



**Opinion**

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## Book Review 'Panduan Untuk Pengantin Baru' (Malay Version)



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### Opinion

Written by Lembaga Penduduk dan Pembangunan Keluarga Negara, this book explains about welcoming the birth of an eye. The first cry of a baby marked another unparalleled gift of God. Pregnancy and birth of the light of the eye prove the occurrence of mankind is from the seed of love of two men who want to strengthen the bond of marriage. The first words, steps, teeth and birthdays are the proof of family life. This is the dream of every couple in life. The most meaningful gift in a marriage is the birth of a child. The presence of a new person was able to further strengthen the relationship of husband and wife to a more meaningful stage. After a moment of marriage, the wife and spouse must have eyesight as fast as possible. But it's not that easy to get pregnant. Although there is no specific time to have children, sometimes career and personal life become a barrier stone. Even the set designs will also become chaotic. Every year there is a baby born not as expected. There are several reasons for this situation, but two key factors are nutrition and maternal health. You can increase the chances of pregnancy and the birth of a healthy baby by taking a balanced diet, orderly exercise and avoiding any risk before pregnancy.

From the best times of pregnancy, the eggs are only fertile for 24 hours in the female reproductive tract, while the sperm can survive more than 72 hours. Therefore sexual intercourse should be performed before, in or after the fertile period of pregnancy. But keep in mind that the time is infertile in once in a menstrual cycle. In terms of time to get pregnant, once you stop using the contraceptives and start planning to get pregnant, then your chances of getting pregnant are 25% in the first month, 60% in six months, 75% in nine months, 80% in twelve months and 90% in eighteen months. If nothing happens after a year, when you and your spouse have tried to get pregnant actively for a year or more, but do not succeed, then consult your doctor. Infertility may be between the causes you are not pregnant. About 30% of infertility is caused by male factors, 30% is also caused by female factors while the rest is caused by both or from unknown causes. There

are three main problems that cause infertility, sperm production problems, egg production problems and falopio channels in clogged women. It is important for both couples to get medical advice for infertility problems. Examinations include male sperm analyzes and tests on folopio and egg mill for women. Many infertile couples get pregnant after treatment given the problems they face. Practices for healthy pregnancy are exercising, undergoing blood tests, do not smoke, stay away from alcohol, avoid hazardous environments and provide comfort.

If you plan to get pregnant and do not have menstruation, you may be pregnant. You can ensure your pregnancy by using a pregnancy test kit that has 95% accuracy at home after a few days. As early as this you may not be aware of any major changes other than menstruation comes late. However, with increased hormonal activity you can confirm that you are getting pregnant through one or more of the following physical signs, nausea, breast pain and throbbing, feeling tired (may be faint and dizzy), vaginal discharge more than usual, how much food to eat, an uncontrollable emotional change and frequent urination. Understanding the menstrual cycle can help you plan for pregnancy. If sex is in infancy, then pregnancy can occur. For the 28-day menstrual cycle, ovulation occurs around the 14<sup>th</sup> day. If the egg is not fertilized until the 24<sup>th</sup> day, the follicle will shrink and the bleeding will occur on the 28<sup>th</sup> day. This is the first day of the next cycle. When pregnancy occurs, this means fertilization has occurred on the day of the menstrual cycle around the 14<sup>th</sup> day. About 21 days, the fertilized egg will be implanted into the uterine wall. There is a change in your hormone levels that will help support the content. Menstrual cycle will change as soon as you give birth. If you are breastfeeding completely, you may not have menstrual period until you stop breastfeeding. But if you are not breastfeeding or just breastfeeding for a while, the menstrual cycle will return as usual in two to four months.



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