

## THE IMPACT OF PRE-MARITAL MEDICAL EXAMINATION ON YOUTH REPRODUCTIVE HEALTH

Tashkent State Medical University Termez Branch

2 nd-year student of the Treatment Faculty

**Mahmudova E'zoza Jasur qizi**

[ezozamaxmudova1007@gmail.com](mailto:ezozamaxmudova1007@gmail.com)

### Abstract

The article analyzes the essence, purpose, and practice of the pre-marital (preconception) medical examination system established by law in the Republic of Uzbekistan. The role of pre-marital medical screening in preventing hereditary and congenital diseases, as well as in assessing the reproductive health of prospective spouses, is examined. At the same time, the strengths and weaknesses of the existing system, the attitude of young people toward this process, and proposals for its improvement are presented.

**Keywords:** pre-marital medical examination, preconception preparation, reproductive health, hereditary diseases, family health improvement

### NIKOHGACHA TIBBIY KO'RIKNING YOSHLAR REPRODUKTIV SALOMATLIGIGA TA'SIRI

### Annotatsiya

Maqolada O'zbekiston Respublikasida qonun bilan belgilangan nikohgacha (prekonsepsion) tibbiy ko'rik tizimining mohiyati, maqsadi va amaliyoti tahlil qilingan. Nikoh oldi tibbiy ko'rikning irsiy va tug'ma kasalliklarning oldini olishdagi, shuningdek bo'lajak er-xotinning reproduktiv salomatligini baholashdagi o'rni ko'rib chiqilgan. Shu bilan birga, mavjud tizimning kuchli va zaif tomonlari, yoshlarning bu jarayonga munosabati va uni takomillashtirish bo'yicha takliflar keltirilgan.

**Kalit so'zlar:** nikoh oldi tibbiy ko'rik, prekonsepsion tayyorgarlik, reproduktiv salomatlik, irsiy kasalliklar, oilaviy sog'lomlashtirish

## Introduction

Raising a healthy generation is one of the priority directions of any state's social policy, which in turn requires special attention to the pre-marital health of prospective parents. According to Article 17 of the Family Code of the Republic of Uzbekistan, individuals entering into marriage are required to undergo a mandatory medical examination in order to prevent hereditary and congenital diseases and to form a healthy family.

## Main Body

This system is implemented based on the Regulation approved by the relevant decision of the Cabinet of Ministers in 2003 and is free of charge for prospective brides and grooms. Over the years, the procedure has been refined, and in recent revisions, examination results are maintained through integration with civil registry authorities via electronic systems. Nevertheless, issues regarding how deeply the process can assess reproductive health, young people's attitude toward this examination, and the practical usefulness of the results obtained require additional scientific analysis. According to the current Regulation, individuals entering into marriage undergo free dispensary surveillance at multidisciplinary outpatient clinics at their place of residence with the participation of specialists such as cardiologists, endocrinologists, and rheumatologists, as well as examinations including a complete blood count, blood sugar levels, and ECG. In addition, examinations are required regarding mental disorders, substance abuse conditions, sexually transmitted infections, tuberculosis, and HIV/AIDS. A gynecologist examination for women and a urologist examination for men are specifically provided, allowing for an initial assessment of the state of the reproductive system.

At the same time, in-depth genetic tests, such as specialized analyses to identify hereditary predispositions, are conducted only by mutual agreement of the parties and on a paid basis. This situation may lead to the partial practical implementation of comprehensive preconception preparation for young families with limited financial means. Furthermore, many young people perceive this examination as a formal requirement necessary for the civil registry office, creating the risk that the resulting medical conclusions become mere paperwork rather than practical recommendations.

In international practice, the concept of preconception care is applied in a broader sense, encompassing not only screening for infectious or hereditary diseases, but also

several preventive measures such as folic acid intake, weight control, chronic disease management, and abandoning harmful habits. In Uzbekistan's practice, it is important to expand these areas within the framework of gynecological consultations, especially strengthening the system of individual reproductive health counseling for young women. The social significance of pre-marital screening is also substantial: through it, it is possible to prevent hereditary diseases in the family, detect infertility risks early, and increase the chances of having a healthy child. However, to fully achieve this goal, the examination should not remain a formal procedure, but must become a practical system combined with advice and information delivered to young people in understandable language.

## Conclusion

Pre-marital medical examination is an important medico-social measure established by law in Uzbekistan, serving to prevent hereditary and congenital diseases. However, to increase its effectiveness, it is necessary to transform the examination from a mere formal requirement into a comprehensive system of advice and preventive guidance regarding the reproductive health of prospective spouses. In this regard, strengthening gynecological consultation services and expanding educational work targeted at young people are among the key tasks.

## References

1. Family Code of the Republic of Uzbekistan, Article 17.
2. Decision of the Cabinet of Ministers of the Republic of Uzbekistan "On approval of the Regulation on the medical examination of persons entering into marriage," August 25, 2003 (with subsequent amendments).
3. Lex.uz national database of legal information: regulation on the medical examination of persons entering into marriage.
4. Zufarova Sh. Commentary on the importance and role of pre-marital medical examination // Materials of the National Center for Reproductive Health.
5. World Health Organization. Preconception care: Maximizing the gains for maternal and child health. — Geneva: WHO, 2013