



University : Al-Mustaqbal University (formerly name: Al-Mustaqbal University College)
Country : Iraq
Web Address : <https://uomus.edu.iq/en/default.aspx>

3.3: collaboration and health services

3.3.4: Does your university as a body provide students access to sexual and reproductive health-care services including information and education services?

Yes, the university provides many facilities for pregnant women, including the use of free health facilities and regular check-ups. The university also organizes several seminars on sexual health for both males and females.

Under the gracious sponsorship of the respected president of the AL-Mustaqbal University, the Department of Anesthesia Technologies organized an awareness campaign titled "Protecting Pregnant Women from Anemia." The campaign aimed to raise awareness about the increasing risk of anemia that pregnant women face during pregnancy, which negatively impacts the health of both the mother and the child. It also aimed to provide information to pregnant women about visiting certain centers that care for expectant mothers. One of the most common issues faced is anemia, which results from a deficiency of iron in the body. Iron is a key component of hemoglobin, responsible for transporting oxygen to the body's cells and the brain. It is one of the fundamental pillars that enable the body to carry out its vital functions. Exposure to anemia, especially during pregnancy, poses a threat to the health of the expectant mother and the fetus. During pregnancy, the body produces an additional amount of blood, up to 4 liters. Therefore, immediate medical consultation is necessary to inquire about treatment options to avoid symptoms and complications. The risks of iron deficiency extend to the fetus, as it requires significant amounts of iron during its development and needs to store it for up to 6 months after birth.



On the other hand, many departments have conducted specialized seminars on the risks of X-rays on fetuses.



Furthermore, the Women Empowerment Department, in collaboration with the Department of Dental Technology, organized a scientific seminar titled "Anemia and Its Impact on Pregnant Women." The seminar was presented by Ms. Maisam Ali Rasoul under the supervision of Dr. Sahira Qahtan Abdul Jabbar. The seminar aimed to raise awareness about the importance of women taking care of themselves during pregnancy, which is considered a challenging period filled with risks to a woman's life. The seminar emphasized the importance of regular check-ups from time to time to ensure the well-



being of both the mother and the fetus and to avoid complications. Anemia, especially during pregnancy, is considered a serious condition that can lead to severe fatigue, shortness of breath, dizziness, nausea, and a weakened body due to the lack of essential oxygen and nutrients necessary for the fetus's normal growth. It also increases the likelihood of premature birth, posing a significant risk to the woman's health. The seminar provided insights into preventive measures and treatment for this condition, aligning with the third goal of sustainable development.





As part of raising awareness about breast cancer, the College of Health and Medical Technologies, Department of Radiology Technology, organized an awareness seminar titled "October: Breast Cancer Awareness Month." The event was held under the patronage of Professor Dr. Hasan Shakir Magdi, the President of AL-Mustaqbal University, and was supervised by Dr. Zahraa Al-Qaim, the Dean of the College of Health and Medical Technologies. The seminar took place on October 28, 2023, and was attended by Dr. Fadel Kazem Al-Sultani, the director of Marjan Hospital, and Dr. Maki Hadi Imran, the director of the Environment in Babil. The seminar highlighted the importance of early screening in increasing the chances of recovery from breast cancer. It emphasized that cancer can be treated when diagnosed early through self-examination or under the supervision of specialized medical professionals. The importance of encouraging women over the age of forty to undergo early screening and raising awareness about the stages of early detection of the disease was emphasized. On a global level, the World Health Organization has encouraged the adoption of the concept of early screening for breast cancer in countries due to the significant increase in cancer cases in recent years and its crucial role in promoting the importance of early detection of breast cancer.





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