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Women's health in Sudan

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Abstract

Speaking of a woman's health is usually from the perspective of the reproductive health which it supposedly starts at the 3rd quarter of a woman's life (which is from age 21 to age 40). However, generally in Africa a woman's reproductive life can start much earlier which is unfortunate for sure, in the medical field we calculate the development of a Country's medical and economic status mainly through a woman's maternal health care and the mortality rate during normal labour, and sadly enough Sudan has a very high rate as it's more localized at the rural areas around the Capital of Sudan Khartoum and this is all related again to the low economic status which impacts directly the efficiency of the medical team, such as a faraway separated area would definitely face difficulties to use the proper diagnostic procedures, also another main reason for this dilemma is the absent awareness when it comes about educating the woman herself and to describe to her the crucial need for regular antenatal care or a weekly checkups, as at this level a woman should be educated about pregnancy and conceiving even before she would step into such a decision. Another side I must discuss when it comes about a woman's health is that they keep giving birth in the regions which are affected by war still. Lastly, that was enough to explain the maternal mortality rate is actually multi-reasons.

Keywords: Reproductive; Maternal; Pregnancy; Medical; Mortality