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**P D Gupta***Manipal University, India*

Early menarche affects development of embryo

Reducing menarcheal age was set in late 90's worldwide, until this time available data shows that menarche will set in not before 13 years of age in most parts of the world except in polar region where it may go up to 22 years. From our survey in India, we found that in early 50's girls never had menarche before 14 years. However in late 90s, it has come down to 11 years (12.4%) and majority will have (82.5%) at the age between 11 and 12 years, 13 and beyond comprises only 5.1%. Many reasons are attributed for early menarche certainly influencing pregnancy. Teenage pregnancy is considered as a social annoyance too affecting both the mother and the unborn child equally. In majority of cases, the premature child born to preteen and/or teen mothers suffer with low birth weight; therefore, it raises the probability of infant death, blindness, deafness, chronic respiratory problems, mental retardation, mental illness, cerebral palsy, dyslexia, and hyperactivity, any one or more. Exposure to sexual activity through electronic media is a drive towards curiosity about sexual intercourse without ample knowledge of contraceptive methods results in early pregnancy. The purpose of this study is to make aware of the ideal menarcheal age as suggested by reproductive biologist. The ideal menarcheal age will pave the way for the best output by the cooperation and contribution of associated reproductive glands with their secretions during gestation. However, some of the factors responsible for lowering the menarcheal age cannot be controlled and the only remedial measure is not to get pregnant soon after the menarche.

Biography

P D Gupta was associated with many prestigious institutions in India and abroad. He has delivered guest and public lectures in India and many other countries, visited about 66 countries on academic assignments. He has delivered Silver Jubilee Commemoration and Oration Award Lectures. He was the Chief Guest at various scientific celebrations and Keynote speaker at conferences. He is a Fellow of many learned societies and has established two research institutions.

pdg2000@hotmail.com**Notes:**