Commentary

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Child Health Issues and Diseases and Their Treatments

Dennis Pusch*

Department of Reproductive Medicine and Surgery, University of British Columbia, Canada

***Corresponding author:** Dennis P, Department of Reproductive Medicine and Surgery, University of British Columbia, Canada, E-mail: dennisp@gmail.com

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Introduction

Child health care is very important. Proper care should be taken to the newly born because they are too weak and they are very sensitive to the surrounding environment. Child health care is defined as the medical services provided to them by the health professionals. common child health issues include worms, allergies, cold, fever, gastro related, hand, mouth and foot diseases, these all are not so serious issues we can treat these at home, every new born child should get vaccinated in order to avoid some diseases like polio tetanus flu, measles whooping cough etc. Now a days childhood obesity is the major problem the basic need of every child are caring controlling, happiness. Almost all babies suffer from chickenpox, cold, sore throats and ear infections in order to avoid these all problems proper diet should be maintained. In rural areas most of the parents don't know how to take care of their children and they don't have enough money to feed them properly so in those areas children mainly suffer with different kinds of diseases. Breast feeding is the best medicine for a new born to overcome many diseases and mother's milk improves immune system for child.

Even breast feeding helps women to lower the risk of breast cancer, ovarian cancer, cardiovascular diseases and less hypertension. Children should eat all kinds of food example vegetables, fruits, grain foods, dairy and protein a balanced food is made up from these five groups. They should have sufficient amount of carbohydrates proteins, minerals, fibre and fats. Mostly in rural areas people are illiterate and they don't know about the medication facilities and vaccines provided to the children by the government in order to overcome this every village should conduct awareness programmes to parents about the education, medical facilities importance of taking vaccines. There are some vaccines given to infants in order to avoid some diseases examples are Oral Polio Vaccine, Hepatitis B, Rotavirus, Pneumococcal Conjugate Vaccine, Haemophilus Influenza Type B, and Varicella. Children between the ages 5 to 10 should be allowed to play with their friends this helps them to develop their maturity levels by seeing the surroundings and this makes them physically mentally strong and improves the growth. Children who don't have interaction with the surroundings will suffer from mental disturbances, and they will get more health problems compared to other children. Children should develop mainly in these areas they are cognitive development, social and emotional development, language and speech development. When they are allowed to interact and play with other children they develop their skills and this helps to reduce the weight and avoids child obesity and lower the risk of some diseases. Moreover parents should allow them to play with other children and allow them to grow and explore for children below 10 years should not go under stress and they should be allowed to express their views then only we can make a happy and healthy child. When there is proper food, exercise, good environment to the children no children will be affected.

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Conflict of Interest

Author has no conflict of Interest.