

1.2. Promotion of a health pregnancy

Although having a baby at a later age may put the women at higher risk for complications, the majority of older women have healthy babies. Once a woman has educated herself about the potential risks, she can focus on all the things that go with a healthy pregnancy at any age. These include proper nutrition and diet, good prenatal care, and preparation both emotionally and financially for her baby and the care that will be needed.

2. Socio- economic factors



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The issues of poverty, population and development are so closely linked that progress is mutually reinforcing. Poor women who are unable to access family planning services are unable to control the timing of their pregnancies or the numbers of years between children; this in turn limits their ability to participate fully in income generating activities and thereby to reduce poverty. Poverty can affect reproductive health in a number of ways: more limited access to health care during pregnancy, may have inadequate nutrition, or engage in other habits or activities that affect reproductive health. Enabling people to choose their family size will slow the rapid population growth that undermines poverty-reduction efforts in the world's poorest countries.

3. Personal Habits

3.1. Alcohol



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Drinking alcohol during pregnancy can cause physical and mental birth defects in the child. Each year, up to 40,000 babies are born with some degree of alcohol-related damage. Although many women are aware that heavy drinking during pregnancy can cause birth defects, many do not realize that moderate—or even light—drinking also may harm the fetus.

In fact, no level of alcohol use during pregnancy has been proven safe. Therefore, the pregnant women should not drink any alcohol—including beer, wine, wine coolers and hard liquor—throughout their pregnancy and while nursing. In addition, because women often do not know they are pregnant for a few months, women who may be pregnant or those who are attempting to become pregnant should abstain from drinking alcoholic beverages.

When a pregnant woman drinks, alcohol passes swiftly through the placenta to her fetus. In the unborn baby's immature body, alcohol is broken down much more slowly than in an adult's body. As a result, the alcohol level of the baby's blood can be even higher and can remain elevated longer than the level in the mother's blood. This sometimes causes the baby to suffer lifelong damage.

Drinking alcohol during pregnancy can cause a number of birth defects, ranging from mild to severe. These include mental retardation; learning, emotional and behavioral problems; and defects involving the heart, face and other organs. The term "fetal alcohol spectrum disorder" is used to describe the many problems associated with exposure to alcohol before birth. The most severe of these is fetal alcohol syndrome (FAS), a combination of physical and mental birth defects.

Fetal alcohol syndrome (FAS) is a defect that is becoming more widely known. The symptoms are small head and body, a flattened face, distinctive eyes, retarded physical growth, mental retardation, shorter and lighter in weight than normal, heart defects, and poor coordination.

http://www.babycenter.com/0_drinking-alcohol-during-pregnancy_3542.bc?Ad=com.bc.common.AdInfo%402b847905
<http://www.chem-tox.com/pregnancy/alcohol.htm>
<http://www.americanpregnancy.org/pregnancyhealth/alcohol.html>
<http://www.babycentre.co.uk/pregnancy/nutrition/foodsafety/alcohol/>
<http://www.legacyaa.com/articles/pregnancy.htm>
http://www.kidshealth.org/parent/pregnancy_newborn/medical_problems/fas.html

3.2. Cigarette smoking



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