**Congenital Disorders**

Congenital disorders are regarded as birth defects. It is a medical condition, which is present at or before a child is born. These are conditions, which are normally acquired during the fatal stage of genetic makeup of the parents of development (CARTER, 2015). It is divided into two structural disorders which are associated with the shape of the body and the functional disorder which is associated with the problems related to how the body functions or works. The examples of congenital disorders are heart condition, spina bifida, crystic fibrosis and cerebral palsy.

Congenital disorders were discovered in the 18th century and it has been one of the conditions people live with forever. The clinical treatment to prevent children from suffering from condition has been done for the last 35 years. According to (Patterson, 2017), the treatment of the condition depends with the defect questions.

* Congenital disorders can be treated using therapy, surgery, medication and assistant technology. The treatment of congenital disorders should be started as an early stage of development of growth of a child.



Congenital disorders can be inherited are acquired through environmental factors. It can be inherited from parents. It means that a child can easily have defect if either of the parents have a congenital disorders. The environmental factors are related to low income, pesticide infection, medical medication condition, alcohol and other drugs and radiation which occur during pregnancy (Corsello & Giuffrè, 2012). All these conditions can facilitate the spread or the occurrence of congenital disorder in a society.

Congenital disorders prevention lies on the cure of adolescent girls. It is important to ensure that adolescent girls have proper balance diet to reduce chances of getting congenital disorders.

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