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## Preventing Unwanted Pregnancies

### Childbearing affects women's health

Early marriage and teenage pregnancy is damaging to a woman's health in several ways. It leads to abortions, premature births, risky childbirth, small baby, and subsequent effects on the family. It takes away the joy of living, prematurely. Girls tend to drop out from school due to early marriage. We can stop early child marriages by creating awareness in community. Talk about laws against child marriage.

#### In this lesson we will learn about

The links between childbearing and women's health.

How abortions can also be harmful and can be avoided.

Couples have unmet needs of contraception to meet.

The couple's options deciding number of children needs to be respected.

Repeated pregnancies cause anemia, cancer cervix and prolapse of uterus. Repeated childbearing causes a woman lot of stress. Her health deteriorates.

Abortions are best avoided, except when essential. We will know about termination of pregnancies in other books. Unsafe abortions through illegal providers (quack or doctor) are riskier than childbirth. Abortions can also cause infection and sterility. In India abortion is legal and can be obtained on specified grounds.

Abortion is available at recognised MTP centers on specified reasons such as Danger to life or risk to physical and mental