

Baby Fever: Mothering a Cause

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Abstract

From unicellular organism to human every one reproduces; this is natural. We have been designed to reproduce; there are distinct advantages to reproduce especially to women. There is a physiological urge to conceive in every woman at least once in their life time. Pregnant women are considered to be a special population group due to their specific susceptibility and resistibility to some diseases because of the unique 'immunological' condition and changed hormonal milieu caused by pregnancy.

Key words: pregnancy; hormonal milieu; immunity; cancer and moods

Introduction

Humans one or other time is destined to experience baby fever. Babies have an undeniable charm that universally draws people in. The influx of emotions from being around a baby can spark our instincts to reproduce. Many chalk up the need to procreate as our natural instinct, while others swear it is a societal construct. Regardless of the reason, are we all destined to suffer from baby fever at some point in our lives, however, little is known about the actual reasons that motivate one to have a child. [1]. Recent studies have now found that men, too, can catch this baby fever urge. [2]. In recent years due to birth control technologies, the drive for children may innately exist, the actual decision is influenced by when baby longing occurs for men and women [3].

For women, baby fever is an emotional decision whether to have baby or not; comes down to a combination of emotion, timing and biological instinct. As she gets older often alter her initial desires. (Mothering a cause [4]. The results of the study found that women who say they don't want to have children are far more likely to not have kids than women who do expect to have a child. For other women, socioeconomic factors and career aspirations also influenced when they decided to have kids. Perhaps this is because, as the study explains, a woman's longing for a child typically shapes when a couple decides to have children. Men were also found to be less likely than women to have a child despite longing to have a baby.

A study exploring men's desire to have children found that every third man has their first longing only while already trying to conceive a child [5]. During childbearing age the women will have advantages; The average woman's reproductive years are between ages 12 and 51. After this fertility naturally declines as one gets older, this could make it harder for the woman to conceive [6,7]. After the first menstruation, the woman's body is entitled to avail of "pregnancy perks"

Lower risk of breast and other cancers

Studies showed that the health benefits of pregnancy and breastfeeding both can lower a woman's risk of breast cancer. There are two reasons First, more pregnancies mean fewer periods, which in turn limit the exposure to estrogen and progesterone. These two hormones are produced by the ovaries, stimulate cell growth and can increase a woman's risk of breast cancer [7,8]. Second, the changes that breast cells undergo during pregnancy and breastfeeding may make them more resistant to transforming into cancer cells. Pregnancy's protective benefit diminishes by the time you hit 30, which is why older moms are urged to breastfeed for as long as possible so they can take advantage of the breast cancer protection nursing provides.

Lowering your breast cancer risk isn't the only cancer-fighting benefit to having kids. The hormonal shifts that occur during pregnancy and breastfeeding also protect against ovarian and endometrial cancer, and the more full-term pregnancies have, the greater the benefit [9]. Scientists are investigating how carrying a baby can reduce a woman's risk of other cancers too. But don't feel as if you need to have lots of babies to maximize your health benefits. The best ways to lower your risk of cancer remain the same: Don't smoke and avoid second hand smoke, exercise regularly, eat a healthy diet (including plenty of veggies) and keep drinking to a minimum.

Better sex

Pregnancy hormones are responsible for some pretty miserable symptoms, including bloating, heartburn, weird skin rashes and excess facial hair. But there's one side effect that ought to make you smile: Testosterone and estrogen, sex hormones produced by your baby-to-be, and progesterone, which your body ramps up during pregnancy, might just boost your sex drive. [10].

And during the first and second trimesters, all that extra blood flow pumps up your pelvic region, making it feel more sensitive — which may make it easier for you to reach orgasm.

Although the pleasures of lovemaking can fall off in the first few months of mamahood (when breastfeeding hormones, lack of sleep and baby-care duties take their toll on your libido) doing your Kegels can help keep the blood flowing down there. Do them everywhere, day and night (and don't forget to do them when you're doing "it" too).

Reduced risk of Multiple sclerosis

Multiple sclerosis, which affects the nerve cells in the brain and spinal cord, may be on the rise — in part, experts think because many women have fewer kids. But having a baby cuts your risk of developing this autoimmune disorder in half, according to a small Australian study. And each pregnancy offered even more protection, with mothers of four or more kids slashing their risk by an astonishing 95 percent. [11]. During pregnancy, a woman's immune system adjusts to avoid attacking the baby, and experts think this lower immune activity may reduce the inflammation that causes nerve damage. After childbirth, some of your baby's cells remain in your body and may keep immune-system activity — and MS risk — down. Although doctors used to advise women with MS not to have babies, they now believe pregnancy actually reduces the risk of a relapse.

A lower risk of stroke

Stroke is a leading cause of death in women in the U.S., but one study found that postmenopausal women who breastfed were less likely to have a stroke than those who never breastfed. In fact, breastfeeding just one baby for at least six months can lower your risk of heart disease, as well as diabetes and high blood pressure.

One theory: The oxytocin released during nursing may have heart-healthy properties that ward off stroke. [12].

A boost in mood

Pregnancy might be a hormone-powered roller-coaster ride of emotions, but once you become a mom those moods tend to stabilize — at least after the first few weeks (and if they don't, check in with the doctor, who may screen you for postpartum depression). But you're also likely to feel surges of love and other good feelings whenever you hold or nurse your little one, thanks to the hormone oxytocin, which plays a big role during bonding. The takeaway: The perks of pregnancy and motherhood will continue for years to come. [13-15].

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