



What is the Best Age to Carry a Child?

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In recent years, the average life expectancy of people in most countries of the world has increased significantly. Along with increased life expectancy, women are increasingly postponing child-bearing in favor of building a career. Because of this, in the wealthiest countries, the average age of women having their first child is over 30. Because of this, in the most affluent countries, the average age of women having their first child is over 30. Also, the number of women giving birth in their 40s and older is increasing every year. Unfortunately, the number of elderly women among pregnant women is growing every year. The fact is that despite the increasing risk of infertility with age, women believe in the possibility of pregnancy in old age with the help of in vitro fertilization [1].

As a result, postponement of first births has become one of the most prominent characteristics of fertility model in many countries around the world.

Under these conditions, many obstetricians and gynecologists have ceased to be advocates of early childbirth. Moreover, many of them have adapted to the situation and have become advocates of late delivery. The situation in the field of obstetrics and gynecology resembles that of dentistry in the last 50 years. The fact is that over the last half century, geriatric orthopedics has become a very popular and lucrative area of dentistry [2]. It's amazing, but nowadays it is very profitable to provide dental care to elderly and senile people who are missing teeth [3].

It is no secret that medical care provided to the elderly (including primarily women) in the form of artificial tooth transplantation and artificial insemination have very high costs. Therefore, it cannot be discounted that the high cost of care provided by obstetricians and gynecologists to adult and elderly women with infertility motivates these professionals to promote delayed and late delivery. That is why it is necessary to be critical of their approval of late and delayed childbirth [4].

How do you dispassionately get to the bottom of this problem? What is the best age to carry a child? To answer this question, there is nothing better than to recall the history of the continuation of the human race at a time when infertility and old age were not the pressing problems of mankind.

Up until the Middle Ages A.D., girls became pregnant and gave birth during adolescence, namely between the ages of 13 and 14. Therefore, the average age of girls at the time of their first childbirth was 14-16 years [1]. By the way, judging by the age at which Jewish girls became eligible for marriage, it is very likely that Mary gave birth to Jesus between the ages of 13 and 16. At the same time, the average life expectancy of humans for many thousands of years has been about 30 years. According to historical mortality levels from the Encyclopaedia of Population (2003), average life expectancy for prehistoric humans was estimated at just 20 – 35 years; in Sweden in the 1750s it was 36 years.

Consequently, for thousands of years, girls started getting pregnant very early, namely at the age of 13. Today we know why pregnancy could not come earlier. The explanation is that this is the age at which girls go through puberty: most girls today have their first menstruation at around 12.5 years of age, as they used to. Due to the fact that for several thousand years the life expectancy of most people on the planet was around 30 years, the human population survived largely due to the fact that girls got pregnant at the age of 13.

Since the history of mankind in the past was mainly the history of human survival in the wild, the process of continuation of the human species was subject to strict natural selection on many parameters. Thanks to Charles Darwin, we understand that early pregnancy, which allows for rapid population change, was one of the key parameters of evolution - the change in heritable traits that characterize a population over many generations. Therefore, early

pregnancy and vaginal birth in adolescence is nothing less than what contributes to reproductive success, and thus to the future preservation of humanity on the planet.

To this should be added the fact that late pregnancy, in vitro fertilization and childbirth in old and senile age increase the probability of fixation in the population of undesirable inherited traits, which in the future will disrupt the natural process of human evolution and continuation of the human race in a natural way. Therefore, all healthy girls should unequivocally consider them only as an exceptional option for continuation of the species, if they want to minimize the transmission of harmful inherited traits to their child.

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