

How chances of disability can be minimized before pregnancy?

There are certain general preventive measures that can be adopted before birth or even before planning the child, so as to minimize the chances of since birth disability, such as:

- To avoid hereditary disorders, marriages must be avoided between very close relations like uncle, niece, cousin and others.
- The pregnancies must be avoided before and after 18 and 35 years of age respectively.

In case of issues namely mother having diabetes, RH negative blood type, incidences of birth defects in family, or difficulty in conceiving or series of miscarriages, still births, twins, obstructed labour, prolonged labour, severe bleeding in previous pregnancy, doctors must be consulted before pregnancy.