

A Healthy Pregnancy

Name _____ Date _____ Block _____

Signs of Pregnancy

Hard Signs

Soft Signs

Possible Signs of Pregnancy

- A missed menstrual period, a full feeling or mild ache in the lower abdomen, _____, a frequent and urgent need to urinate, swollen breasts cause discomfort and tenderness, _____ (especially in the morning)

Medical Care During Pregnancy

- _____-a doctor who specializes in pregnancy and childbirth
- A woman _____ get regular and proper medical care during pregnancy

The First Exam

- Check blood pressure, pulse, respiration, weight, and discussion of medical history
- Measurement of pelvis (To determine whether it is wide enough to allow a baby of normal size to pass through)
- _____
- Blood Tests
 - Rule out anemia and test the _____
- Check of the woman's _____

Later Checkups

- Once a month until the _____ month of pregnancy.
- After that point, women see the doctor _____.
- In the final months, they will see the doctor weekly.
- Between _____ weeks of pregnancy-tested for gestational diabetes
- Preeclampsia-condition characterized by high blood pressure and the presence of protein in the mother's urine
 - This can prevent the baby from getting enough oxygen
 - May prescribe _____

Discomforts of Pregnancy

- Nausea and/or vomiting, _____, heartburn, shortness of breath, _____ (swollen) veins, muscle cramps in the legs, _____

Possible Serious Complication

- Vaginal Bleeding, unusual weight _____, excessive thirst, severe _____, persistent headaches, diminished _____ or pain during urination, _____, fever, increased vaginal mucus, swelling of the face, hands or ankles, blurred _____ or dizziness, prolonged backache

The Role of Nutrients

- Protein, Vitamins, Minerals, _____

Special Diets

- Lactose intolerance and _____

Weight Gain During Pregnancy

- Typical weight gain is _____
- Weight gained comes from weight of the baby, placenta, amniotic fluid, larger uterus, extra blood, increased body fat, higher amounts of body fluids
- Gaining too little weight can increase the risk of _____
- Women who begin pregnancy overweight or underweight will require special monitoring

Personal Care Activities

- Get plenty of rest, _____, and practice good hygiene

Maternity Clothes

- Around the _____ month, a woman needs looser clothing to allow for freedom of _____ as the baby grows.

Emotional Health During Pregnancy

- Pregnancy and birth are _____ in a couple's life
- They are also times of emotional adjustment.
 - _____
 - Use the support of family friends.
 - Hormonal changes→ _____
- _____--emotional and physical stress can lead to depression