

Filippova R.D, Stepanova N.R., Nikiforova V.N.

**The structure of extragenital pathology in pregnant women: (data of the Antenatal clinic RHN<sup>№1</sup>-NCM MH RS (Y))**

There was studied the structure of extragenital pathology of pregnant women on the basis of women's consultation of Perinatal center State Inst. MofH RofS(Yakutia) « RHN<sup>№1</sup>- NCM» for the year 2012. The presence of extragenital pathology of pregnant women is a major factor of the high risk of maternal mortality. Most women (90%) have two or more of extragenital pathology simultaneously. In the structure of extragenital pathology of pregnant women the first place take urinary system diseases, 2nd place - diseases of the cardiovascular system, 3rd place - diseases of the hematopoietic system. Diseases of the cardiovascular system are the lead indications for terminate pregnancy. In this work shown necessity for more effective collaboration of gynecologists, general practitioners and specialists of narrow specialization to identify women who are at high risk of perinatal pathology, the forecasting of carrying pregnancy and timely decision on the prolongation and tactics of waging.

**Keywords:** pregnancy, extragenital pathology, pathology of internal organs.

**Introduction**

An important part of modern obstetrics to reduce maternal and perinatal mortality is to identify pregnant women who are at high risk of perinatal pathology. One of the main factors of high-risk is the presence of extragenital pathology.

On separate epidemiological studies from 50 to 82% of pregnant women have chronic diseases of internal organs, 60% during pregnancy (at height of tension of adaptation mechanisms) are suffer acute diseases of the internal organs.

The development of high-tech medical care contributed to the formation of groups of women with severe pathology of internal organs.

The introduction of state support for families by the program "Mother's capital" has increased the age criterion of pregnant women [1-6].

**The purpose of the study** – to study the structure of extragenital pathology of pregnant women.

**Materials and methods**

Extragenital pathology of pregnant women has been studied on the basis of women's consultation of perinatal center State Inst. MofH RofS(Yakutia) «NMC-RHN<sup>№1</sup>» for the year 2012.

Pregnant women are examination by therapist at primary turnout to the women's consultation clinic for the detection and evaluation of extragenital pathology, decision on the possibility of pregnancy prolongation and conducting pregnancy tactics.

**Results and reasoning**

In 2012 were examined 1150 pregnant women, of them 931(81%) women from villages. By age criterion patients were distributed follows: 21 to 30 years (58.3%) most often approached to the women's consultation clinic with extragenital pathology of pregnancy, on the second place women from 31 to 40 years (29.4%), on the third place later reproductive age women (over 41 years - 3.1%).

For 2012 were examined 18 young 18 year old primigravidas (in 2011 – 11 people):

### Structure of extragenital pathology of pregnant women.

In the dynamics of two years (2011 - 2012) has been observed an increase of extragenital pathology of pregnant women at 15,2%. Most pregnant women (90%) have two or more of extragenital pathology simultaneously.

By the frequency of occurrence of extragenital pathology of pregnant women take the first place in 2011-2012 urinary system diseases - 18.6%, of them in 753 cases pregnant women suffered by chronic and gestational pyelonephritis. From all diseases of the urinary tract 1.3% is glomerulonephritis [3,4,6], which impair the prognosis of pregnancy. During the accounting year, recorded 2 cases of chronic renal insufficiency in pregnant women, which is an absolute indication for termination of pregnancy [3,4,6].

The second place belongs to diseases of the circulatory system - 16.1%, the largest percentage of them falls on vegetative-vascular dystonia - 47.7%. Using the echocardiography in surveys of pregnant helps to identify small anomalies of the heart to 22.5%, congenital heart defects - 3.8%.

Hypertonic disease aggravates during pregnancy of women and amounts to 9.3% of all heart diseases [2,4,5,6]. In 2012, there was an increase the number in pregnant women with hypertension stage 3 from 1.2% (2011) to 3.5%.

During the accounting year were examined 28 women with the operated heart of congenital heart defects. Congenital heart defects are increase the percentage of cardiovascular complications and are the most common indications for termination pregnancy for medical reasons [4,5,6].

Diseases of the blood are in third place (12.9%). From all blood diseases 97% is anemia during pregnancy. In 2012 at 6 pregnant detected severe anemia.

Each year a few cases of pregnancy of women with disorders of hemostasis are registered: in 2012 - pregnancy with thrombophilia due to deficiency of antithrombin III, state after occlusive thrombosis of the right axillary vein from 02/08/2011, Rh negative blood affiliation, are the absolute indication for termination of pregnancy by medical reasons [4,6]. But given the categorical rejection from termination of pregnancy the woman is continued to childbearing under strict dynamic observation of obstetrician-gynecologists and hematologists.

Endocrine system diseases are amount 11.5%. In 2012 was the largest number of women with diabetes - 22 (in 2011 – only 6 pregnant women), the level of detection of gestational diabetes remains at the same level each year - 4 cases (in 2011 - 3 cases). Also marked the growth of women with obesity number (in 2011 - 47 person, in 2012 - 94 people).

Diseases of the digestive system have the high percentage (12.7%), the share of chronic viral hepatitis account for 10.4% of all digestive diseases in pregnant women.

The share of respiratory diseases account for 12,4%. In the accounting year there was noted an increase in the level of acute respiratory diseases from 14.5% to 18.4% of all respiratory diseases of pregnant women.

#### Conclusions:

- Every year there is a growth of the detection of extragenital pathology of pregnant women, which is directly proportional to the age of pregnant women, 90% of pregnant women have 2 or more extragenital pathology simultaneously;

- In the structure of extragenital pathology of pregnant the first place takes urinary system diseases, 2nd place - diseases of the cardiovascular system, 3rd place - diseases of the hematopoietic system;

- Pregnancy of women of later reproductive age is account 3.1%, which was the result of the introduction of the National project and the use of "Mother's capital" and other social benefits for the improvement of material and living conditions;

- Decompensated diseases of cardiovascular system are the lead indication for termination of pregnancy (in 2012 - nine women were offered termination of pregnancy for medical reasons);

- The continued relevance of the medical and social problems for the prevention of teen



pregnancy: lack of knowledge about the physiology of the human reproductive system, lack installation on family and child-bearing, accidental pregnancy;

- it is necessary to activate the work classrooms of family planning; to organize the succession of children's and adult outpatient services at the primary level; increase the efficiency of collaborative therapy and obstetrics of women with extragenital pathology and the formation of high-risk groups of women of childbearing age, the forecasting of carrying pregnancy and timely decision on the prolongation and tactics of waging.

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## The authors:

### Perinatal Center of GBU Republican Hospital № 1-NCM MH Sakha (Yakutia) Republic:

Filippova Rosa Dmitrievna - Ph.D., Director, Head of Department of Medical Institute NEFU named after M.K. Ammosov, [rosafilipp@mail.ru](mailto:rosafilipp@mail.ru);

Stepanova Natalia Revol'evna - MD, Head of Antenatal clinic;

Nikiforova Varvara Nikolaevna- the doctor therapist of Antenatal clinic.