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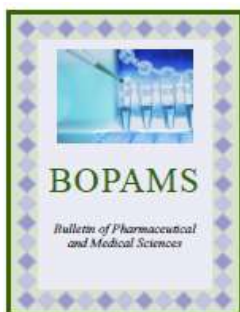
THE EFFECT OF CONTRAINDICATIONS AND BREAST FEEDING ON INFANT MOTHER IN SALH-ADDIN GOVERNORATE

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ABSTRACT

Governorate for the period from 1/9/2016 to 2016/12/30. The questionnaire was distributed to them and included several information on the number of children, the type of breastfeeding and other information attached at the end of the research. .

The survey found that most of the sample was female housewives (178) and 61.3% of the 154 women who used contraceptives (53.10) used breastfeeding as an effective means of contraception, (34.13%), mixed breastfeeding (100%), and (34.48%), the majority of whom were income and the good social level reached 147 (50.68%).

1. Introduction

1.1 Pregnancy

Pregnancy is a physiological and functional phenomenon that is accompanied by an increase in the biological processes in the body with the activity of structural processes and change of hormonal secretions in a manner aimed at stabilizing the fetus within the uterus and the formation of the members of the pregnant women as efficiently as possible, and the estimated duration of pregnancy forty weeks or nine months Lunar and can be as multiple pregnancy In the case of twin twins or triplets and get birth after 38 weeks of fertilization ^[1]. As the World Health Organization stated that normal birth takes place after 37-42 weeks, the pregnancy results from the fertilization process after the formation of fertilized egg Zygote. During pregnancy, women undergo multiple metabolic and hormonal changes. The metabolic processes in the female body are directed to meet the state of conception, including the fetus's needs for the purpose of growth and development until birth ^[2].

The Muslim religion has urged mothers to breastfeed their children as stated in the book of the Holy Quran For most of the Remuneration and reward, the sanctity of breastfeeding is the first right of the child after childbirth Breast feeding is a good and effective way of spacing pregnancy because it is free from the complications associated with the use of birth control pills or uterine syringes or hormonal injections. Breast sucking stimulates the release of Prolactin H. from the frontal lobe of the pituitary gland, Milk from the breast and at the same time reduces hormones secretions of ovulation and ovulation and prevents pregnancy ^[3].

The uterus returns to normal quickly during breastfeeding, because the absorption of the breast leads to the secretion of a hormone from the pituitary called Oxytocin, which in turn leads to constriction of the uterus and return to normal condition and otherwise for the uterus and uterine infection and menstrual fever ^[4].

Breast-feeding is a natural contraception and is a contraceptive-free method that comes with contraceptive pills, syringes or injections. This method is certain because sucking the breast nipple stimulates

the secretion of the hormone prolactin from the frontal lobe of the pituitary gland and this increases the secretion of the hormones of the ovary and thus do not get ovulation (ovulation) and prevent the occurrence of pregnancy^[5]

Birth control or birth spacing is an important factor in determining and estimating infant mortality and maternal morbidity because it is related to the age of the mother.

Family planning gives the couple the opportunity to control the timing of childbearing and birth spacing, which means giving greater attention to the value of the newborn mother and child together^[6].

Of the medically stable information that spacing the interval between birth and another period of not less than two years and avoid pregnancy before the age of 18 years or after 40 years two factors help to maintain the health of the mother and the birth of healthy children and spacing birth gives the mother a greater chance to care for her child and raise a healthy origin (Physically and mentally) before the birth of a new child^[7,6].

1.2 Contraception contraceptive

It is a way to prevent fertilization of the egg in the female by means of a sperm. It prevents the cultivation of fertilized eggs and helps married couples organize family and childbearing. There are several methods of contraception which are of two types of hormonal and non-hormonal methods. Contraception was not known, and despite the discovery that ovarian extract reduced fertility in laboratory animals in 1930, contraceptives were not marketed until 1960.^[8] Currently, about 78 million women worldwide use oral contraceptives, 16 million use contraceptives, and 220 million use hormonal methods in general.^[9] Hormonal contraceptives are drugs that depend on their effect on pregnancy hormones, increasing the concentration of estrogen and progesterone, as during pregnancy, and thus preventing ovulation.

Since the introduction of hormonal contraceptives has been accepted and popular because:

- High efficiency
- Easy to use
- Easy to stop
- The speed of fertility return after it has stopped
- Beneficial effects on menstrual cycle^[11]

Study Objective Aim of the study

The study aims to find out

- I. Use of breastfeeding as a means of contraception
- II. The influence of other factors such as the use of birth control pills and social factors.

2. Method of conducting research

A random sample of 290 primary health care centers was surveyed in **Salh-Addin** governorate from the different governorates of 1/9/2016 till 2016/12/30 through a questionnaire which included several information related to the social level, type of feeding, type of inhibitor used and associated with research. Last.

The samples included 15 to 43 years of age and those who had one or more children. Then, the social level of the families was determined, as well as the preferred type of inhibitor such as milk, hormonal injections, Contraceptive pills, etc.

All data were collected through the personal interview and assistance was provided to them by clarifying the unintelligible data and filling out the special form. These results were analyzed and the expertise of the specialists with experience in the field of specialization and the use of their expertise in analyzing the results obtained were used.

3. Results and discussion

Table (1) shows that out of a total of 290 cases, 178 were (61.3%) and the rest 112 (38.6%) are workers in different areas of life. This means that there is an urgent need to carry out awareness and cultural campaigns to raise awareness about breast feeding Contraception for the future to spend long time in their work and busy outside the home for periods of time, causing them to resort to breastfeeding as an alternative

method of breastfeeding, especially during the day for their absence from home and remain breastfeeding only used during the night

Table 1: Percentage of housewives of the sample taken

Occupation	Number (repetition)	Percentages
Work outside the house (employee)	112	38.6
Housewife	178	61.3
Total	290	%100

Table 2: Percentage of the use of breastfeeding in contraceptive

Prevention period	Breast feeding		Industrial feeding		Mixed breastfeeding		Total
	number	%	number	%	number	%	
Year	24	24.2	15	41.6	32	20.6	71
Two years	51	51	11	30.5	67	34.2	129
More than 3 years	24	24.2	10	27.7	56	36.1	90
Total	99	99.4	36	99.8	155	99.9	290

X=10.893

DF=8

P<0.01

Table (2) shows the relationship between breastfeeding and birth control or pregnancy spacing. The majority of those using mixed feeding (155.9 per cent) and breastfeeding can play a role in contraception. This confirms that the female hormones (estrogen and progesterone) effect and the role of regulation and stimulation of endocrine in the secretion of milk and prevent the occurrence of pregnancy and have the greatest impact on the activation of these glands and growth in the stages of life, especially in adulthood and when analyzing the table, we find that the extracted value of laboratories (Ca (10,893) is the freedom that has the greatest impact on family planning and Jassim (2009), where the vast majority of mothers have used breastfeeding, and breastfeeding has a role in birth control and family planning.

Placental resection leads to a sudden drop in the level of estrogen and progesterone in the body of the psyche, which causes milk derivation and that the secretion of milk does not occur during pregnancy due to the opposite of these hormones for the effect of prolactin and corticosteroids.

The persistence of milk and the duration of the milk is subject to the reflex of sucking and lactation. This reflex leads to the release of the extractor of the hind pituitary oxytocin, which stimulates the role of the contraction of the muscle fibers surrounding the larynx and its ducts, and thus the milk, which increases the intensity of this reflex, crying the child and discouraging fear.

The baby's feeding leads to alerting sensors or nerve endings in the breast follicles, which transmit the signal to the posterior lobe of the pituitary gland, which in turn secrete the hormone oxytocin in the blood, where this hormone reaches the milk glands, and it contracts to pump the milk behind the halo of the breast. The nipple by touching and making it straight, which facilitates the flow of milk to the baby's mouth when feeding

The hormone prolactin begins work immediately after birth and is the basis for the continuation of the process of breastfeeding and milk production^[14]

As increased fears of the effects of hormonal contraceptives on breastfeeding and infants, health has recommendations for such methods and led to recommendations by organizations such as the World Health Organization and the US Centers for Disease Control and Prevention generally agree that the start of giving hormonal contraceptives containing estrogen Should be delayed for 3-6 weeks after birth depending on the medical risk factors of the woman.^[17,16,15]

Table 3: Contraindications in the sample taken

Prevention period	Use a contraceptive	%	Do not use a contraceptive	%	Total
Year	19	12.3	52	38.2	71
Two years	72	46.7	58	42.6	130
More than 3 years	63	40.9	26	19.1	89
Total	154	99.9	136	99.9	290

X = 31.231

DF=5

P<0.01

Table (3) shows the relationship between the use of contraception and birth control. The majority of those who use contraceptive pills 154 (99.9%). This confirms the foregoing that these pills contain progesterone and estrogen, which do the opposite action on the frontal lobe of the pituitary gland By preventing the secretion of prolactin and therefore is considered an effective method for more than two years or more.

The analysis of the table, we find that the value extracted 31.231 is higher than the value of 20.090 for Ca coefficient of freedom degree 5, which means that there is a significant difference between the use of contraceptives and their positive effect in the spacing of pregnancy and childbirth. Most of the medicines that the breastfeeding woman consumes with milk and affects their secretion Many factors, including the density of the drug from the serum and the amount of protein, protein and (PH) milk and plasma and fat dissolution and finally its atomic weight does not exceed the amounts of medicines in milk in general than in the serum of nursing so the amounts of treatment that the infant digested with milk is usually few Edo Its advisable not to use by breastfeeding for fear of its impact on the mother and baby, including birth control pills that contain both two Hormone (estrogen and progesterone), which is clearly affecting the occurrence of reproduction and lead to a few in milk yield ^[18].

Taking contraceptive contraceptives presents the mother with health risks and it is best not to resort to further contraceptives. Consult your doctor by the family planning center. This center provides a greater opportunity to control the timing of starting births, the number of children, the time interval between pregnancy and pregnancy, and the date of ovulation. ^[19] Several studies have discussed the risks of using progesterone / estrogen contraceptives since 1980, as these hormones were given at high doses and caused significant effects such as fat with drawal, nausea, headache, weight gain, coagulation Blood thrombolytic and heart attack Ischemic diseases and with the reduction of Estradiol and progesterone in doses of contraceptives has become these effects do not notice only in women over the age of 35, as well as women smokers ^[20].

Table 4: Effect of the social level on birth control

Prevention period	Social level above the good		good		Medium		Total
	number	%	number	%	number	%	
Year	7	19.4	31	21.0	32	29.9	70
Two years	15	41.6	66	44.8	49	45.7	130
More than 3 years	14	38.8	50	34.0	26	24.2	90
Total	36	99.8	147	99.8	107	99.8	290

X=5.173

DF=8

Table (4) shows the relationship between breastfeeding and the social level by analyzing the table statistically. There are no significant differences. The results showed that the extracted value is less than the value of the table. This does not match the 1999 study which confirmed that family income The study does not match the study of Jassim (2009), where he showed in his study that mothers with a high social level are those with little children and the interval between them is very long and that the spacing of the interval between a child and another is longer than it is For mothers with average social level or weak [22]

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اثر استعمال موانع الحمل والرضاعة الطبيعية على الام الرضيع في محافظة صلاح الدين

الخلاصة:

تم جمع عينة عشوائية من 290 مراجعة لمراكز الرعاية الصحية الاولى في محافظة صلاح الدين للمدة من 1/9/2016 وحتى 30/12/2016 وذلك عن طريق استمارة الاستبيان وزعت لهن وشملت عدة معلومات عن عدد الاطفال ونوع الرضاعة وغيرها من المعلومات المرفقة في نهاية البحث.

ولقد تبين من خلال الاستبيان ان معظم العينة كانت من ربات البيوت حيث بلغ عددها (178) وشكلت نسبة قدرها 61.3% من اللواتي يستعملن موانع حمليه والبالغ عددها 154 وشكلت نسبة مئوية (53.10) تستعمل الرضاعة الطبيعية كوسيلة فعالة لمنع الحمل حيث بلغ عددهن (99) او نسبة (34.13 %) والرضاعة المختلطة حيث بلغ عددهن (100) وبنسبة (34.48 %) وكانت معظمهن من ذوات الدخل والمستوى الاجتماعي الجيد بلغ عددهن 147 وبنسبة (50.68%).

Questionnaire form

The name:

Marital Status

Number of Children The type of breastfeeding is :

Natural

artificial

mixed

Time period between one child and another

1 year

2- Two years

3- More than three years

Do you use contraceptives: -

Yes

No

If your answer is yes, what are the types of contraindications?

1- intrauterine device

2- needles

3- Contraception pills

Cultural level:

Housewife

employee

Social level: average

good

above the good