CONGENITAL PROBLEMS

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Congenital anomalies are also known as birth defects, congenital disorders or congenital malformations congenital anomalies, can be defined as structural or functional anomalies, that occur during intrauterine life and can be identified prenatally at birth, or sometimes many only be detected later in infancy, such as hearing defects.

The aim of study of this problem can include such aspects: to save the largest number of births; developing and strengthening registration and surveillance systems; developing expertise and building capacity; strengthening research and studies on etiology, diagnosis and prevention; pronoting international cooperation.

Factors may include genetic, environnental, socioeconomic and demographic ones, infections, maternal nutritional status. Genetic factors are congenital anomalies, this might be through inherited genes that code for an anomaly, or resulting from sudden changes in genes known as mutation. Environmental factors can include medications, alcohol, tobacco and radiation during pregnancy, that may increase the risk of having a fetus or neonate affected by congenital anomalies. Low-income may be an indirect determinant of congenital anomalies, with a higher frequency among resource, constrained families and countries maternal age is also a risk factor for abnormal intrauterine fetal development, advanced maternal age increase the risk of chromosomal abnormalities, including Down syndrome. Material infections as syphilis and rubella are a significant cause of congenital anomalies in low and middle-income countries.

Maternal folate insufficiency increases the risk of having a baby with a neural tube effect while excessive vitamin A intake may affect the normal development of an embryo or fetus. Preventive public health measures work to decrease the frequency of certain congenital anomalies through the removal of risk factors or the reinforcement of protective factors, important interventions and efforts include ensuring adolescent girls and mothers have a heal they diet including a wide variety of vegetables and fruit, and maintain a healthy weight, ensuring an adequate dietary intake of vitamins and minerals and particularly folic acid in adolescent girls and mothers, ensuring mothers avoid harmful substances, particularly alcohol and tobacco, avoidance of travel by pregnant women to regions experiencing outbreaks of infections known to be associated with congenital anomalies.