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Fetal Malformations (Microcephaly) in Newborns in the City of Basra

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Abstract

This is a comprehensive and detailed description of a rare neurological disorder that results in microcephaly in infants, causing incomplete brain growth and development. It can occur during pregnancy while the fetus is in the mother's womb or during the early years after birth, often due to genetic changes from either a recessive or dominant gene affecting the fetus. Research aims to understand the causes, symptoms, treatment, and prevention of microaly.

Microcephaly can result from brain injury during growth, genetic or acquired factors post-birth like oxygen deficiency, infections such as measles, Zika virus, cytomegalovirus (CMV), malnutrition, severe hunger, endocrine gland problems, genetic changes, diseases like diabetes, meningitis, smoking, among other influences affecting fetal head growth.

Treatment focuses on helping affected children with intellectual disabilities reach their full potential in education, social skills, and overall development. Prevention methods include consuming nutrient-rich foods, avoiding factors that hinder fetal growth, and maintaining good health practices. Unfortunately, there is no cure for microcephaly, so medical attention involves managing treatable symptoms, aiding the child's mental and behavioral development, abstaining from known causes, and adhering to preventive health measures and growth-promoting foods.

The main goal of this research is to identify the causes leading to microcephaly and to understand how to avoid these factors that result in deformities. Prevention methods involve abstaining from smoking, avoiding drug and alcohol use, ensuring proper nutrition, and obtaining essential vitamins for pregnant women such as zinc, calcium, iron, and other important nutrients. Oxygen deficiency, excessive sun exposure leading to accelerated heart rates, causing fetal harm, as well as preventing infections and viruses that can result in fetal deformities such as microcephaly, are also crucial. Furthermore, prompt treatment for any illness is essential, as well as using insect repellents in densely wooded areas or regions known for mosquitoes to prevent diseases.

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