infection during pregnancy can affect both the mother and the fetus.
- It is taken before pregnancy, with pregnancy postponed for one month after the last dose.

Fourth: Managing Chronic Diseases Before Pregnancy



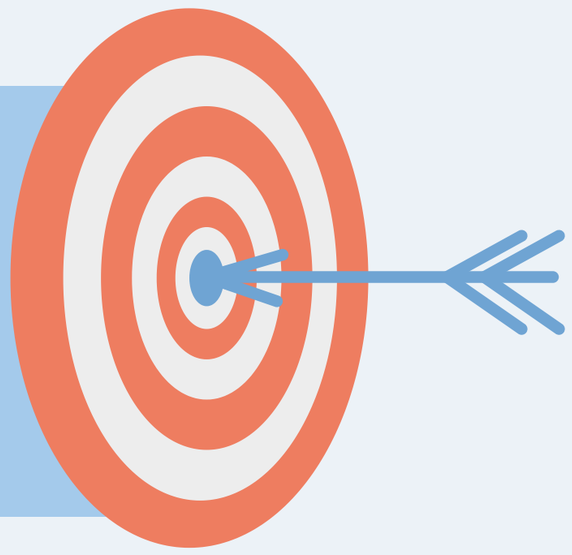
Managing chronic diseases before pregnancy is a cornerstone of prenatal healthcare, as scientific evidence indicates that good control of the mother's health status before pregnancy directly contributes to improving pregnancy outcomes, reducing complications for the mother and fetus, and lowering pregnancy-related morbidity and mortality rates.

Chronic diseases that require careful assessment and proactive management include the following:

- Diabetes (of all types)
- High blood pressure
- Thyroid disorders (underactive or overactive)
- Asthma and chronic respiratory diseases
- Epilepsy
- Autoimmune diseases such as lupus and rheumatoid arthritis
- Chronic heart disease
- Chronic kidney disease
- Coagulation disorders

Health goals for managing chronic diseases before pregnancy:

- Achieving the best possible control of the disease before pregnancy occurs
- Reducing the risk of fetal abnormalities and pregnancy complications
- Ensuring the safety of medications used during pregnancy
- Enhancing a woman's physical and psychological readiness for pregnancy



Key Interventions Include:

1. Comprehensive medical evaluation before pregnancy

- Reviewing the complete medical history and assessing the severity and stability of the illness
- Conducting the necessary laboratory and imaging tests according to each case.

2. Controlling the medical condition before pregnancy

- Achieving stable and controlled levels (such as controlling HbA1c)
- Lifestyle modifications including healthy eating, physical activity, and adherence to treatment

3. Review of medications and treatments

- Evaluate currently used medications and replace unsafe pregnancy medications with suitable alternatives when necessary.
- Adjusting dosages in accordance with safe therapeutic standards during pregnancy

4. Regular medical follow-up

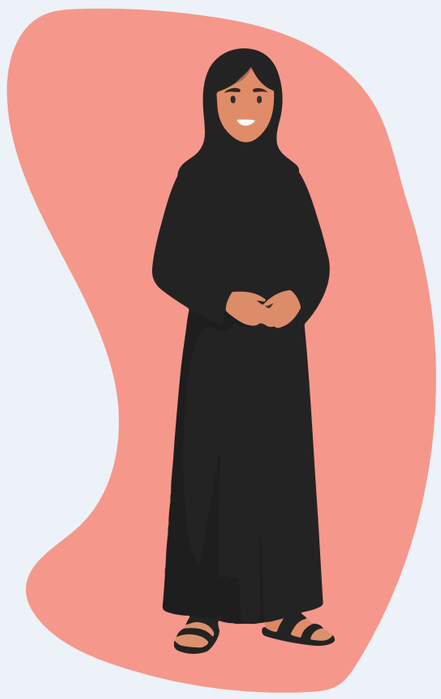
- To coordinate between related specialties (family medicine, obstetrics and gynecology, internal medicine, endocrinology, etc.)
- Develop a clear follow-up plan before and during pregnancy

Fifth: Hormonal Balance Before Pregnancy

Hormonal balance is a key factor influencing fertility and healthy readiness for pregnancy in both women and men. Hormones regulate ovulation, egg and sperm production, and the regularity of the menstrual cycle. Any undiagnosed or untreated hormonal imbalance can reduce the chances of pregnancy and increase the likelihood of health complications.



Types of Hormonal Imbalances in Females and Males



- Prolactin disorders
- Polycystic ovary syndrome
- Thyroid and pituitary gland disorders
- Estrogen and progesterone hormonal imbalances



- Low testosterone
- Thyroid hormone disorders
- Pituitary hormone disorders
- High prolactin levels

Sixth: Nutrition Before Marriage and Pregnancy

Proper nutrition plays a pivotal role in promoting fertility and healthy readiness for pregnancy in both women and men, as it directly affects hormonal balance, the quality of eggs and sperm, and fetal development, and also contributes to reducing the risk of complications during pregnancy.

Paying attention to nutrition before marriage or when planning a pregnancy is an important preventative step that helps prepare the body physically and functionally for this sensitive stage. Following a balanced diet rich in essential nutrients such as high-quality proteins, healthy fats, and complex carbohydrates, in addition to vitamins and minerals, supports reproductive health and enhances the chances of natural conception.



Basic Nutritional Principles Before Marriage and Pregnancy



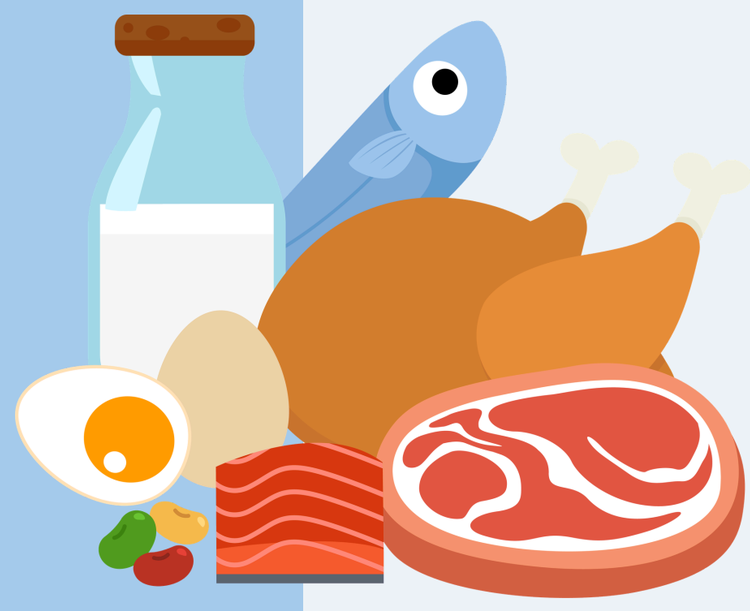
1. A balanced and varied diet

- Following a balanced diet that includes all food groups
- Focus on fresh fruits and vegetables because they contain vitamins, minerals, and antioxidants.
- Variety of colors to increase nutritional value

2. Healthy protein sources

Protein is essential for building cells and regulating hormones; it is recommended to choose healthy sources such as:

- Lean meats
- Fish
- Eggs
- Legumes
- Nuts
- Avoid excessive consumption of processed meats





3. Iron-rich foods

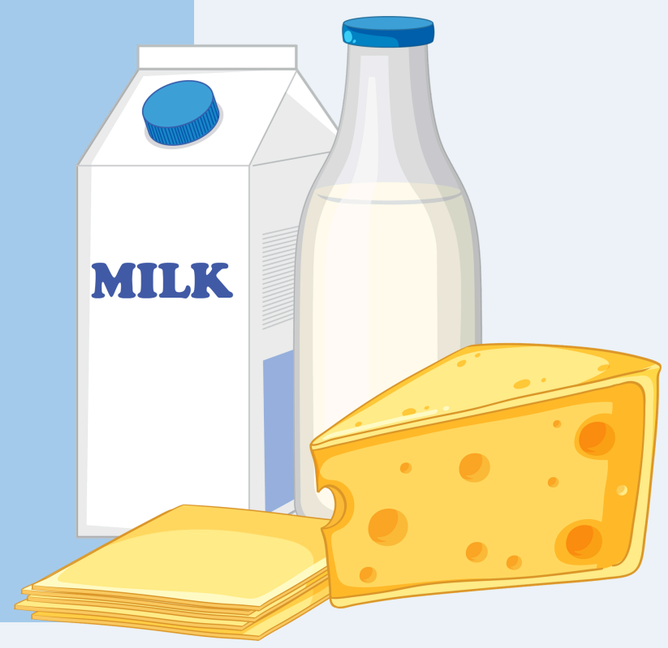
Iron is essential for preventing anemia and improving oxygen transport to tissues. Sources of iron include:

- Red meat
- Spinach
- Lentils
- Fortified grains
- It is preferable to take it with sources of vitamin C to improve absorption.

4. Foods rich in calcium and vitamin D

Essential for healthy bones and teeth, and contributes to the development of the fetus's skeletal system. Sources:

- Milk and its derivatives
- Leafy greens
- Small fish
- With moderate sun exposure



Basic Nutritional Principles Before Marriage and Pregnancy



5. Healthy fatty acids (omega-3)

It plays an important role in improving fertility and contributes to fetal brain development. Sources:

- Oily fish (such as salmon and sardines)
- Flax seeds
- Walnuts

6. Reduce sugars and saturated fats

- Limit added sugars and soft drinks
- Reduce saturated fats and fried foods
- To reduce the risks of obesity, insulin resistance, and hormonal disorders





7. Drink enough water

- Staying hydrated promotes organ function and metabolism.
- It helps improve blood circulation and digestive function.
- It is recommended to drink water regularly throughout the day.

Seventh: Healthy Lifestyle

Physical activity

Global health recommendations indicate the importance of engaging in at least 150 minutes of moderate physical activity per week, such as brisk walking, swimming, or cycling.

Benefits before pregnancy include:

- Improving insulin sensitivity and reducing insulin resistance
- Supporting hormonal balance and regulating the menstrual cycle
- Enhancing ovulation in women
- Improving sperm quality in men
- Helping to reach a healthy weight
- Reduce stress and anxiety levels
- Supporting cardiovascular health



Reproductive Health in Brief

What should be taken care of?

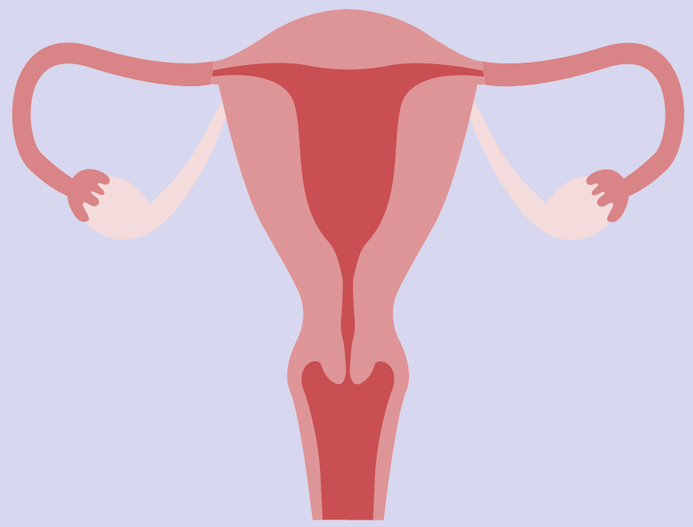
1 Basic tests for reproductive health

Proper reproductive health depends on regular medical checkups, which contribute to the early detection of any health disorders that may affect fertility or pregnancy. These checkups include routine examinations, hormonal balance assessments when needed, and consultation with a doctor if any abnormal symptoms appear.



2 Awareness of fertility and reproductive capacity

Understanding the mechanism of fertility and the factors that affect it helps in making informed health decisions. This includes understanding the menstrual cycle, recognizing the ovulation period and fertility indicators, and realizing the impact of age and lifestyle on reproductive ability in men and women, in addition to the importance of not delaying medical consultation when pregnancy is delayed.



3 Reproductive health and chronic diseases

Some chronic diseases can affect fertility or pregnancy if not properly managed. Regular medical follow-up is crucial for monitoring health conditions and adjusting treatment plans when planning a pregnancy, thus minimizing potential health risks.



Reproductive Health in Brief

What should be taken care of?

4

Mental health and its impact on reproductive health

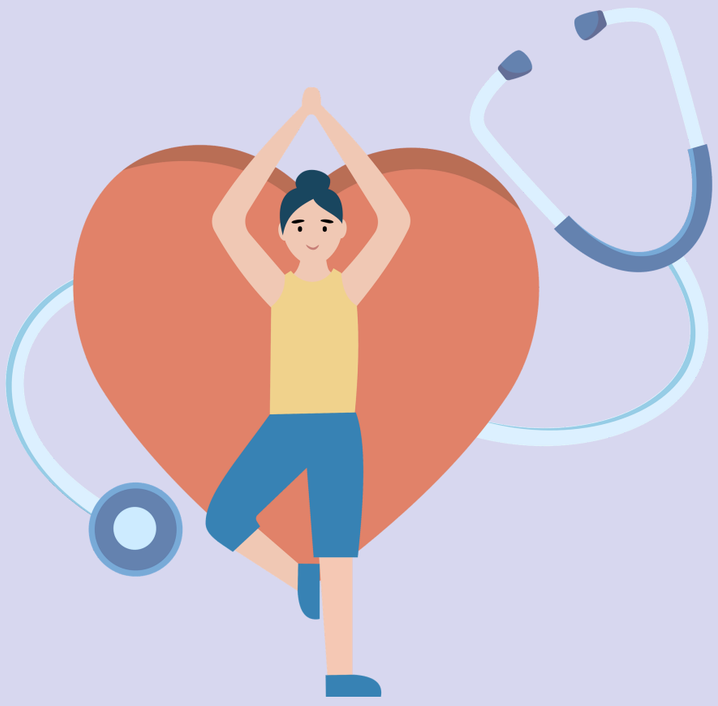
Mental health is closely linked to reproductive health, as stress and anxiety can affect hormonal balance and fertility. Psychological stability, mutual support between partners, and seeking psychological help when needed contribute to improved reproductive health and a better quality of married life.



5

Lifestyle and its role in reproductive health

Lifestyle is a major factor that directly impacts reproductive health. Key factors include proper nutrition, regular physical activity, avoiding smoking and other harmful habits, and maintaining a healthy weight, all of which play a role in supporting hormonal balance and fertility.



6

Health education and informed decision-making

Health education empowers individuals to understand reproductive health information and make informed decisions based on reliable sources. This includes seeking medical advice when needed, avoiding unreliable information, and actively participating in health decisions related to marital and reproductive life.



04

Pregnancy Stage

Public Health Services Department

Supporting Maternal and Fetal Health and Improving Pregnancy Outcomes

Pregnancy is an advanced and complex physiological stage during which profound hormonal, physical, metabolic, and psychological changes occur, all aimed at preparing the mother's body for fetal development and providing a safe environment for the developing fetus. Scientific evidence indicates that early care and regular monitoring throughout pregnancy significantly contribute to reducing complication rates and improving both short-term and long-term maternal and child health indicators.

Physical Changes

Premarital medical examinations help assess the overall health of both partners and detect early signs of certain health or genetic conditions that could affect married life or the health of their children. These examinations also provide an opportunity for scientifically based health education and guidance.



1. Hormonal changes

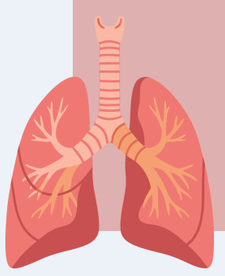
- Increased levels of estrogen and progesterone support the uterine lining and stabilize the pregnancy
- Increase in hCG hormone in the first weeks

Physiological effects include:

- Nausea and vomiting
- Fatigue and exhaustion
- Mood swings
- Fluid retention

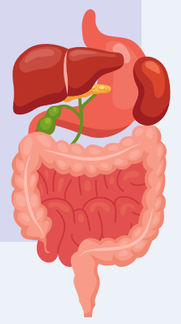
2. Respiratory changes

- Increased need for oxygen
- Expansion of respiratory capacity
- A feeling of mild shortness of breath is normal unless accompanied by other symptoms



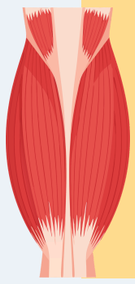
3. Digestive changes

- Nausea and vomiting (especially in the first trimester)
- Constipation is a result of slow bowel movements.
- Heartburn due to relaxation of the gastric valve
- Changes in appetite



4. Muscular and skeletal changes

- lower back pain
- Ligament relaxation due to the hormone relaxin
- Change in center of gravity and increased pressure on joints
- Muscle spasms sometimes



Psychological Changes

Pregnancy is not merely a biological change; it represents a profound psychological and social transformation linked to the reshaping of personal identity and a woman's role within the family and society. Hormonal changes, social expectations, future responsibilities, and past experiences directly impact mental health during this period.

Common Psychological Symptoms During Pregnancy

Mood swings

- As a result of changes in estrogen and progesterone levels
- Rapidly switching between feelings of joy, anxiety, or tears
- Increased sensitivity to everyday situations

Concern about fetal health

- As a result of changes in estrogen and progesterone levels
- Rapidly switching between feelings of joy, anxiety, or tears
- Increased sensitivity to everyday situations

Fear of childbirth (Tokophobia)

- Anxiety about pain
- Fear of medical procedures
- Anxiety about losing control during labor

Body image change

- Feeling uncomfortable with physical changes
- Concern about weight gain
- The concept of attractiveness and self-confidence has changed.

Increased emotional sensitivity

- More affected by words or situations
- A growing need for support and reassurance



Social Changes

Change in the Work Environment

- Anxiety about maternity leave
- Work-life balance and motherhood

Societal Expectations

- Social pressures regarding the method of birth or breastfeeding
- Unwanted interference from those around you

Changing Roles Within the Family

- The transition from wife to mother
- Redistribution of responsibilities
- The need for partner support

Factors That Support Mental Health

1. Family support

- Partner support reduces rates of depression and anxiety
- Participation in medical follow-up
- Practical and emotional support

2. Health education

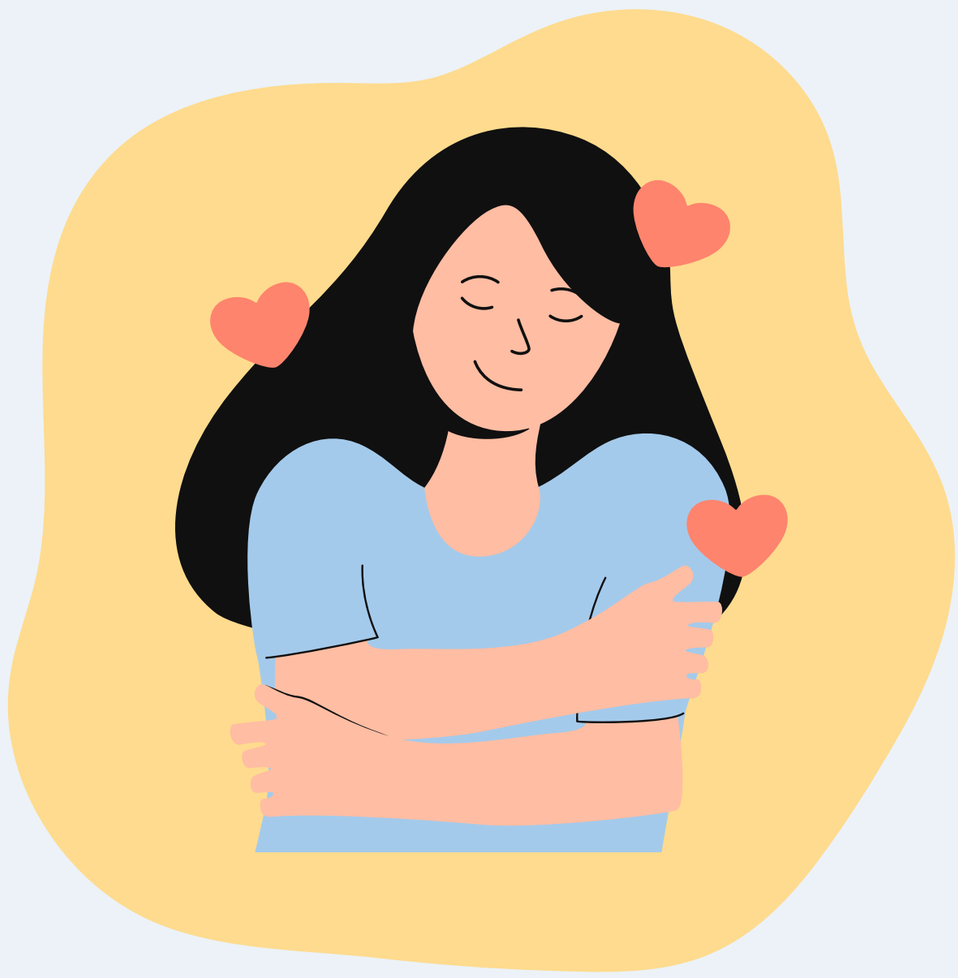
- Understanding natural changes reduces anxiety
- Understanding the stages of pregnancy enhances the feeling of control

3. Pregnancy support groups

- Sharing experiences
- Reducing feelings of isolation
- Sharing real-world experiences

4. Psychological intervention when needed

- Psychological counseling
- Cognitive behavioral therapy
- Early intervention reduces psychological complications



The Importance of Early Detection

Early diagnosis and appropriate treatment:

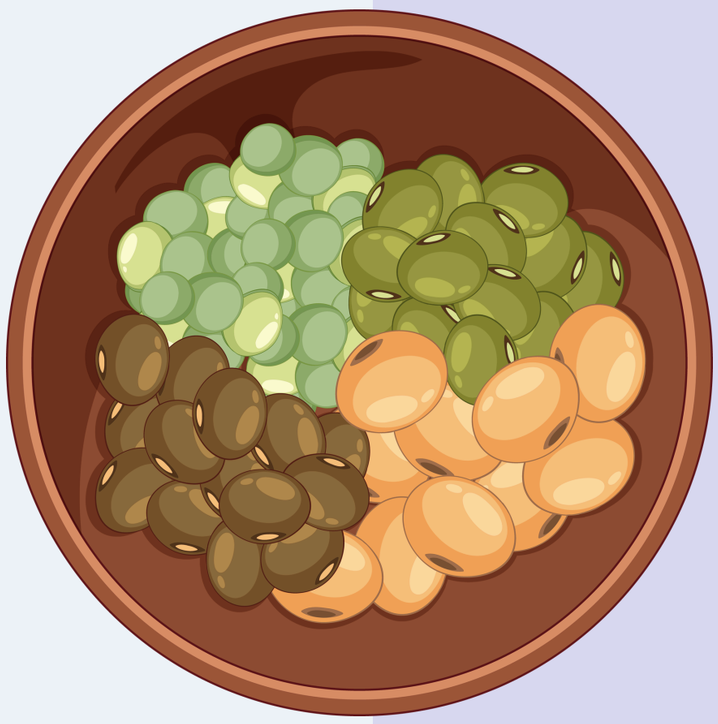
- They reduce the impact of psychological disorders on the fetus.
- They improve the bond between mother and child.
- They reduce the risk of postpartum depression
- They promote a healthy and balanced pregnancy experience.

Nutrition During Pregnancy



Proper nutrition during pregnancy is essential for supporting fetal development, maintaining maternal health, and reducing the risk of complications such as anemia, gestational diabetes, and preeclampsia. During this period, nutritional needs increase beyond simply increasing the quantity of food; a focus on the quality of nutrients is highly recommended.

Basic Nutritional Needs



1. Folic acid

- Essential for neural tube formation in the first weeks of pregnancy
- Reduces the risk of neural tube defects
- It is recommended to continue taking it during the first third

Sources:

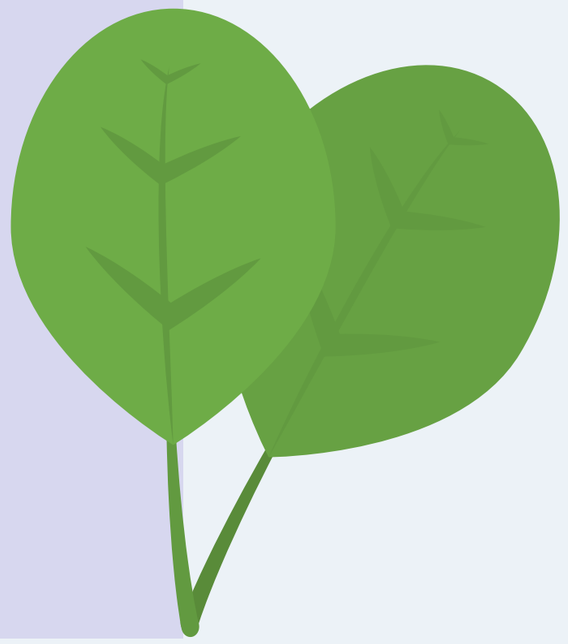
- Dark leafy greens
- Legumes
- Fortified grains

2. Iron

- The need increases due to the increase in blood volume.
- Prevention of pregnancy-related anemia
- It supports oxygen transport to the fetus

Sources:

- Lean red meat
- Lentils and legumes
- Spinach
- It is preferable to take it with vitamin C to improve absorption



3. Calcium

- Essential for building the fetus's bones and teeth
- It maintains the mother's bone density

Sources:

- Milk and its derivatives
- Sesame
- Leafy greens
- Small fish



Basic Nutritional Needs



4. Vitamin D

- Enhances calcium absorption
- Supports the immune system

Derived from:

- Moderate exposure to sunlight
- Fatty fish
- Supplements after consulting a doctor

5. Omega-3 (DHA)

- Essential for brain and nervous system development
- It may reduce the risk of premature birth

Sources:

- Oily fish (salmon, sardines)
- Walnuts
- Flax seeds



General Dietary guidelines

Reduction:

- Added sugars
- Saturated fats
- Caffeine in large quantities (maximum 200 mg of caffeine per day)

Meal portioning

- Eat 3 main meals with 2–3 snacks
- It reduces nausea and helps maintain stable blood sugar levels

Drink enough water

- 2–3 liters per day
- Reduces constipation
- Improves blood circulation
- It supports the formation of amniotic fluid

Avoid unsafe foods

- Raw or undercooked meat
- Raw eggs
- Unpasteurized milk
- Unpasteurized soft cheeses
- High mercury fish
- Uncovered or poorly preserved foods

Energy Needs (Calories)

- The first few months do not require a significant increase in calories.
- In the second and third trimesters, a moderate and carefully considered increase is recommended.
- Focus on nutritional value, not just quantity.
- Avoid overeating with the intention of "eating for two".

Recommended Weight Gain

It depends on the pre-pregnancy body mass index and should be gradual and under medical supervision to reduce risks:

- Gestational diabetes
- High blood pressure
- Difficulty in childbirth



Physical Activity During Pregnancy

In the absence of medical contraindications, the following is recommended:

- ≥ 150 minutes per week of moderate physical activity
- It is preferable to distribute them over 3–5 days per week.
- High-risk sports should be avoided.

Examples of Safe Activities:

Low-intensity exercises for pregnant women

Stretching exercises

Walking

Pelvic floor (Kegel) exercises

Swimming



Health Benefits of Physical Activity During Pregnancy

- Reducing the risk of gestational diabetes
- Reducing the likelihood of preeclampsia
- Improving sleep
- Reducing lower back pain
- Improving blood circulation
- Reducing constipation
- Supporting mental health and reducing anxiety
- Facilitating the birth process



Important Precautions

⚠ **Stop exercising and consult a doctor if:**

- Vaginal bleeding
- Chest pain
- Severe dizziness
- Fluid leakage
- Premature contractions

⚠ **Avoid:**

- Violent sports
- Falling or friction
- Prolonged lying on the back after the first third
- Extreme heat during exercise

Preparing for Childbirth

Early preparation for childbirth is essential for building confidence, reducing anxiety, and improving the labor and delivery experience. Psychological, practical, and medical preparation empowers mothers to make informed decisions and cope flexibly with the birthing process.

Preparing a Birth Plan

A birth plan is a flexible document created in collaboration with a healthcare provider, incorporating the mother's preferences regarding the birthing process. It may include:

- Desire for early skin-to-skin contact with the baby
- Breastfeeding plans
- Preferences in case of emergency
- Place of birth
- Having a companion during childbirth
- Pain relief preferences (natural, epidural, etc.)
- Freedom of movement during labor



⚠ It is important to emphasize that the birth plan is flexible and can be adjusted according to the medical condition.

Pregnancy and Pre-pregnancy Vaccinations

Stage	Recommendation	Vaccine	When	Notes
Before pregnancy	Recommended (catch-up doses if no immunity)	Measles, Mumps, and Rubella (MMR)	Before pregnancy occurs	Two doses if there is no immunity, to avoid infection during pregnancy
Before pregnancy	Recommended (catch-up doses if no immunity)	Varicella (Chickenpox)	Before pregnancy occurs	Two doses if there is no history of infection; contraindicated during pregnancy
Before pregnancy	Recommended (if at risk)	Human Papillomavirus (HPV)	Before pregnancy occurs	Three doses. If pregnancy is discovered after starting the series, remaining doses should be postponed until after pregnancy
During pregnancy	Routinely recommended	Tdap (Tetanus, Diphtheria, Pertussis)	Between weeks 27–36 of each pregnancy	Protects the newborn from whooping cough (91–95% effectiveness in preventing hospitalization or death)
During pregnancy	Routinely recommended	Hepatitis B	At any stage of pregnancy	Given if the woman has not previously received the vaccine
During pregnancy	Routinely recommended	Inactivated Influenza Vaccine	At any stage of pregnancy, especially during flu season	Only the inactivated (safe) vaccine is used; helps reduce complications for
During pregnancy (when needed)	For high-risk groups	Meningococcal Vaccine, Rabies Vaccine	At any stage of pregnancy when risk is high	Given when benefits outweigh risks; pregnancy is not a contraindication for rabies post-exposure prophylaxis

05

Birth Stage

Public Health Services Department

Empowering Mothers to Understand the Birth Experience and Promoting a Safe and Positive Birth

Childbirth is a major physiological and psychological transition, marking the shift from pregnancy to motherhood. Understanding the stages, options, and procedures of childbirth can help reduce anxiety, foster collaboration with the healthcare team, and improve health outcomes for both mother and child.
Childbirth is a dynamic process influenced by medical, psychological and social factors, and it must take place in a safe environment that provides specialized care and human support.

Recognizing the Signs of Labor

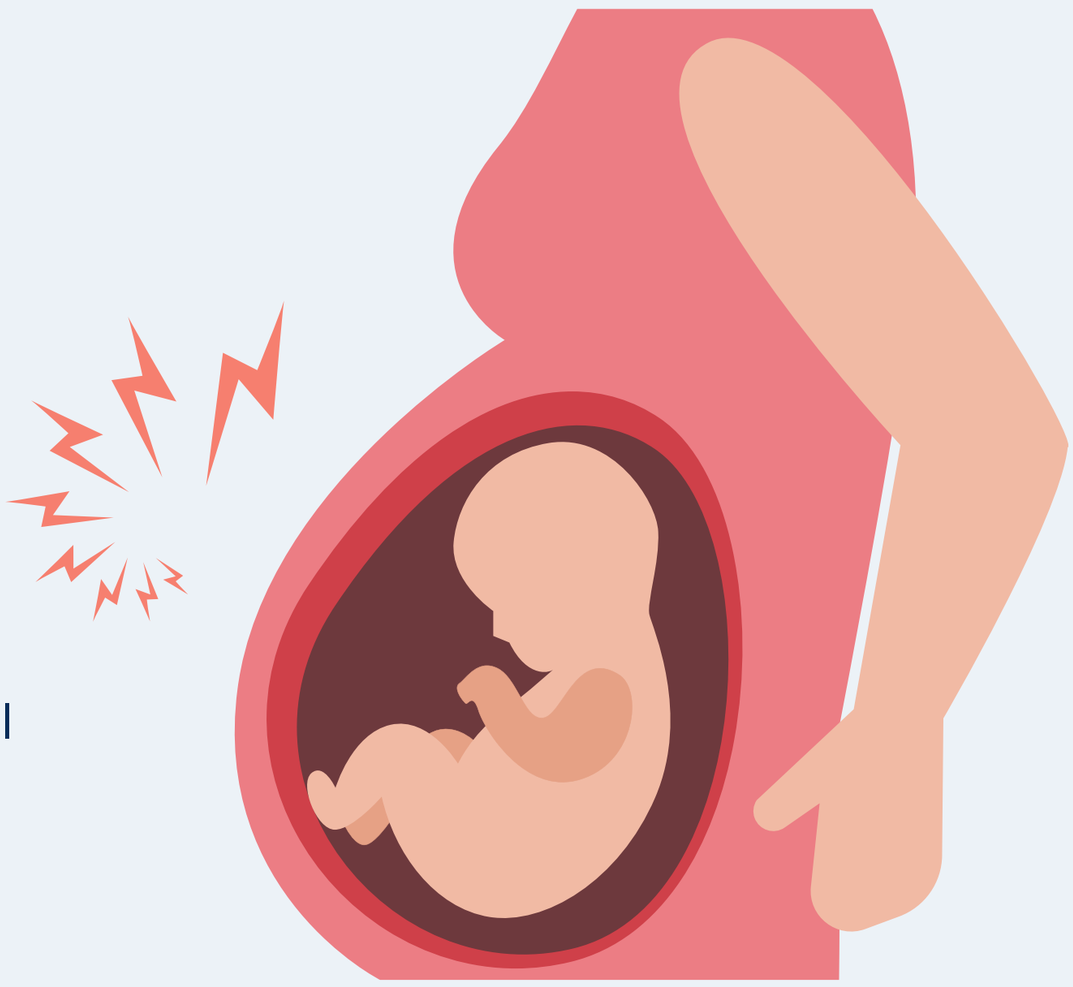
Understanding the signs of labor helps in getting to the hospital in a timely manner.

Signs of true labor:

1. Regular contractions
- It gets stronger and more frequent
- It doesn't disappear with comfort

2. Water breaking
- Clear or yellowish liquid leaked
- Immediate medical review required

3. Detachment of the mucus plug
- Mucous discharge that may be mixed with a small amount of blood
- Recurrent lower back pain



Birth Options

The method of delivery is chosen based on an assessment of the medical condition of the mother and the fetus.

1. Natural Childbirth

Most common when there are no medical contraindications.

Its advantages:
- Faster recovery
- Reducing surgical complications
- Stimulating the release of bonding hormones

2. Cesarean Section

A surgical procedure performed through an incision in the abdomen and uterus. It is performed when:
- Difficulty in childbirth
- Fetal distress
- Abnormal position of the fetus
- Special medical cases

Requires:
- Local or general anesthesia
- Longer recovery period

3. Assisted Childbirth

Might use tools such as:

- Extractor
- Tweezers

This is done when there is a need to speed up labor or to help the mother.

Pain Management During Childbirth

Pain during labor is a normal physiological experience, and its intensity and perception vary from woman to woman depending on physical, psychological, and cultural factors. The choice of pain relief method depends on the mother's preferences, the progress of labor, medical assessment, and the availability of treatment options. Effective pain management aims to improve the birthing experience without negatively impacting the health of the mother or the baby.

Non-drug Pain Relief Techniques

It is the first choice in low-risk births, and can be used alone or in conjunction with medical interventions.

Includes:



Warm compresses

- Relieves muscle tension
- Reduces back pain
- Promotes relaxation



Movement and changing positions

- Walking
- Sitting on a birthing ball
- Bowing or standing
- It helps facilitate the baby's descent and reduce pain



Breathing exercises

- Helps to relax
- Reduces muscle tension
- Improved oxygen supply to the body



Mental relaxation techniques

- Meditation
- Positive visualization
- Mindfulness



Taking a bath or sitting in warm water

- Reduces muscle tension
- It stimulates nervous relaxation

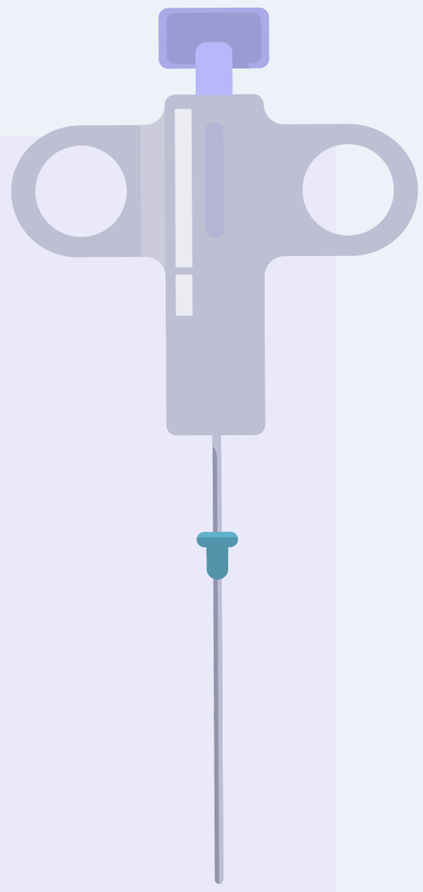


Emotional support

- Having a supportive person reduces the perception of pain.
- Enhances the feeling of security

Local Anesthesia (Epidural Injection)

It is one of the most effective pain relievers during childbirth.



How it works:

A local anesthetic is injected into the epidural space around the spinal nerves responsible for transmitting pain.

Advantages:

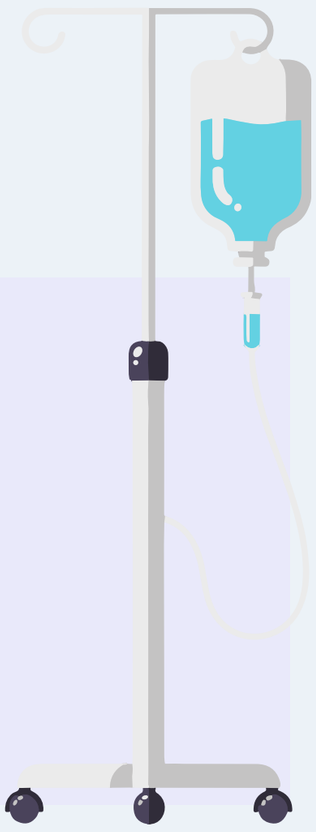
- Powerful pain relief
- The mother remains conscious and aware
- The dose can be adjusted as needed.

Medical considerations:

- It needs a medical evaluation before being given.
- Continuous monitoring of vital signs is required.
- In some cases, the progression of labor may be slowed.

Intravenous Analgesics

It is given intravenously to partially relieve pain.



Its characteristics:

- Moderate impact
- Fast acting
- Useful in the early stages of labor

Potential effects:

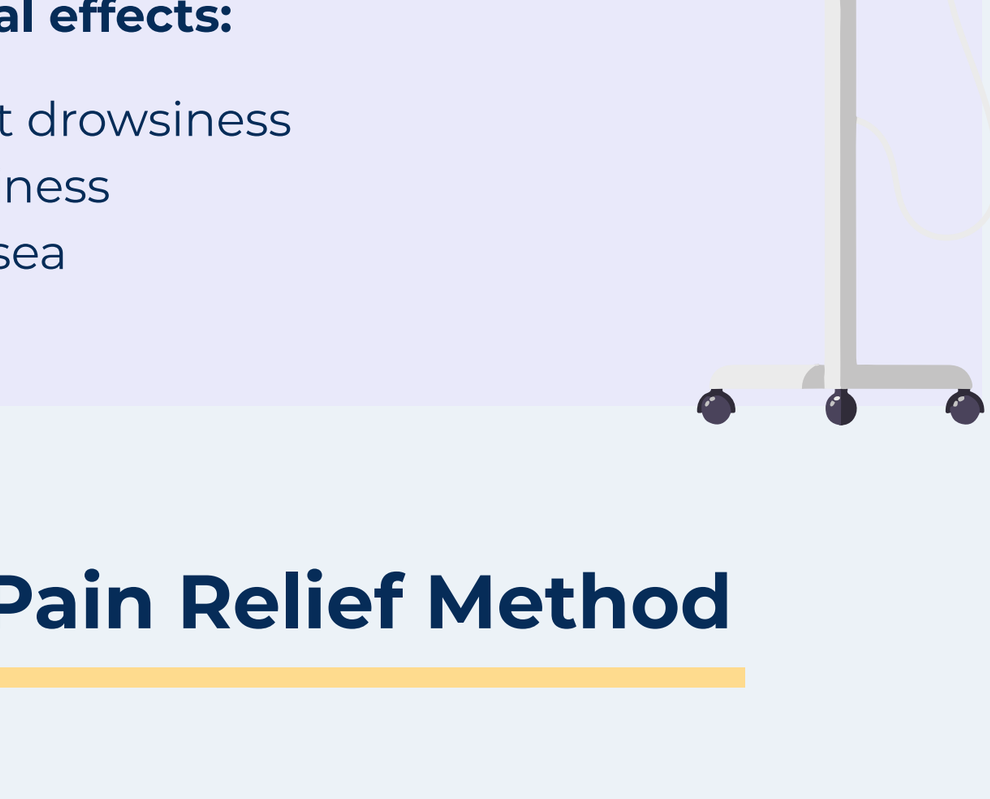
- Light drowsiness
- Dizziness
- Nausea

Factors Influencing the Choice of Pain Relief Method

The decision is based on a comprehensive assessment that includes:

- Mother's wishes and birth plan
- The stage that labor has reached
- Mother's health condition
- Fetal condition
- Medical means are available
- Healthcare team assessment

Flexibility in choice is essential, as needs may change as labor progresses.



Psychological Support During Childbirth



Psychological support is a key element in improving the birth experience and reducing medical interventions.

Forms of support:

- Having a supportive person chosen by the mother
- Positive communication with the medical team
- Explain the procedures before implementing them
- Respecting privacy and wishes
- Providing a quiet and safe environment

What Are the Scientifically Proven Benefits?

- Increased likelihood of natural childbirth
- Enhancing mother's satisfaction with the experience
- Reducing the risk of birth-related psychological trauma
- Reducing stress and anxiety
- Reducing the need for strong painkillers
- Reducing the duration of labor

Direct Care After Childbirth

The first hour after birth is a critical stage known medically as the golden hour, as early interventions affect the health of both mother and child in the short and long term.

Mother's Assessment

Includes:

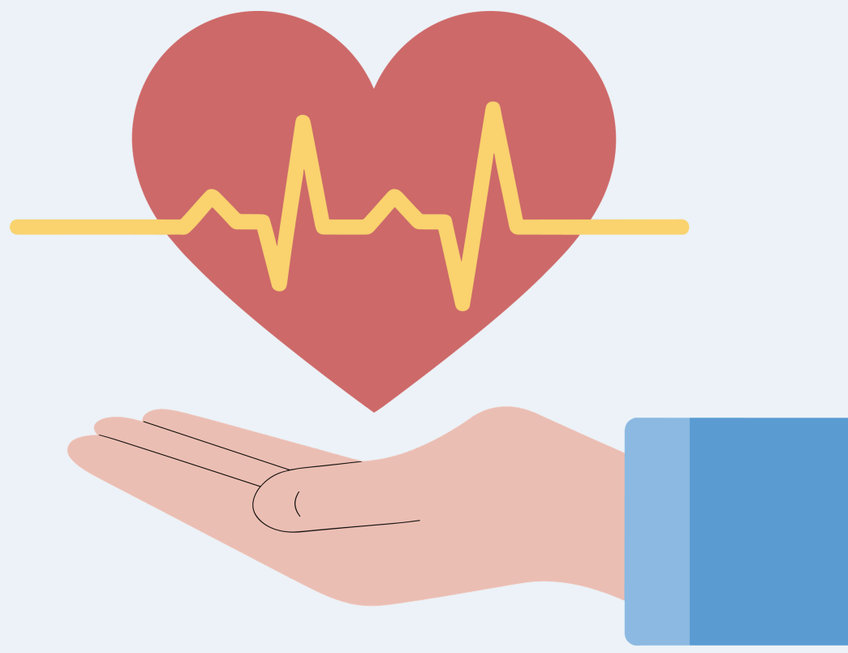
- Measuring vital signs
- Assessing the amount of bleeding
- Uterine contraction test
- Pain monitoring
- Assessing public awareness

The goal: Early detection of bleeding or complications.

Newborn Assessment

It takes place immediately after birth and includes:

- Breathing assessment
- Heart rate
- Skin color
- Neural response
- Measure weight, height, and head circumference
- Comprehensive clinical examination



06

Postpartum Stage

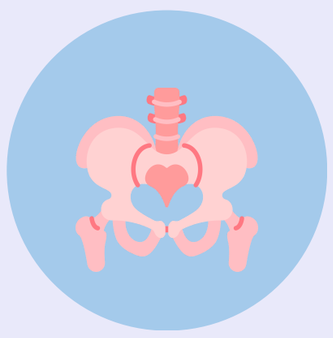
Public Health Services Department

Supporting Maternal Recovery and Promoting Maternal and Child Health After Childbirth

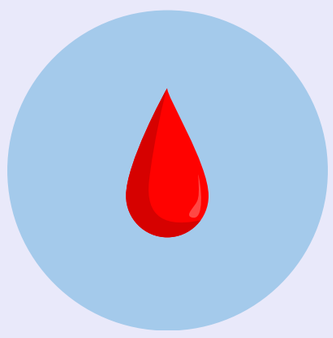
The postpartum period is a sensitive transitional phase that begins immediately after birth and typically lasts up to six weeks, although some physical and psychological changes may persist for several months. During this time, the mother's body undergoes extensive physiological recovery while she adapts psychologically and socially to her new role. Scientific evidence confirms that comprehensive care during this period reduces complications and improves the health of both mother and baby.

Physical Recovery After Childbirth

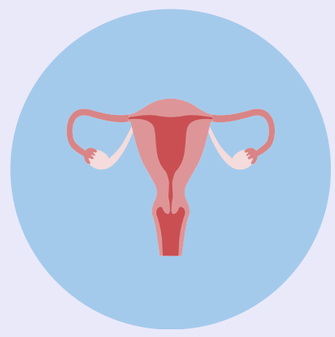
Natural changes include:



Pain in the pelvic area or wound (in a cesarean section or episiotomy)



Discharge of uterine secretions (postpartum bleeding)



The uterus gradually shrinks and returns to its normal size



Swelling of the feet



General fatigue and exhaustion



Breast engorgement in the first few days

Health Recovery Guidelines:

- Get enough rest and avoid strenuous activity.
- Caring for a birth or cesarean section wound
- Maintaining personal hygiene
- A balanced diet rich in iron and protein
- Drink enough fluids



Breastfeeding

Breastfeeding is one of the most important factors in promoting the health of both mother and child. It is not merely a means of feeding, but a complete biological system that provides nutrition, immunity, and psychological protection for the infant. Breast milk is considered the ideal food for the baby because it contains all the nutrients necessary for healthy growth.

The World Health Organization recommends exclusive breastfeeding as the primary source of nutrition for infants from birth until at least six months of age.

Its Benefits For The Child

- It supports brain, neurological, and mental development.
- Provides an ideal temperature, ready for the baby
- Achieves a healthy weight gain (½ – 1 kg per month)

Breastfeeding also reduces the risk of developing:

- Infection
- Anemia
- Digestive disorders
- Allergies
- Asthma
- Diabetes
- Obesity
- Ear infections
- Sudden Infant Death Syndrome

Its Benefits for the Mother

- It helps reduce postpartum bleeding.
- It helps the uterus return to its normal size
- Reduces the risk of breast and ovarian cancer
- It helps with weight loss (consuming about 500 calories per day)
- Reduces the risk of osteoporosis
- It strengthens the psychological bond with the child.

Guidelines for Successful Breastfeeding

- Start within the first hour after birth.
- Ensure the correct position and that the mouth is in contact with the breast.
- Breastfeeding on demand, not on a fixed schedule.
- Avoid pacifiers and bottles in the first few weeks.
- Seek expert breastfeeding advice if you experience difficulty or pain.



Correct Positions for Breastfeeding

Carry the baby in a side-lying position



Carry the baby in a cradle position





Sitting at a 90-degree angle - use the pillow to support the baby's head



Carry the baby in a football position

These positions help to:

- Pain reduction
- Improved adhesion
- Preventing nipple cracking
- Improving milk flow

Signs of proper latching:

- The baby's mouth is wide open
- Lower lip outwards
- A large part of the areola is inside the mouth.
- The mother is not in pain

How Can a Mother Increase Her Milk Production?

If a mother feels that her milk supply is insufficient, the problem may be with the flow rather than the quantity.



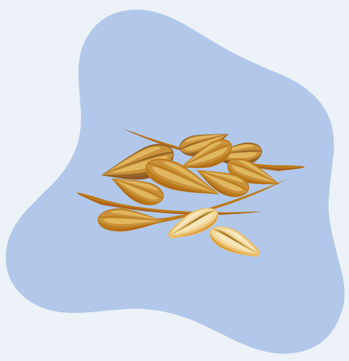
Factors that reduce milk production:

- Tension
- Lack of breastfeeding
- Pain
- Dryness
- Extreme fatigue

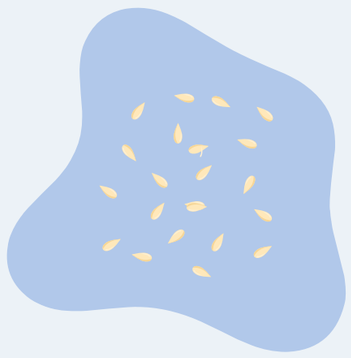
Milk production can be increased by:

- Increase the number of feedings
- Breast massage
- Drink warm beverages
- Relaxation and sufficient sleep

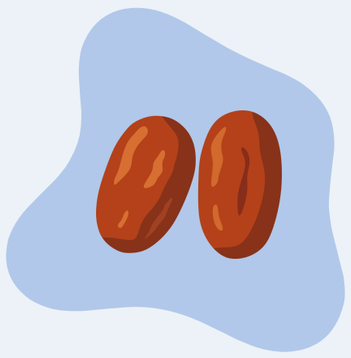
Foods That Increase Milk Production



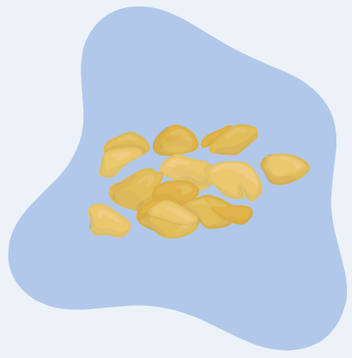
Barley



Sesame



Dates



Fenugreek



Oats

Expressing Milk and Using Pumps

A breast pump is an effective tool to support breastfeeding in multiple situations.



Choosing the Right Pump:

Depends on:

- Number of times used
- Duration of separation from the child
- Mother's comfort
- Suction power

Indications for Use

- Stimulating milk production
- Congestion relief
- Milk storage
- Mother returns to work
- Temporary separation from the child
- Difficulty breastfeeding directly

Best Times for Suction

- Morning (highest milk hormones)
- After each feeding, the goal is to increase production

Professional Tips

- Pumping after breastfeeding to increase milk production
- 15-minute liposuction session for each breast
- Use stimulation mode first, then withdrawal

Indicators of Adequate Milk Supply in Infants

- Dispense 6–8 diapers daily
- Regular weight gain
- Light-colored urine
- Calming the baby after feeding

Indicators of Low Milk Supply in Infants

- Continuous crying after breastfeeding
- No weight gain
- Dark urine
- Excessive drowsiness

Nutritional and Physiological Needs of a Breastfeeding Mother

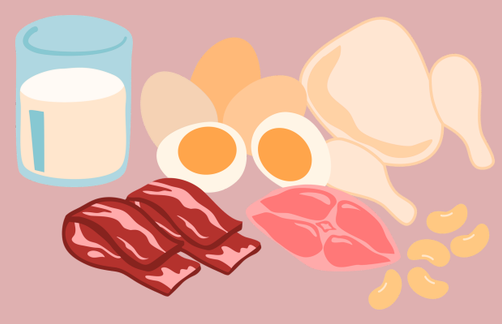
Breastfeeding is a period of high physiological demands—nutritional, hormonal, and psychological—during which the mother's body works to produce complete nutrition for the infant while maintaining her own health. Medical evidence shows that comprehensive care for the breastfeeding mother—nutritional, psychological, and physical—directly impacts milk quality, the child's growth, and the mother's long-term well-being.

Basic Nutritional Requirements

A breastfeeding mother needs an additional 330–400 calories per day to support milk production and compensate for the energy consumed during breastfeeding.

Protein

Essential for producing milk components and building body tissues.
Its sources: meat, eggs, legumes, dairy products





Healthy Fats

It supports the growth of the child's brain and neurological development.
Best sources: fish, nuts, olive oil, avocados

Complex Carbohydrates

A continuous source of energy for the mother.
Its sources: oats, whole grains, potatoes, brown rice





Liquids

Milk production depends largely on the amount of fluids consumed; the recommended amount is 2.5–3 liters per day.

Vitamins and Minerals

Calcium (bone health), iron (prevention of anemia), iodine (child's brain development), vitamin D (immunity), vitamin B12 (nervous system)





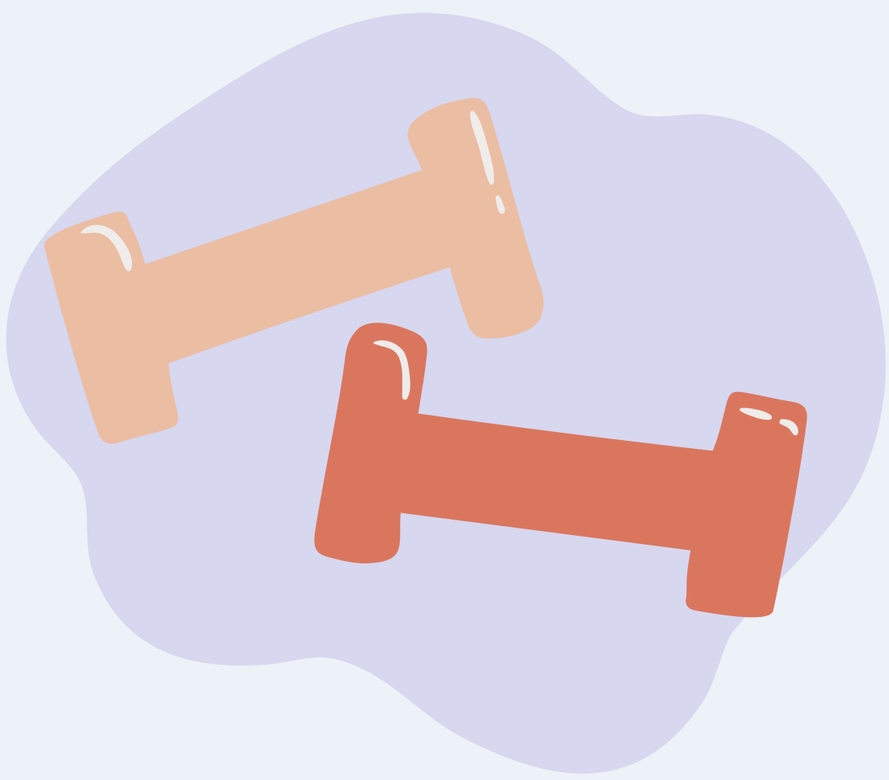
The Ideal Meal

- 3 main meals
- 2–3 snacks
- Daily dietary variety includes all food groups



Caffeine and Stimulants

It is preferable for a breastfeeding mother not to exceed 300 mg of caffeine per day (about 3–4 cups of coffee), as excess may cause irritation or sleep disturbance in the infant.



Physical Activity After Childbirth

- Start with breathing and pelvic floor exercises
- Then a light walk
- Then progressive resistance exercises

⚠️ Strenuous exercise should be avoided until approved by a doctor.

Mental Health of the Breastfeeding Mother

Hormonal changes after childbirth affect mood, and normal symptoms may include:

- Quick crying
- Emotional sensitivity
- Anxiety
- Exhaustion
- Potential disruptions:
- Postpartum blues: common, temporary, and resolves on its own.
- Postpartum depression: lasts more than two weeks and requires evaluation and treatment.



Reproductive Health of Individuals With Chronic Infections

Individuals with certain chronic infectious diseases can live healthy lives and have healthy children, thanks to medical advancements in diagnosis and treatment. This depends primarily on regular medical follow-up, adherence to treatment, and proper pregnancy planning. Comprehensive healthcare also significantly reduces the risk of transmitting the infection to a partner or child.

First: The Importance of Regular Medical Follow-up

Medical follow-up is the cornerstone of managing health conditions and ensuring safe reproductive outcomes.
Includes:

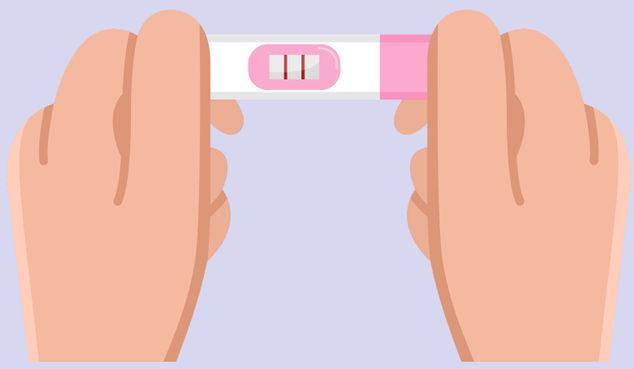
- Adhering strictly and regularly to the prescribed treatment.
- Conducting periodic checkups to monitor viral load and organ function.
- Assessing the response to treatment and adjusting the treatment plan when necessary.
- Early detection of any health complications.



Second: Planning for Pregnancy

Pre-pregnancy planning is an essential step to ensure the safety of the mother and child.
Includes:

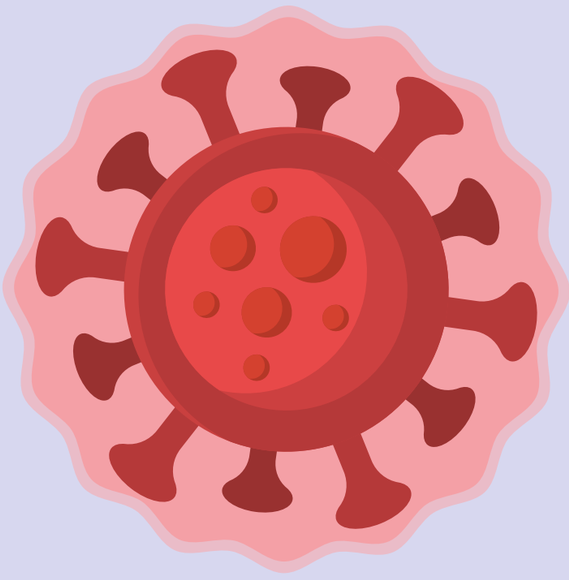
- Consulting a doctor before deciding to get pregnant.
- Assessing general health status and controlling disease.
- Ensuring the stability of the viral status (especially in HIV).
- Reviewing medications and ensuring their suitability for pregnancy.
- Assessing the health status of the partner and take preventive measures.



Third: Preventing the Spread of Infection

Preventive measures:

- Adhering to antiviral treatment.
- Reducing the viral load to undetectable levels (in the case of HIV).
- Following safe practices to protect your partner.
- Adhering to the medical team's instructions during pregnancy and childbirth.



Reproductive Health of Individuals With Chronic Infections

Fourth: Preventing Transmission of Infection from Mother to Child

- Regular treatment during pregnancy.
- Choosing the medically appropriate method of delivery.
- Preventive interventions after childbirth, depending on the case.



Fifth: Care During Pregnancy

A pregnant woman with a chronic infection needs close and specialized monitoring.
Includes:

- Regular follow-up visits with a multidisciplinary team.
- Monitoring viral load, liver function, and immunity.
- Routine pregnancy tests.
- Full adherence to the treatment plan.



Sixth: Care During and After Childbirth

- Choosing the method of delivery based on medical evaluation.
- Taking necessary precautions to reduce transmission of infection.
- Providing a safe and well-equipped medical environment.
- Continuing treatment and medical follow-up.
- Monitoring general health status.
- Psychological and social support.



Seventh: Breastfeeding and Nutrition

Breastfeeding recommendations depend on the type of infection and the patient's health condition:

- In some cases (such as HIV): Breastfeeding may be avoided according to medical advice.
- In other cases (such as hepatitis B and C): breastfeeding may be safe.

⚠ The recommendations of the specialist doctor must be fully adhered to for each individual case.



Your Health is Our Priority

Public Health Services Department

