Pregnancy

Carol J. Lammi-Keefe, Sarah C. Couch, John P. Kirwan

Tender Dr. Neha Gupta,2021-07-28 Pregnancy is a special and unique journey for every mother. Over nine months, the expectant mother experiences emotions of joy, anxiety and apprehension. There are several questions on the understanding of the various aspects of pregnancy in the mind of an expecting mum. Tender is an effort to improve your understanding of various aspects of pregnancy and be your pregnancy guide and companion. It elaborates on the common pregnancy ailments, diet and exercise tips during pregnancy, the red flags that should alert you and understanding of the process of childbirth and mode of delivery. The emphasis has been on the most practical aspects and how to deal with them. Coming straight from a gynecologist, the information is scientific and reliable, yet easily understandable. As the name suggests, Tender will truly be a trustful, empathetic natal and delivery experience reformer!

Before You Conceive John R. Sussman,B. Blake Levitt,2009-07-22 "This is an outstanding book for anyone thinking of having a baby."—Lee Salk, Ph. D., author of The Complete Dr. Salk: An A-to-Z Guide to Raising Your Child A classic in the field of preventive medicine, here is an authoritative and comprehensive guide to reducing the risks to your baby before you get pregnant. Written by a pioneer in pregnancy medicine and a New York Times feature writer, Before You Conceive is aimed at parents and includes: • A prepregnancy guide to nutrition: what you should eat—what to avoid • Safe and easy-to-follow exercise guidelines before and during pregnancy • What you should know about over-the-counter and prescription drugs • The importance of your family medical history • Advice on fertility enhancement • How toxins and unsuspected hazards in the workplace and in homes may affect your pregnancy • Immunizations that may help prevent birth defects • Reducing the effects of preexisting medical disorders on your pregnancy • PLUS, information on irregular menstruation, reversing tubal ligation and vasectomy, smoking and passive smoking, alcohol and drugs, your biological clock, and much more! "Prepregnancy planning is an idea whose time has come. This book is a 'should read' for those women and couples thinking about pregnancy who want to prevent problems and paln for an optimal result."—Timothy R. B. Johnson, M. D., Director of the Division of Maternal-Fetal Medicine, Johns Hopkins University School of Medicine

Pregnancy Series I Dr. M. Abbey,2015-10-23 The outmost goal of managing a pregnancy is to prevent complications and enhance safe labour, childbirth, and neonatal period. This goal is achieved in this book. The first chapter on prepregnancy care deals with what you have to do before trying for a baby; this was followed with human anatomy, early pregnancy and its

peculiarities, foetal development week-by-week, and then antenatal care in succession. Dr Abbey explains the modern techniques of prenatal diagnosis and ultrasound assessment of your baby at different stages of pregnancy. Attention was also paid to both minor and major conditions that can influence the course of your pregnancy and of particular interest is notification on when to seek a medical opinion. This book is unique because its content is based on the evidence of modern practice of obstetrics, and this is shown by enumerating the sources of information for every chapter.

Maternal Medicine Ian A. Greer, 2007-01-01 This is a major new textbook on medical disorders and medical complications in pregnancy, which provides an authoritative and practical guide to the management of these potentially life-threatening conditions. Written in a consistent, accessible style, the book discusses each medical problem at all stages - from pre-pregnancy through the post-partum period - and provides a stage-by-stage management plan for each condition. Organized by systems, each chapter begins with a review of important background information on the physiology and pathology of the system as it relates to pregnancy and then moves on to consider individual medical problems, such as hypertension, cariomyopathies, etc. The book's scope also includes the management of the acutely ill patient, pre-pregnancy counselling, anaesthesia, effects on the neonate, and the long-term implications of medical complications. Written by a team of expert contributors from the UK, Australia, New Zealand and Europe, under the editorship of 2 leading experts from the UK and AustraliaTakes a modern, problem-based approach to the subjectEmphasis is on 'what to do', using a consistent, stage-by-stage approach to management for each conditionProvides a comprehensive overview of the underlying physiology and pathology of medical problems for each systemic group of conditionsRelated topics are also covered, including pre-pregnancy counselling, fetal assessment, anaesthesia, and problems of the neonate

Expecting Anna McGrail, Daphne Metland, 2013-01-17 Anna and Daphne have combined their many years of experience, producing an interesting and well written book based on fact rather than opinion, covering conception to postnatal. Most expecting mothers will not be seen by the NHS until around 12 weeks of pregnancy, and this book provides the advice and reassurance needed during this time. It also features a 'read your week of pregnancy', which offers mothers the opportunity to monitor symptoms that can indicate different things at different stages of the pregnancy. Issues broached in the book include: conception difficulties, what tests to opt for, how to break the news at work, when to tell an older child, taking your partner to the scan, opting for a caesarean.

The Zero Trimester Miranda Waggoner,2017-09-12 A healthy pregnancy is now defined well before pregnancy even begins. Public health messages promote pre-pregnancy health and health care by encouraging reproductive-age women to think of themselves as mothers before they think of themselves as women. This happens despite little evidence that such an approach improves maternal and child health. This book examines the dramatic shift in ideas about reproductive risk and birth outcomes over the last several decades, unearthing how these ideas intersect with the politics of women's health and

motherhood at the beginning of the twenty-first century.--

Pregnancy For Dummies Joanne Stone, Keith Eddleman, Mary Duenwald, 2009-01-23 Now updated--our bestselling guide to a safe and healthy pregnancy With robust sales and its own four-part cable TV series, Pregnancy For Dummies has been a perennial favorite, giving parents-to-be authoritative, friendly, up-to-date advice on every aspect of pregnancy and childbirth. This new edition offers all of the latest information expecting parents want to know, including expanded coverage on the health and well-being of both mother and child. It takes readers through the first, second, and third trimesters, providing new and updated coverage of prenatal genetic screening and diagnosis, amniocentesis, new high-tech ultrasounds, and the revised FDA/USDA food pyramid. It also discusses the recent celebrity trend of on-demand cesarean sections, multiple births, what to expect in labor and delivery, postpartum care, choosing bottle or breastfeeding, preparing a home (and siblings) for a new baby, caring for preemies, and the mother's mental as well as physical health. A thorough, accurate, and highly informative guide. --Los Angeles Times

Mayo Clinic, ranked #1 on US News & World Report's 2020-2021 Best Hospitals Honor Roll. This newly updated book includes information on everything from healthy lifestyle habits to the latest technologies in prenatal care and childbirth. Features include week-by-week updates on baby's growth, as well as month-by-month changes that mom can expect. In addition, you'll find a forty-week pregnancy calendar, an overview of common pregnancy symptoms, information on safe medicine use, tools to help parents with important pregnancy decisions, and general caregiving advice—information moms and dads can trust to help give their little ones a healthy start. The second edition of Mayo Clinic Guide to a Healthy Pregnancy is the collective effort of a team of health care experts who find nothing in medicine more exciting and satisfying than the birth of a healthy child by a healthy mother. Any parent-to-be looking for accurate and authoritative information from a reliable source will surely appreciate this illustrated, easy-to-understand book.

<u>Healthy Start For Your Baby</u> Singapore Health Promotion Board,2013-11-11 This Healthy Start For Your Baby guide provides you and your spouse with informative and practical tips to nurture the health and well-being of your baby. It is designed for easy reading and use. Sections are categorised according to your baby's age.

The Essential Over 35 Pregnancy Guide Ellen Lavin, PhD,2009-09-15 The good news about having a baby when you're over 35 Age 35-plus can be a great time to have a baby, and the chances for getting pregnant and carrying to term are good. Every day in the United States, more than a thousand women over the age of 35 give birth to healthy babies. Ellen Lavin, a marriage, family and child counselor specializing in pregnancy issues, and the 44-year-old mother of a three-year-old son, provides the answers every later-in-life mother is looking for, from pre conception thoughts to childbirth. Get the most up-to-date information about: Specific steps to take in preparing yourself for a healthy pregnancy How to improve your chances of

getting pregnant The biology of conceiving after 40 The common-sense, positive reality about delivering a healthy baby at 35 and over Prenatal tests: the benefits and risks, including a thorough look at amniocentesis and chorionic villus sampling Myths vs. reality about health risks during pregnancy Causes and likelihood of miscarriage Getting past your fears and embracing your pregnancy When to consider infertility treatment and what to expectand much more Including: Month-bymonth pregnancy progress, with particular attention to the concerns of women having a baby later in life.

The Science of Pregnancy Sarah Brewer, Shaoni Bhattacharya, Justine Davies, Paul Moran, Sheena Meredith, Penny Preston, 2019 Follow the amazing journey of the earliest stages of human life, with month-by-month development shown in unprecedented detail. The complex concepts and processes of emerging life are demystified with clear, jargon-free text, while exclusive 3-D images, extraordinary photographs, and detailed illustrations illuminate every aspect of human pregnancy. The largest section of the book examines the development of the baby in the womb and the parallel changes in the mother's body. Special 3-D art, illustrations, scans, and photographs show exactly how a baby changes and grows during pregnancy and how the female body adapts to carry it. A section on labor and birth explains these processes with step-by-step illustrations and easy-to-grasp text. The Science of Pregnancy also looks at the nature of human pregnancy, including how it evolved, and explores the anatomy and physiology of both the male and female reproductive systems. The mysteries of DNA and genetics are unraveled and explained in clear, illustrated detail, including patterns of inheritance and the interplay of genes and environment. Also provides straightforward, illustrated information on possible problems before, during, and after birth.

Our Bodies, Ourselves: Pregnancy and Birth Boston Women's Health Book Collective, Judy Norsigian, 2008-03-04 The trusted editors of Our Bodies, Ourselves, called "a feminist classic" by The New York Times, present a comprehensive guide to pregnancy and childbirth, from prenatal care and emotional well-being to how to handle the pain of childbirth. Pregnancy and birth are as ordinary and extraordinary as breathing, thinking, or loving. But as soon as you announce you're expecting, you may be bombarded with advice from every angle—well-meaning friends, relatives, medical professionals, even strangers want to weigh in on what you should or shouldn't do, and it's easy to feel overwhelmed by their conflicting recommendations. Our Bodies, Ourselves: Pregnancy and Birth will help you sort fact from fiction, giving you the most accurate research, up-to-date information, and the firsthand experiences of numerous women who have been exactly where you are today. You'll get the tools you need to take care of yourself and your baby during and after your pregnancy, from tips on eating well during pregnancy to strategies for coping with stress and depression. Learn everything you need to know about: · Choosing a good health care provider · Selecting a place of birth · Understanding prenatal testing · Coping with labor pain · Speeding your physical recovery · Adjusting to life as a new mother Our Bodies, Ourselves: Pregnancy and Birth is an essential resource for women that will guide you through the many decisions ahead.

<u>Pregnancy</u> Claire Plimmer,2016-04-14 Pregnancy can be bewildering for new parents-to-be: your life is about to change forever and the amount of information out there can be overwhelming. But fear not: this pictorial guide, packed with accessible and stylish infographics, will give you all the essential facts as well as a healthy dose of quirky trivia.

Handbook of Nutrition and Pregnancy Carol J. Lammi-Keefe, Sarah C. Couch, John P. Kirwan, 2018-08-03 This easy to use text provides practitioners and researchers with a global view of current and emerging issues concerned with successful pregnancy outcomes and approaches that have been successful or show promise in ensuring a successful pregnancy. The fully updated and revised second edition expands its scope with topics not covered in the first edition including pregnancy and military service; sleep disorders during pregnancy; the gut microbiome during pregnancy and the newborn; requirement for vitamin D in pregnancy; the environment—contaminants and pregnancy; preeclampsia and new approaches to treatment; health disparities for whites, blacks, and teen pregnancies; depression in pregnancy—role of yoga; safe food handling for successful pregnancy outcome; relationship of epigenetics and diet in pregnancy; caffeine during pregnancy; polycystic ovary syndrome; US Hispanics and preterm births; celiac disease and pregnancy; cannabis use during pregnancy. The second edition of Handbook of Nutrition and Pregnancy will be a valuable resource for clinicians and other healthcare professionals who treat and counsel women of child-bearing age and pregnant women.

Pregnancy-Related Anxiety Rachel Dryer, Robyn Brunton, 2021-10-26 This book provides a collective examination of the theoretical, empirical, and clinical perspectives of pregnancy-related anxiety. Pregnancy-related anxiety is a distinct form of anxiety that is experienced by pregnant women and is characterized by pregnancy-specific fears and worries. This form of anxiety has been associated with a range of negative obstetric, neonatal, and maternal outcomes. There has been increased research interest in this form of anxiety, particularly over the last 15 years. The content is organized in three sections. The first section provides a thorough understanding of pregnancy-related anxiety, ranging from its historical development, evidence of its distinctiveness to the antecedents and outcomes of this anxiety for the mother and child. The second section examines key clinical issues around diagnosis and treatment specifically, current diagnosis/screening for this anxiety and approaches for intervention and treatment. The final section considers emerging areas of research such as pertinent issues around culture and acculturation which are key issues in an increasingly multicultural world. Moreover, the effects of pregnancy-related anxiety on the woman's broader psychosocial functioning are considered with specific chapters on body image and sexual abuse, two key areas of concern. A seminal resource, this book provides a broad examination of the topic from multiple frameworks and perspectives which sets this book apart from other books in print. This book intends to inform and stimulate future research studies, as well as increase awareness and understanding of pregnancy-related anxiety. It is a must-read for researchers, educators, clinicians, and higher education students who care about delivering better support and services to pregnant women, particularly those who are vulnerable and distressed.

The Healthy Pregnancy Book William Sears, Martha Sears, 2013-09-24 From America's leading authorities in childcare comes the definitive guide to having a healthy pregnancy -- and a healthy baby. The Healthy Pregnancy Cookbook guides expectant mothers and fathers through all stages of pregnancy from preconception through birth, focusing on how to enhance the health of mother and baby: How to grow a smarter and healthier baby How your baby is developing, and how you may be changing both emotionally and physically Eating right for two, with a helpful list of pregnancy superfoods Exercise and keeping fit during your pregnancy Concerns and questions you may have about test and technology, genetic counseling, and childbirth options How to protect the womb environment and recognize potential household hazards Advice on working while pregnant Choosing the right healthcare provider and childbirth class The transition into parenthood And much more... Written in the Searses' trademark reassuring tone that makes their books long-term bestsellers, The Healthy Pregnancy Book is the must-have resource to fit the greater demands of today's savvy parents.

A Guy's Guide To Pregnancy Frank Mungeam,2012-05-01 Every day, four thousand American men become first-time dads. There are literally hundreds of pregnancy guidebooks aimed at women, but guys rarely rate more than a footnote. A Guy's Guide to Pregnancy is the first book to explain in guy terms the changes that happen to a guy's partner and their relationship during pregnancy, using a humorous yet insightful approach. Future fathers will find out what to expect when they enter the Pregnancy Zone. They'll discover the right and wrong answers to Trick Questions like Do I look fat? They'll also learn baby-shower etiquette (It's sooo cute!), the truth about sex during pregnancy (yes, you can touch her) and Boys' Night Out (negotiate it), plus delivery room dos (stay upright) and don'ts (complain about missing the big game). A Guy's Guide to Pregnancy is designed to be guy-friendly -- approachable in appearance as well as content and length. It is divided into forty brisk chapters, one for each week of the pregnancy. Frank Mungeam is the executive producer of local programs at the ABC-TV affiliate in Portland, Oregon, supervising the Emmy-nominated daily live talk show AM Northwest and the series Parenting in the 90's. Mungeam combines his years of expertise as a communicator and his personal experiences as an expectant dad to create a humorous yet helpful guide for guys.

Christine Hill's Pregnancy Guide Christine Hill,2009-11-10 Having spent the last 25 years taking ante- and post-natal classes, Christine Hill knows what questions women will ask and what their main worries are. With short, digestible chapters, Christine Hill's Pregnancy Guide takes you through the nine months of pregnancy, giving guidance to expectant mothers as their lives change in the run up to birth. This parent-focused antenatal book offers accurate, practical and reassuring advice on: - Birth issues: when to go to the GP, gestation, where to have the baby, what sort of birth - Work issues: when to tell them, planning maternity leave, what clothes to wear - Physical adjustments and irritations of pregnancy: exercise, emotional issues, coping skills - What happens during labour: appropriate pain relief, breathing techniques and the best labour positions Written in Christine's fun and engaging style, this indispensable guide will help mothers to make the best of their

pregnancy, have a positive birth and find the confidence to enjoy their new family.

Body, Soul, and Baby Tracy Gaudet, Paula Spencer, 2009-10-21 In a culture that rarely sees pregnancy as a journey to self-discovery, Body, Soul, and Baby offers a fresh perspective on this transformative life experience by showing women how to tune in to the cues offered by their bodies and souls—as well as by the babies growing within them—for a healthier pregnancy, a more fulfilling birth experience, and a deeper bond with their baby. Drawing on the best of both complementary and conventional Western medicine, Dr. Gaudet has written a groundbreaking guide that shows you how to become an active participant in your pregnancy. By working with the natural processes of pregnancy, you can discover how to: • Pick up important signals from within about what you need, what your body needs, and what is right for both you and your baby • Tune in to cues that can alert you to early signs of problems • Use the mind-body connection to reduce stress, explore this remarkable life change, and bond with your baby • Nurture your whole self, including your evolving sexual and sensual needs • Make informed and conscious choices that reflect both your personal feelings and the latest medical information • Collaborate with your doctor or midwife, and build a supportive health-care team Empowering, inspiring, and respectful of the wisdom of the female body and spirit, this invaluable book also includes advice on eating right and staying active, and natural and alternative approaches to pain relief. Whether you're already pregnant or preparing to be, the time to start listening to your inner wisdom is now, and the guide to doing it is here.

Pregnancy & Exercise Raul Artal Mittelmark, 1992

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Pregnancy Introduction

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