



ADD 15 YEARS TO OUR LIFE
CAN WE? OF COURSE, WE CAN!!

Add 15 Years | What every young girl needs to know about a “Young Girl”

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ENGLISH | HINDI

PREFACE

I'm a son and I am dad of a girl. My daughter is born in the US. and grew up in the US. She got their education all about girls in their High School. I strongly believe in India, our girls either get their health education through social media, parents or doctors also; we need to educate our daughters. I have tried to do it in a very delicate fashion without offending anyone.

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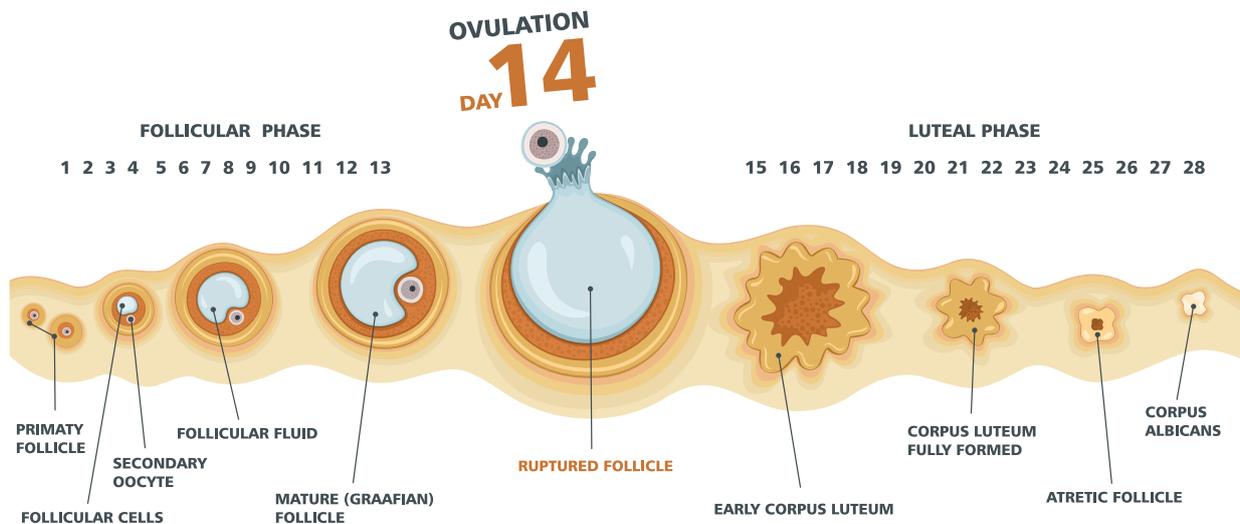
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CHAPTER 1

It happens to every young girl once a month and it can be very scary !!

MENSTRUAL CYCLE



Chap1Fig1

Every month mother's womb/uterus prepares for baby and once girls decide to wait to become mom till the right time - every month girls' womb kind of let go each month and there is blood/bleeding for four to five days in a month.

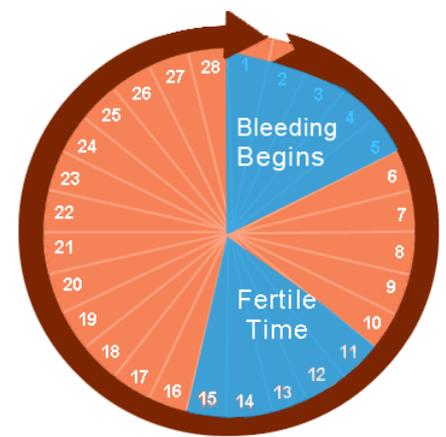
The young girls do not have to be scared as bleeding happens once a month from the area of peeing. It is a very normal process. We doctors call it "monthly cycle/menstruation" in girls.

It starts around age 11 to 13 among young girls and besides "Monthly Cycle" girls also go through lot of personal changes.

This "Monthly Cycle" continues till age 45 to 55 after which the cycle stops.

These days we all in the middle class can look forward to very healthy 80 to 85 years of life.

THE MENSTRUAL CYCLE



Chap1Fig2



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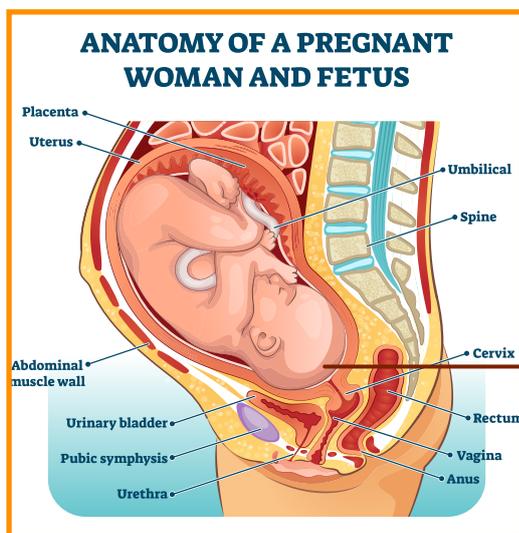
CHAPTER 2

The most important things about all the girls and women is that they have a Uterus (Mother's womb) in tummy which holds baby.

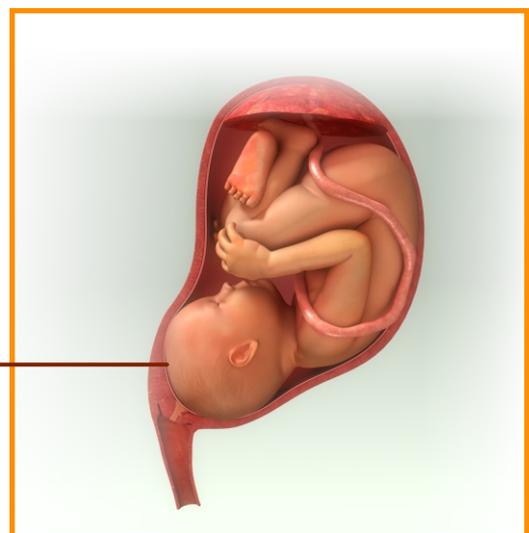
The most important things about all the girls and women is that they have a uterus (mother's womb) in tummy which holds baby.



Chap2Fig1



Chap2Fig2

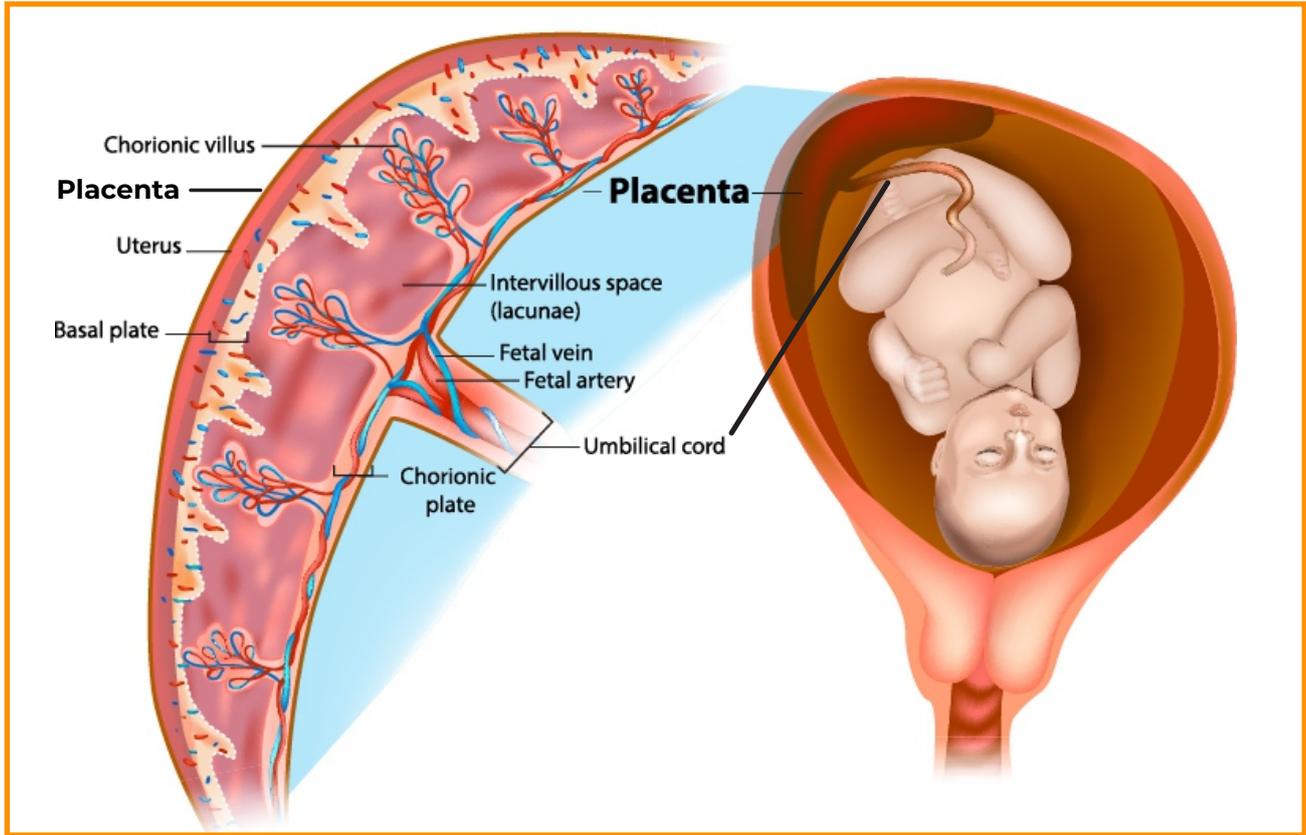


Chap2Fig3

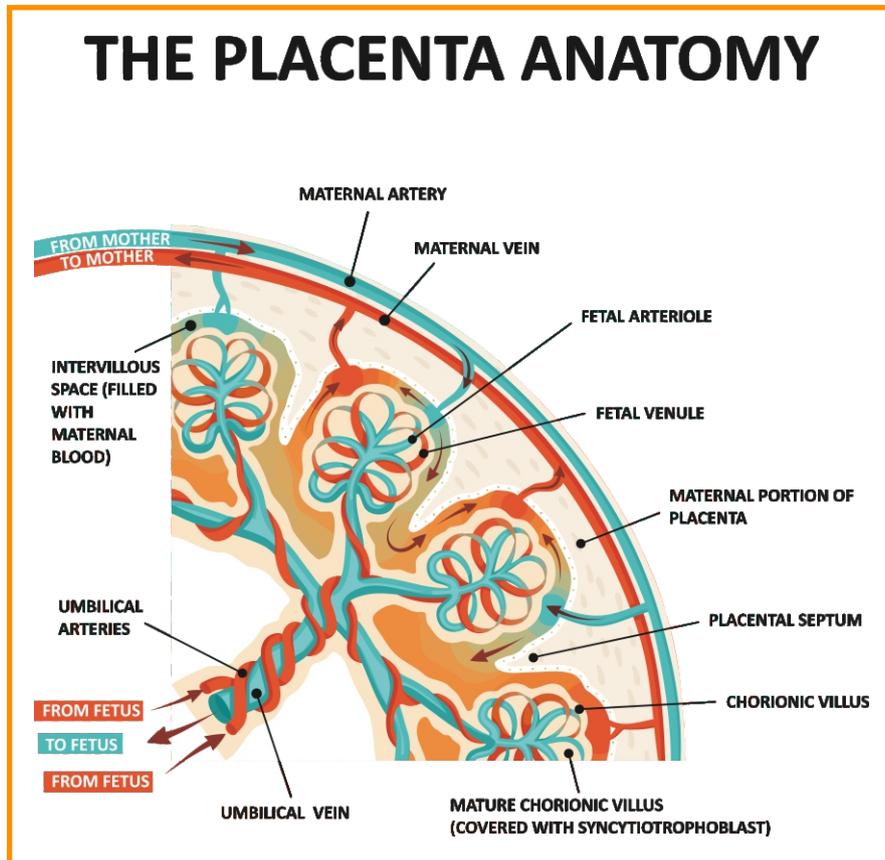
Within the Uterus (Mother's womb) baby connects with mom by placenta.



Baby gets all the food from Mom connecting with umbilical cord to placenta



Chap2Fig4



Chap2Fig5

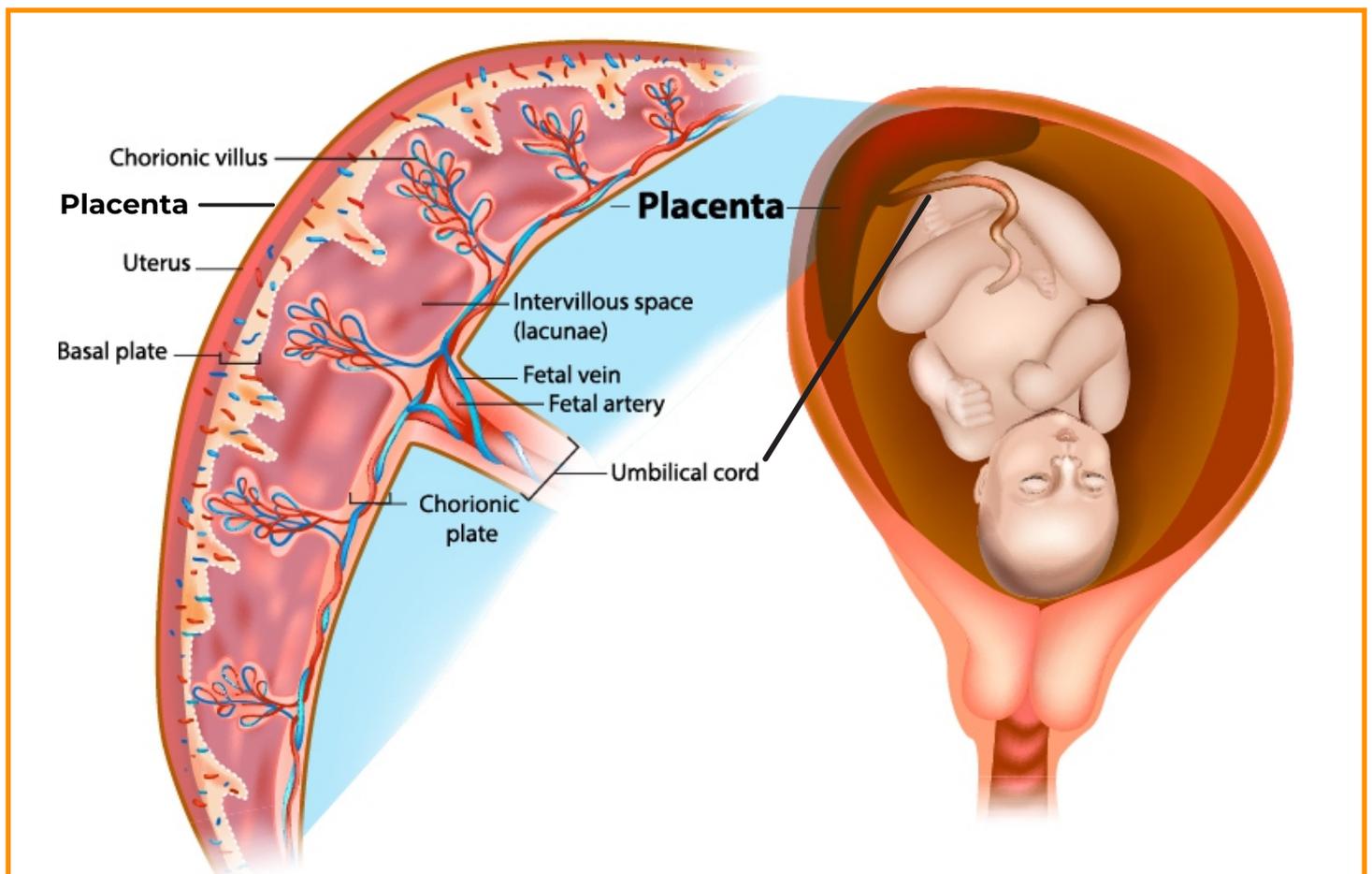


CHAPTER 3

The growing baby gets everything from mom to grow till he/she is ready to be born.

The growing baby gets everything from mom to grow till he/she is ready to be born.

Eventually in about 9 months baby is ready to be born.



Chap3Fig1

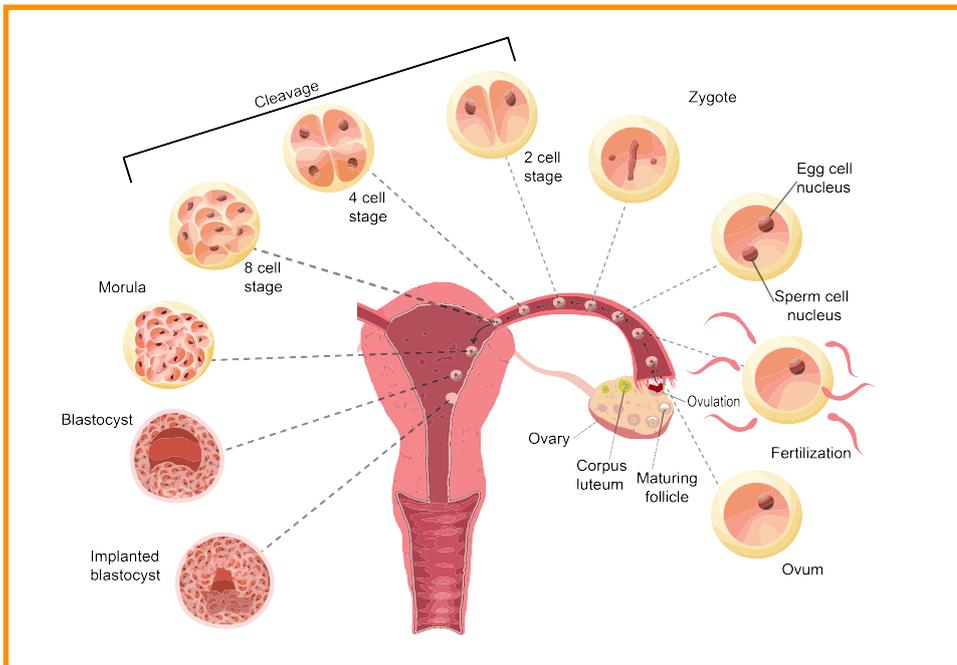


CHAPTER 4

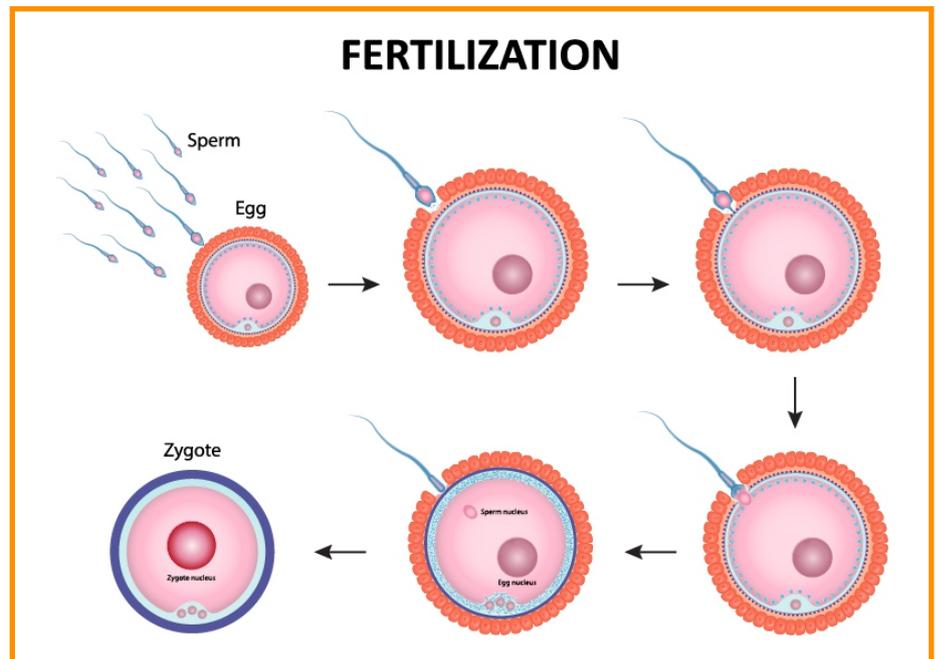
All Girls/ Women have Ovaries which make eggs

All girls/women have ovaries which make eggs. These eggs are dropped into the tummy and they go right into the fallopian tube. Then over several days the egg passes from fallopian tubes to uterus which we also call mother's womb.

HUMAN DEVELOPMENT FROM OVULATION TO IMPLANTATION



Chap4Fig1



Chap4Fig2

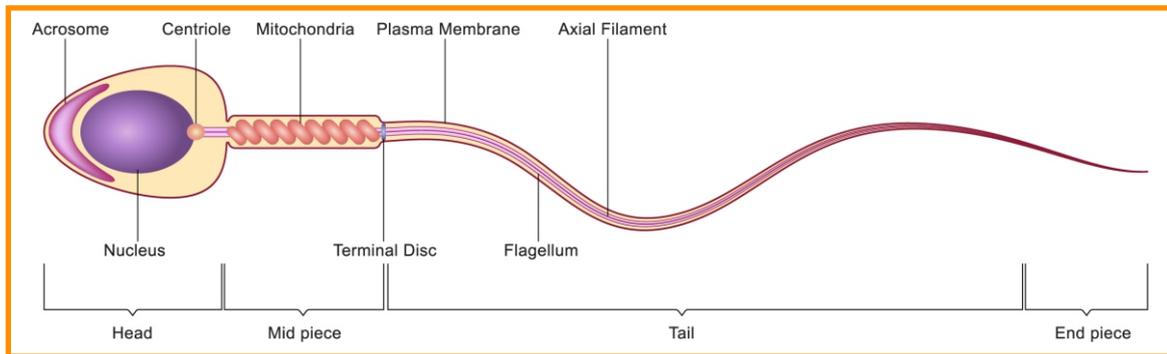


CHAPTER 5

In Boys Testes make sperms and during intimacy sperms enter into girl/woman.

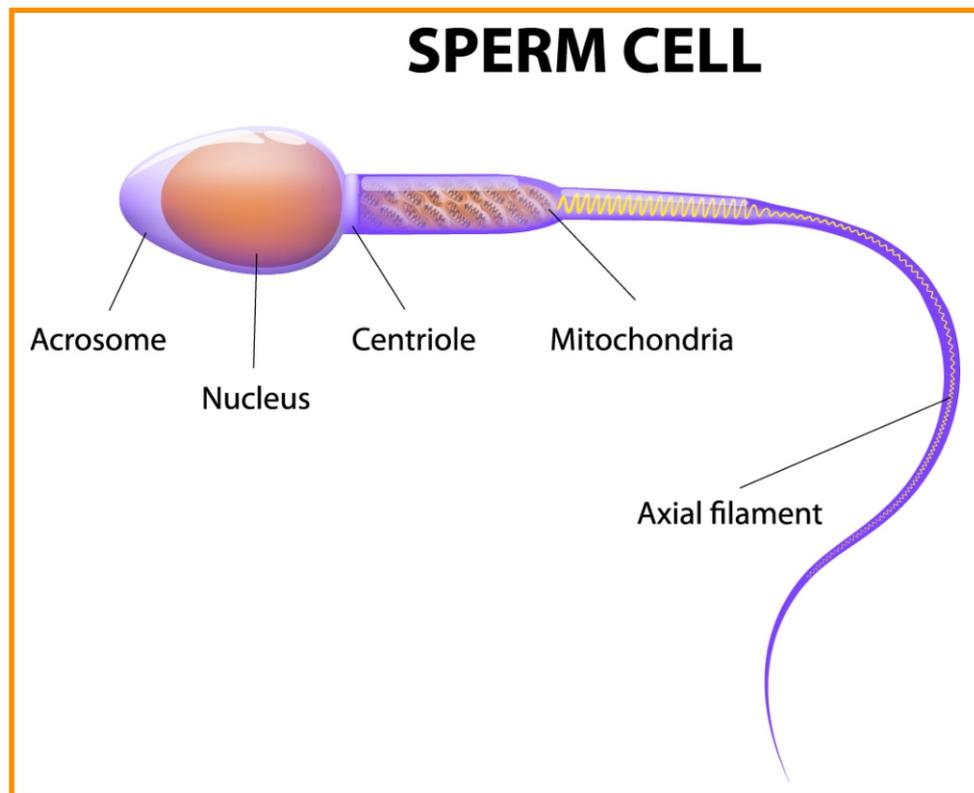
In Boys Testes make sperms and during intimacy sperms enter into girl/woman.

HUMAN MALE SPERM



Chap5Fig1

SPERM CELL



Chap5Fig2



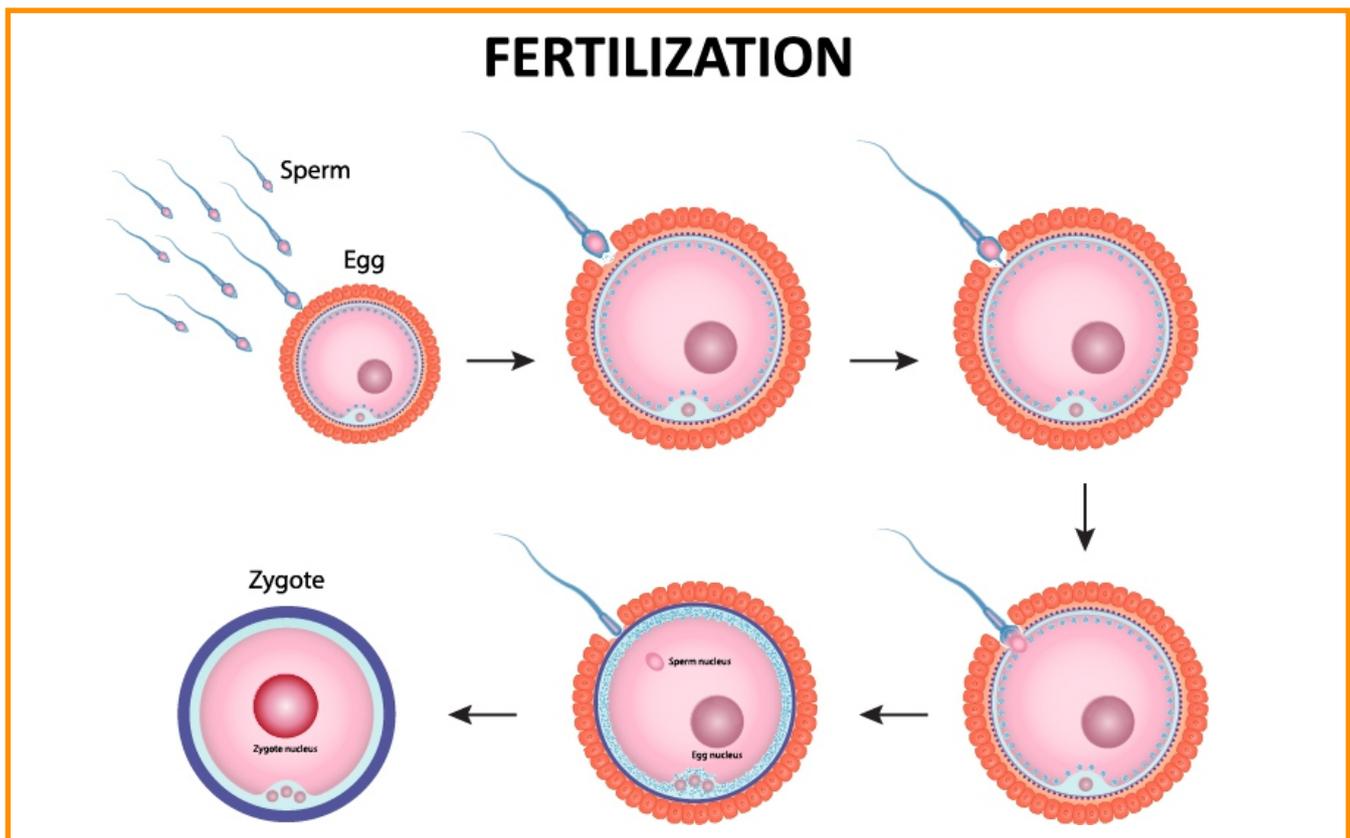
CHAPTER 6

Baby has to spend about 9 Months in uterus (mother's womb)

Well, to be honest, baby has to spend about 9 months in uterus (mother's womb) from the time the egg comes to uterus. The egg has to be ready to be implanted in mother's womb.



Chap6Fig1



Chap6Fig2

Fertilized egg takes 4 to 5 days to get to the mother's womb and implantation site.

In other words, when ovary drops egg into fallopian tube, sperm has to travel all the way up the fallopian tube to meet the egg and then the fertilized egg reaches to the uterus through the fallopian tube.

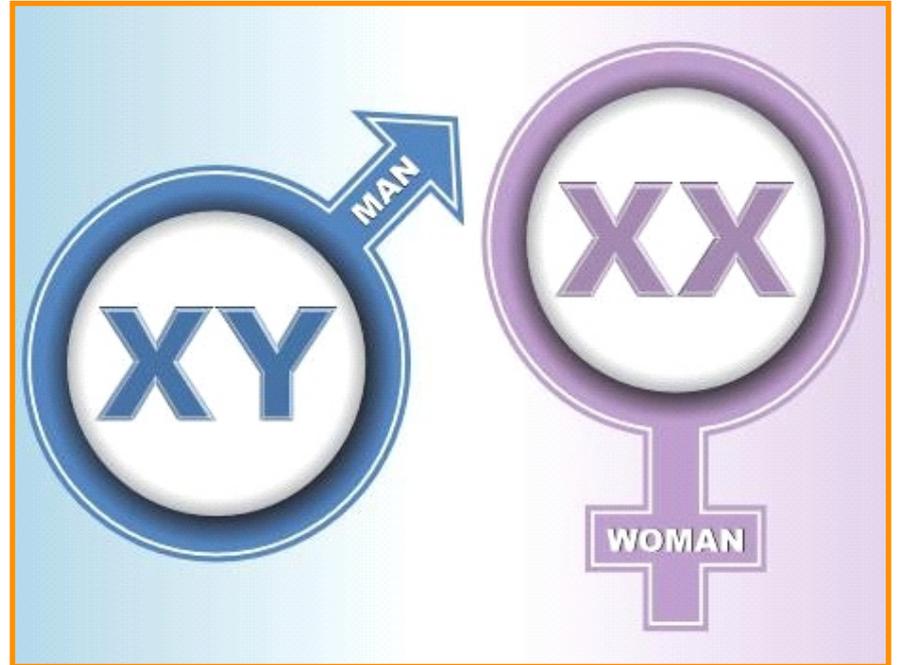


CHAPTER 7

Genetic Information in Baby from mom and dad

Sperm from dad carrying 50% of the genetic information X or Y.

Ova from mom carrying 50% genetic information X or X.



Chap7Fig1

Combining X plus X becomes a girl or Y plus X becomes a boy.

Mom's and dad's information come together- through egg from mom and through sperm from dad.



Chap7Fig2

Half the information comes from the mom and half of it comes from the dad and as egg and sperm come together a process called "fertilization", or the miracle of the nature starts.

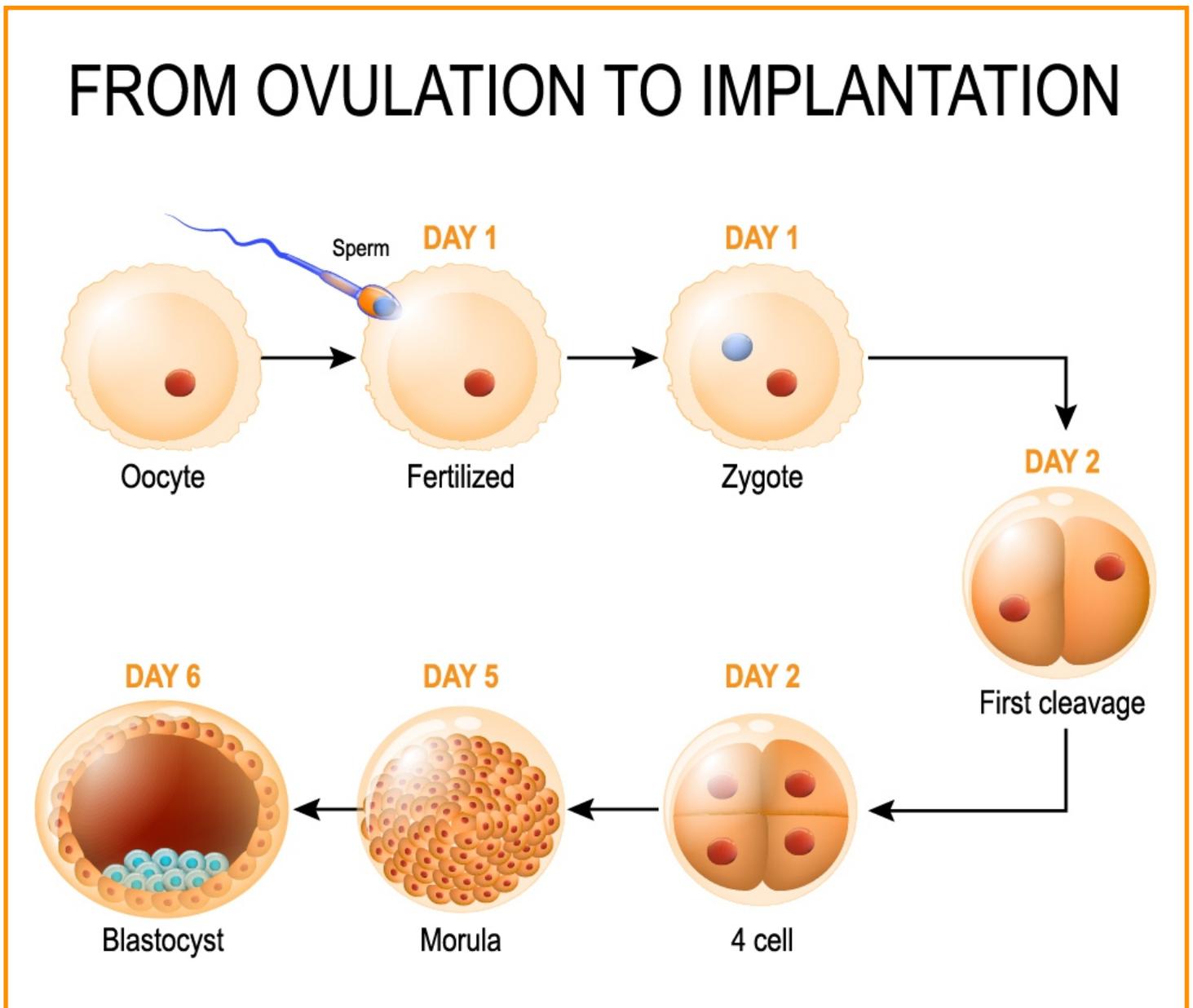


CHAPTER 8

The fertilized egg and reaches the uterus/mother's womb in about four days- now called Embryo

So, one fertilized egg is actually just one cell and then it starts to add into two, into four, into eight and so on.

As seen in the picture, the fertilized egg with multiple cells and multiplying keeps moving through the tube and reaches the uterus/mother's womb in about four days. By this time it is called **Blastocyst/Embryo**.



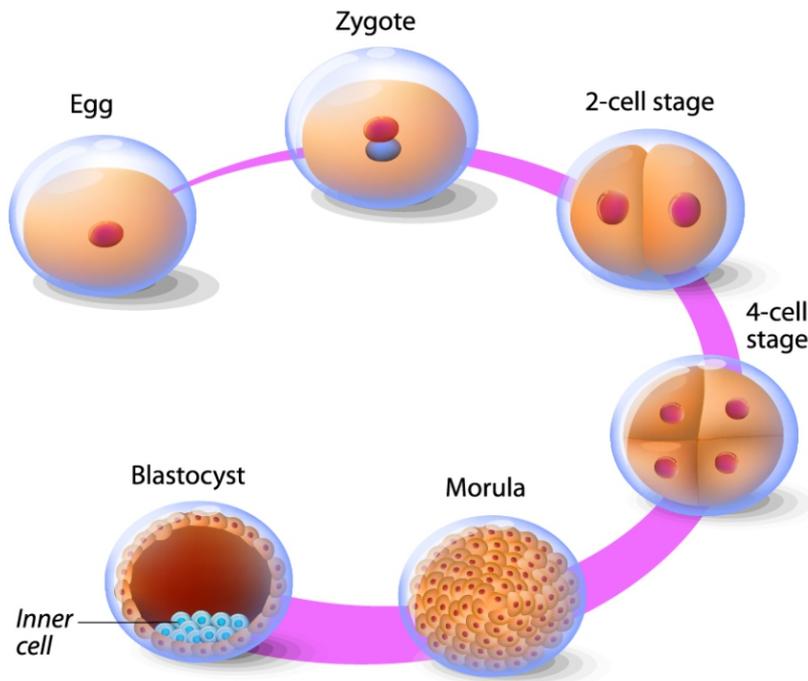
Chap8Fig1



CHAPTER 9

Human Embryonic Development

DEVELOPMENT OF THE EMBRYO

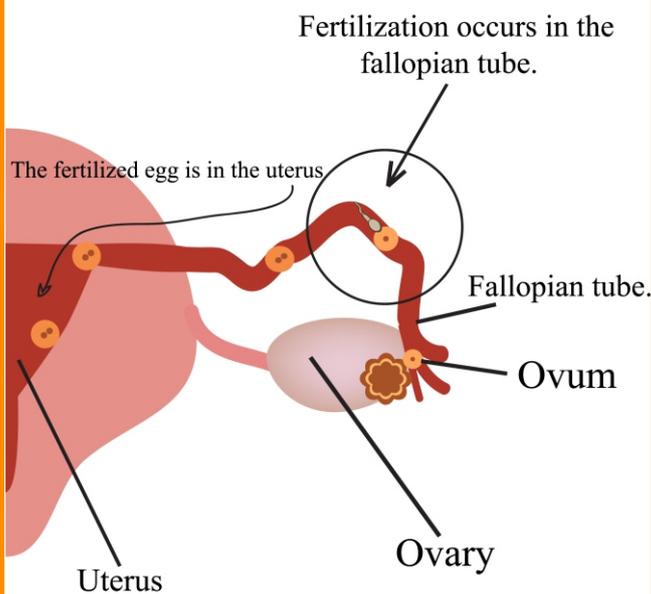


Chap9Fig1

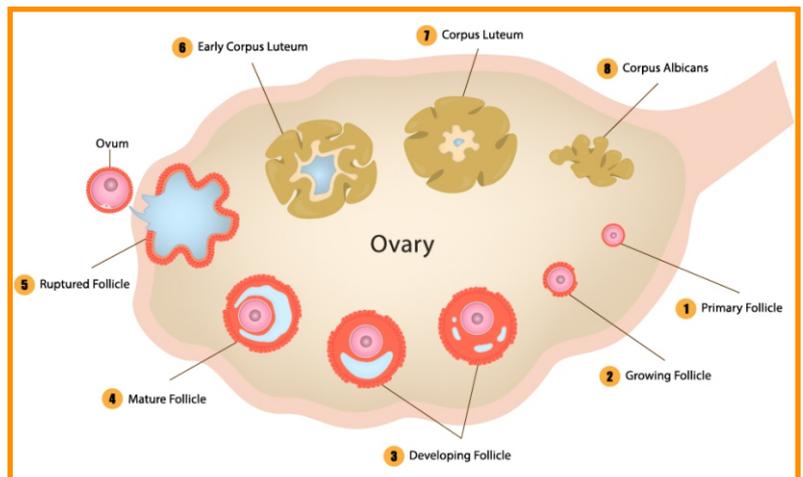
The ova get fertilized by the sperm and then cell starts multiplying and keeps multiplying till it becomes Embryo/ Blastocyst.

Meanwhile, mom's womb is also getting ready to accept these "multiplying fertilized egg" called Blastocyst/ Embryo and it attaches to the mother's womb/uterus wall and starts growing.

Fertilization



Chap9Fig2



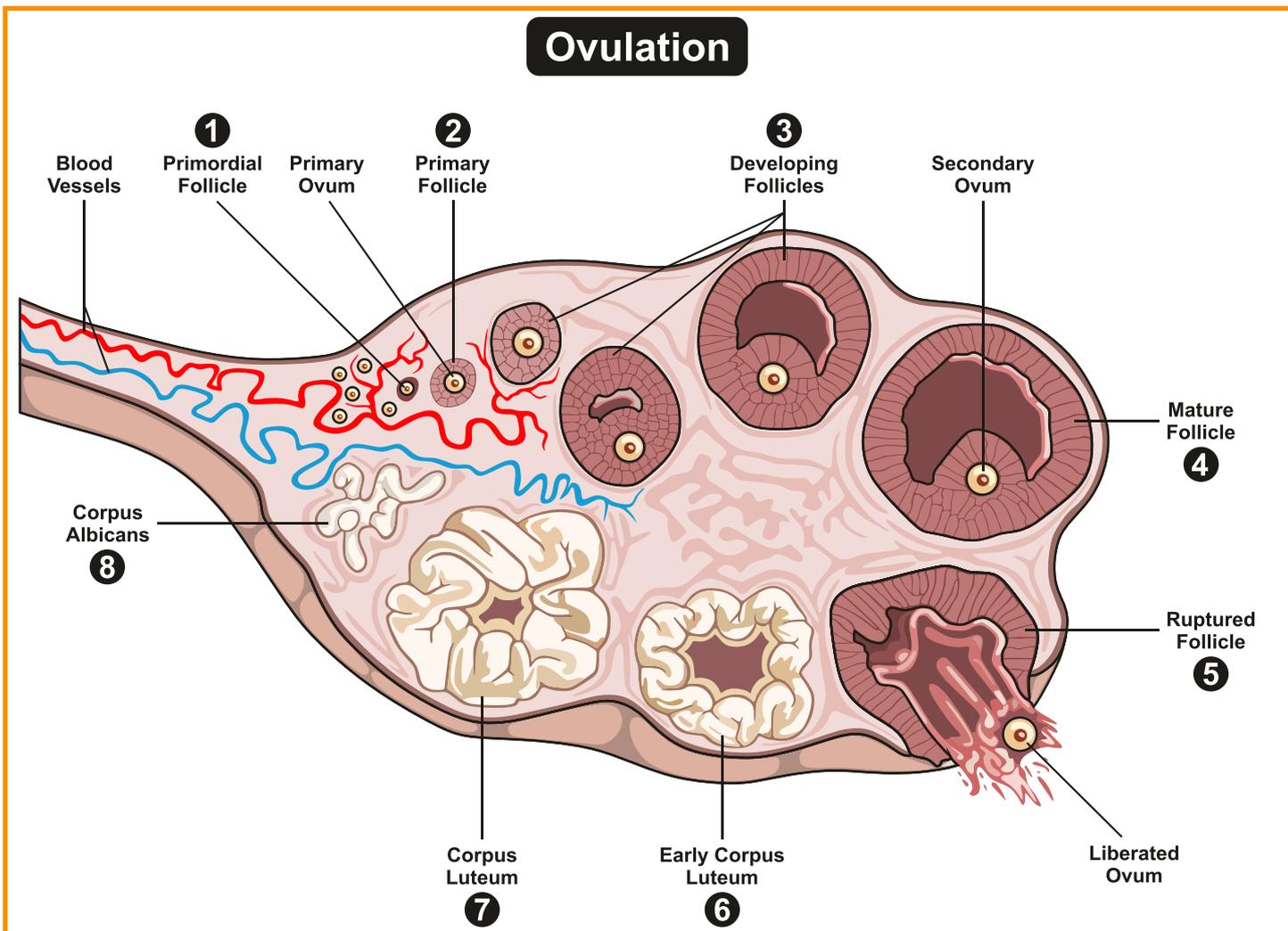
Chap9Fig3

We start calling this fertilized egg, "multiplying egg" as embryo and process of attaching embryo to the uterus is called implantation.



CHAPTER 10

Young girls have to understand that as they grow older their body starts preparing to accept future baby in their womb.



Chap10Fig1

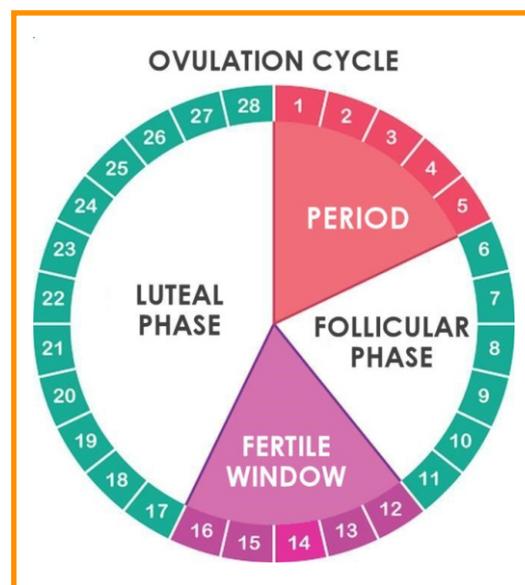
At a certain age i.e. around 11 to 13 years of age, ovary starts shedding/making egg - one egg per month.

So, a girl can have a baby at age 13 or age 14 or older.

But at such a young age it is medically very risky for both the girl and the baby- risk of things going wrong and young girls having serious complications is very high.

Hundreds of years ago, very young age marriages did happen but due to the wars, medical illnesses and epidemics average lifespan was about 30.

Also, for very young girls (becoming mom) risk of dying during delivery was very high both for young girls/mom and baby.



Chap10Fig2



Today, we can live up to 70-85 years. While best time for the girl to have baby is in late 20s and early 30s- we can even wait till early forties.



Ultrasound in Pregnancy

Best Ultrasound Scan Centre near You



Chap10Fig3

Today, we have excellent access to gyne/obs doctors. The best time for the girl to have baby is in late 20s and early 30s.

Even then, first baby is always a challenge for everybody involved.

But things really go well under the guidance of gyne/obs doctor and baby/pediatric doctors – they will make sure that baby is healthy.

