



Pre-Marital Screening

Pre-marital medical examination has a great importance in avoiding many diseases of genetic factors, which are common in Arab societies.



This may be due to the high rate of marriage between relatives and that increase the possibility of having genetic diseases, such as sickle cell anemia or Mediterranean anemia and viral diseases, such as AIDS, hepatitis B, C and syphilis.

Statistically, it is expected to have one child with genetic disease caused by a genetic defect in every 25 children during the first 25 years of their age, and it is expected to have one child with severe congenital defect among 33 birth cases

and the same number will face problems with delayed skills and mental retardation. Also nine of those who are infected will die early or need to stay at the hospital for a long time or visit it frequently.

So the importance of this examination is to overcome the obstacles next generation might face.



The purpose of the pre-marriage examination:

The health marriage program is a voluntary national awareness program aimed to:

Reduce the spread of genetic blood diseases and infectious viral diseases.



Reduce pressure on the health care system and blood banks.



Avoid social and psychological problems on families.



Minimize the financial burden of treatment on families and the community.



Reduce the embarrassment that some may face in requesting this examination.



Spreading awareness of healthy marriage concept.



The importance of pre-marital examination:

The benefit of pre-marital examination lies in several points:

- To make the couples aware of the possible genetic diseases of offspring and to have the choice of non-reproduction or non-completion of marriage.**
- Provide advice to the couple if they need it.**
- Thalassemia is a disease that spreads widely and clearly and it has preventive measures before marriage.**
- To maintain the couple from diseases, because one of them may be infected with a contagious disease which can infect the healthy spouse.**
- Marriage contract is a great contract that is built on the basis of permanence and continuity. If**

after marriage it turns out that one of the spouses is sick, this may be the reason for ending marital life because the other party does not accept it.

- The Medical examination is done to limit the spread of genetic and infectious diseases and reduce the birth of children who are deformed or disabled and may cause trouble for them and their families and communities.



When is the examination done?

The sooner the examination the better, so the both sides can make a decisive decision about whether to continue marriage or not.





It is said that most diseases that arise are the result of marrying relatives only, is this true? If it is true, is it permissible to limit the examination to the spouses of relatives?

The marriage of relatives plays a big role in getting a genetic diseases resulting from recessive genetics, such as sickle cell anemia and Mediterranean anemia, but this does not mean that not marrying a relative ensures that the offspring are not getting any genetic disease and not even inherited genetic diseases. Therefore, it is important to do the examination to determine whether the person is carrying a disease or not.

Premarital screening is important for both relatives and non-relatives and it's more

important to relatives who have a family history with genetic diseases.



If the results are negative does that mean the person is completely free from genetic diseases?

There are many genetic diseases that are difficult to examine and detect because there is no test or that the test cannot detect the person who is carrying the disease accurately.

Many of these diseases are caused by a defect in the genes, and a lot of them are unknown and have not been discovered and these genes are about 30 thousand genes, so those who apply for medical examination before marriage should know that medicine cannot detect all diseases.



Why should every person undergo a pre-marital medical examination?

A lot of genetic diseases are not treated or difficult to cure, it has a high cost treatment and may result in whether taking life-long medication or special nutrition or regular blood transfusion or organ transplantation, in addition to the medical expenses.

Pre-marital screening is an appropriate means of controlling infectious and viral diseases and it is a cost-effective compared to the treatment.



Many people believe that the appearance of something in the tests means that they should dismiss the marriage, how do you explain this?

No doubt, it may appear undesirable results in these tests and this difficulty is not only on the parties and their families, but also to the doctor who has to convey this information properly, and here we would like to point out something very important has been misunderstood and that the tests that will be carried out for the detection of genetic diseases (and here we are not talking about infectious diseases) will show whether the person is a carrier of the disease or not, which means the person is healthy but has

characteristics and genetic that can be transmitted to his/her offspring.

On the other hand, the problem occurs only if the parties are both carriers of the same disease.

In this case, they are informed confidentially about the outcome and the concerned possibilities that may occur to their offspring.

The doctor will not intervene in the final decision; they are absolutely free to make the right decision by themselves.

لأن الوعي وقاية ..

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