

Female Genital Mutilation (FGM)

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Abstract

Background: Ceremonial cutting or removal of some or all of the external female genitalia.

Study design:- This is systemic review study.

Objectives: This research aims to take a look on female genital and physical effects on girl/women and how serious condition is can lead to very serious complications and may lead to death. Also I want to make our communities aware about this practice and its effect and try to be one hand to fight it.

Result: The majority of female genital mutilation girls/women reported that the practice is performed by local healers or midwives and the clitoris was the part removed during circumcision. Also the parents reported that the main reason for the practice of FGM was reduction of female sexual hyperactivity. The majority of girls/women undergo FGM were in the age range of 1-5yrs old and most of them located in rural areas. In Sudan the majority of population had no good knowledge of FGM and its complication which include:

- Severe pain
- Excessive bleeding
- Sexual dysfunction
- Infection
- HIV transmission
- Difficult during delivery.

The majority of girls/women parents do FGM due to religious demand preserves virginity increase better marriage prospect good tradition for clean hygiene reasons and as a good custom.

Keywords: female genital mutilation

INTRODUCTION

Female genital mutilation also known as **female circumcision** or **female cutting**.

Defined as: Ceremonial cutting or removal of some or all of the external female genitalia.

WHO DEFINITION:

Female genital mutilation includes procedures that intentionally alter or cause injury to the female genital organs for medical reasons.(1)

200 million women and girl in the whole world thought to have been subjected to the practice and 3 million girls are at risk of having it performed every year according to the WHO last data.

In Sudan there are 80%of girls/women have undergo female genital mutilation (FGM).

Most famous countries doing that bad attitude are Indonesia, Egypt, Ethiopia, Somalia and Sudan.

44 million of girls were cut before age 5 in these countries.

FGM/C has been practiced for countries having acquired deep cultural meaning and had been linked with the moment in which a girl becomes a women in many societies.

A world Health Organization (WHO)'1' has classified female genital mutilation into four major types:

1. Partial or total removed of the clitoris and/or prepuce called **clitorectomy**
2. Partial or total removed of clitoris and labia minora with or without excision of the labia majora.
3. Narrowing of the vagina orifice with creating a covering seal by cutting and a positioning the labia minora and/or labia majora with/out excision of clitoris Infibulation.
4. All other harmful procedures to the female genital organs for nonmedical purposes eg;
 - Pricking
 - Piercing
 - Incising
 - Scraping
 - Cauterization

Female genital mutilation practice is done by:

- Old men and women
- Nurse
- Doctor
- Midwife
- Medical assistant

WHY IS FEMALE GENITAL MUTILATION PERFORMED?

1. Psychosexual Reasons;

Female genital mutilation done because girls/women parents think that it's one of ways by which the can control girl sexuality which is sometimes said to be ravenous if part of the genital especially the clitoris are not removed also its one way to ensure girl virginity before marriage and loyalty afterword and increase sexual pleasure of her husband.(6)

2. Sociological and Cultural Reasons;

Female genital mutilation seen as part of girl initiation into femininity and as substantial part of community cultural legacy eg: "if we don't cut clitoris it will grow to the size of a penis or that FGM will enhance fertility or promote child survival".

3. Hygiene and Aesthetic Reasons:

External female genital mutilation are considered dirty and ugly in some communities and are removed superficially to promote hygiene and aesthetic entreaty.

4. Religious Reasons:

Female genital mutilation is not accepted by any religious **Islam** or **Christianity** supposed religious ideology is often used by religious men to justify the practice.

5. Socio-economic Reason:

Female genital mutilation in many countries and communities is prerequisite for marriage and for girl inherit right and also is very important income source for practitioners.

What tools are used to perform (FGM)?

Female genital mutilation is carried out by:

- Special knives
- Scissors
- Scalpels
- Pieces of glass
- Razor blades
- NB

General antiseptics and an aesthetic are not used unless the procedure is done by medical practitioners.

Effects of FGM on the Health of Women and Girls

Female genital mutilation has serious physical, mental sexual and reproductive complications on the health of the girls and women.

The effects of FGM depend on the:

- Type performed
- Expertise of practitioners
- Hygiene conditions under which is performed
- General health conditions of girls/women.

Complications:

A. Early physical complications:

- Severe pain
- Severe bleeding
- Shock
- Tetanus
- Infection
- Urine retention
- Ulceration of genital region
- Wound infection
- Urinary infection
- Fever
- Septicemia

B. Long-term complications:

1. Complication during child birth:

- Anemia
- Formation of cysts and abscess

- Formation of keloid scar
 - Sexual dysfunction
 - Painful sexual intercourse “Dyspareunia”
 - Difficulty during delivery
2. Increase Risk for HIV Transmission
3. **Psychological Effect:**
- Post-traumatic stress disorder
 - Physical pain
 - Anxieties
 - Depression
 - Maternal conflicts or divorce
 - Lack of self-confidence.

CONCLUSIONS:

The publication of articles on the consequences of FGM is increase but in Sudan we need more effort in order to try to treat this bad habit and we need more research on the religious and socio-economic consequences of this practice. Also we need more scientific data focusing on the complications of FGM.

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