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**THE INFLUENCE OF HYPOKANISIA ON THE OCCURRENCE OF COMPLICATIONS OF THE FIRST HALF OF PREGNANCY**

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**Introduction.** Negative population growth in the world determines the struggle of obstetrician-gynecologists for every pregnancy, the end of which should be the birth of a healthy fetus. Based on the above, factors that have a negative effect on the course of the gestational process are studied and the search for ways to overcome the complications that result from them is performed.

**Aim.** The purpose of the research was to study the effect of limiting the volume of muscle activity on the course of the first half of pregnancy of women who have been exposed to this factor for a long time.

**Materials and methods.** The analysis of exchange cards of 50 pregnant women who were in conditions of hypokinesia, 8 hours a day during five years (group 1) and 50 pregnant women, leading a way of life with the usual volume of muscle activity (group 2) was made. The age of women was 23-25 years old. Groups of pregnant women were identical in terms of anamnestic indicators and social status. The menstrual cycle of the patients of the observation groups was characterized by regularity, lasting 27-31 days with a mild painless 5-6 day menstrual bleeding. Among the women surveyed there were both women with the first pregnancy, and re-pregnant with one physiological birth in the anamnesis, and gynecological diseases in both groups were represented by one or two episodes of colpitis of mycotic etiology. All pregnant women had no chronic infections of genital and extragenital etiology, endocrine disorders and adhesive process of the pelvic organs, which could significantly affect the course of pregnancy. The present pregnancy in the observation groups occurred within six months of a regular sexual life without the use of contraceptives.

**Results.** The results of the study showed that 35 women with hypokinesia (70%) of the pathological course of the first half of pregnancy was observed, and women with the usual volume of muscle activity, the pathology of the first half of the gestation process was detected in 15 cases (30%). Among the main types of violations were the threat of miscarriage at the gestation period of up to 15 weeks, noted of 22 pregnant women of the main group (44%) and in 10 - control (20%). Hypochromic anemia of the second degree was recorded 15 cases among women with hypokinesia (30%) and the patients with a usual volume of muscle activity (10%). Candidomycosis, which caused inflammation of the vaginal mucosa, was detected among 7 pregnant women of the 1st group (14%) and among 3 in the second (6%).

The combination of several types of complications of the first half of pregnancy was detected among 10 pregnant women with hypokinesia (20%) and only one patient was found with a usual volume of muscle activity (2%).

**Conclusion.** Thus, the prolonged limitation of the volume of muscle activity has a significant effect on the course of the first half of pregnancy, causing the occurrence of a complex of complications.

The main type of pathology when this factor affects a woman is an early termination that is a threat of miscarriage.