

TORCH INFECTION: DANGER FOR PREGNANT WOMEN, PERIOD OF EXAMINATION

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<https://doi.org/10.5281/zenodo.7632262>

***Abstract.** Pregnancy planning brings a lot of problems to every woman. This is the beginning of pregnancy and deep preparation for having a child. Trust your body, your developing baby, and your doctor. And, of course, the health of your future child depends more on you. You can easily avoid many dangers - heat, cold, alcohol, cigarette smoke... right? But what if the threat is invisible?*

***Keywords:** what is TORCH infection, how dangerous are TORCH infections, when should you be examined, comment on the results of blood analysis for TORCH infection.*

WHAT IS TORCH INFECTION?

The abbreviation T.O.R.C.H. appeared from the first letters of the most dangerous infections for the fetus:

T — toxoplasmosis

Transmission of toxoplasmosis usually occurs from cats (in contact with their filth), contaminated water, lack of personal hygiene and the use of semi-raw meat for food. Toxoplasmosis can pass without symptoms and terminate pregnancy in early stages.

O (other) — other infections (hepatitis B, syphilis, chlamydia, other infections caused by various viruses and bacteria)

These infections can be asymptomatic, but they pose a serious risk to the fetus. For example, when a pregnant woman has a chlamydial infection, the baby may be born prematurely.

R — rubella

It is a viral disease, which is often transmitted to a healthy person through the patient's sneezes and coughs. If a pregnant woman is infected with rubella, this infection can seriously harm the fetus. Therefore, when planning pregnancy, you should analyze the presence of immunity against rubella, even if you were not vaccinated against measles in childhood.

C (cytomegalia) — cytomegalovirus infection

Most people infected with cytomegalovirus are infected without even realizing it. This infection is especially important during pregnancy. It is one of the reasons for the termination of pregnancy and premature birth of the baby, as well as serious defects in the development of the brain, lungs, liver and eyes. Cytomegalovirus can be transmitted through blood, through breastfeeding and sexually.

H (herpes) — I-II, III type herpes

The causative agent of the disease is simple herpes virus of I and II types. Type III of the virus is sexually transmitted. After infection, the virus remains in the human body for the whole life.

HOW DANGEROUS ARE TORCH INFECTIONS??

Primary infection with one of the groups belonging to TORCH infection during pregnancy is dangerous. That is, if immunity against this type of infection is not developed. The presence of

TORCH infection in a pregnant woman can cause termination of pregnancy at any time. Also, in acute infection, the risk of developing defects in the fetus is higher than in chronic infection.

WHEN TO BE EXAMINED??

It is necessary to undergo examinations 2-3 months before planning pregnancy and every 2 months during pregnancy (monitoring of infections against which the woman's body does not have antibodies). Also, it is mandatory to check for rubella virus at 16-18 weeks of pregnancy. Detection of TORCH infection before pregnancy allows to carry out therapeutic (treatment) or prophylactic (preventive) measures, as well as it is necessary to compare the results during pregnancy and before pregnancy in the future.

A laboratory test for TORCH infection clarifies the situation

An important feature of TORCH infections is that there may be no symptoms or they may be imperceptible, so diagnosis based only on clinical manifestations (rash, fever, etc.) often leads to difficulties. TORCH is the most accurate method for detecting infection in the laboratory, which is aimed at studying the presence of immunoglobulins in the blood.

Preparation for analysis:

Blood is given on an empty stomach;

Antibiotics and antiviral drugs should not be used 3 weeks before the tests.

After receiving the results of the study, consult your doctor.

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