

Present problems and controversies concerning pregnant adolescents

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Abstract: Pregnancy during adolescence is a very vulnerable aspect of human reproduction. Multiple studies from around the world show the increased burden of pregnancy on adolescent females compared to their adult counterparts, with adverse outcomes for both mother and child including anemia, preterm delivery and low birth weight. Adverse obstetrical outcomes have been related to socio-economic status, physical immaturity and ongoing maternal growth, and nutritional status. Negative aspects related to pregnancy may be mitigated with an optimal health care system targeting certain areas within this specific population, such as socio-economic and family support, treatment of infections, adequate nutrition, appropriate management of labor and the implementation of intervention programs (both before and after birth). Preventing subsequent pregnancies in adolescent mothers should be a major medical and social goal. This manuscript will review updated information regarding the risks related to adolescent pregnancies.

Keywords: adolescent, pregnancy, preterm birth, low birth weight

Introduction

An adolescent pregnancy is a significant public health issue, and can lead to multiple, complex, and often controversial obstetrical problems. Adolescent pregnancy is strongly associated with adverse living conditions for both parents and infants in later life, and pregnant adolescents should be considered a high risk-group of people who require special care to fulfill their needs. Risk factors contributing to pregnancy in adolescence include precocious sexual activity, poor school performance, economic disadvantage, being the offspring of single or teen parents, and a prior adolescent pregnancy. Prevalence of pregnancy during adolescence is high in both developed and non developed regions of the world.¹⁻³ Healthcare differences for this high risk group, such as discrepancies between demands and availability, are often dictated by local regulation, cultural factors and economic standards.

Younger adolescents (aged 16 or less) are more likely to have unplanned sexual intercourse and be coerced into sex than their older counterparts. More than half of adolescent pregnancies occur in those aged 18 to 19, which is considered legal adulthood in many countries. Pregnant teenagers face many of the same obstetrical issues as women in their 20s and 30s, but there are additional medical concerns for younger mothers, particularly those under 16 years of age and living in developing countries.⁴⁻⁷ Adolescent childbirth-related maternal deaths have barely changed in two decades.⁸ For mothers between 15 and 19, age itself is not considered a risk factor, but rather is a confounder for additional risk factors related to socio-economic status, incomplete pubertal development, and nutrition factors.^{9,10} The aim of the present manuscript is

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