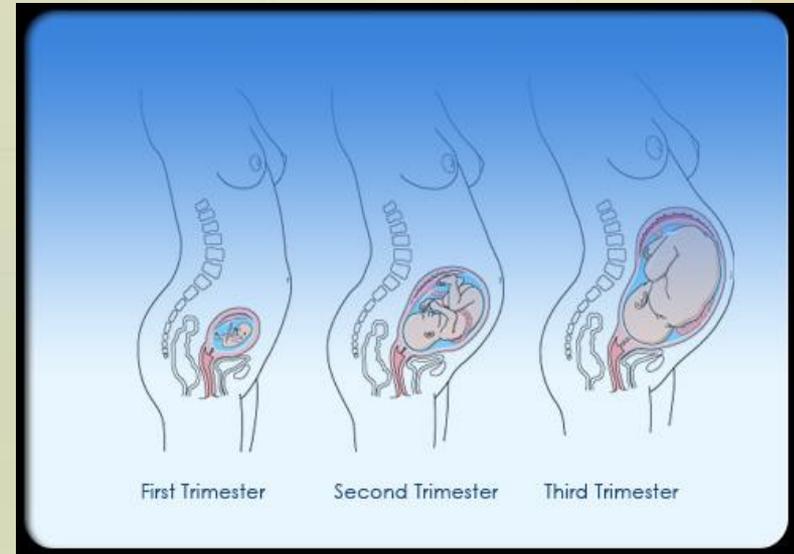


Pregnancy What Happens to My Body and My Baby?



What are Trimesters?

- Pregnancy is often divided into trimesters or thirds.
- 1st Trimester: 0-12 weeks
- 2nd Trimester: 13-28 weeks
- 3rd Trimester: 29-40 weeks
 - A baby is considered full-term at 37 weeks. The baby is fully developed, but gains weight and develops more the longer they are in the womb.



Signs of Pregnancy

- Missed period
- Breast tenderness
- Frequent urination
- Nausea
- Unusual tiredness
- Others find they do not like eating foods they usually enjoy.



Changes During Pregnancy

Trimester 1 (0-12 weeks)

- The first trimester is a time of rapid hormonal changes, which cause various physical changes.
- Many women feel very tired.
- The breasts may feel tingly, uncomfortable or full. The area surrounding the nipple, the areola, may look darker.



Changes During Pregnancy

Trimester 1 (0-12 weeks)

- Some women experience constipation.
- Some women may feel a little dizzy or be more likely to faint
- The first trimester is the most important time for women to avoid taking any medications that could interfere with the baby's development
- Inside Pregnancy: Weeks 1-9

- By the end of the first month, the embryo is about 1/4 of an inch long.
- The heart, no larger than a poppy seed, has begun beating.
- Head, mouth, liver, and intestines begin to take shape.

1 Month



twins

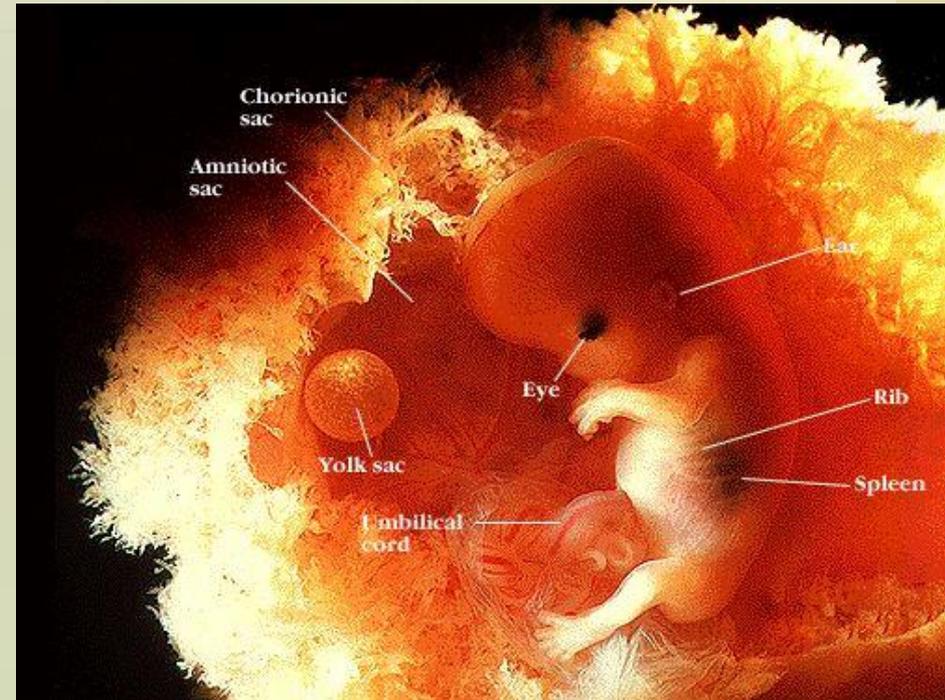
- Embryo is an inch long
 - Distinct, slightly webbed fingers.
- Veins clearly visible.
- The **placenta** is already nourishing the baby through the umbilical cord.
 - PLACENTA: Connects fetus to mom – fetus gets all nutrients and eliminates waste from blood supply
- The heart has divided into right and left chambers.
- Most vital organs are developed.

2 Months

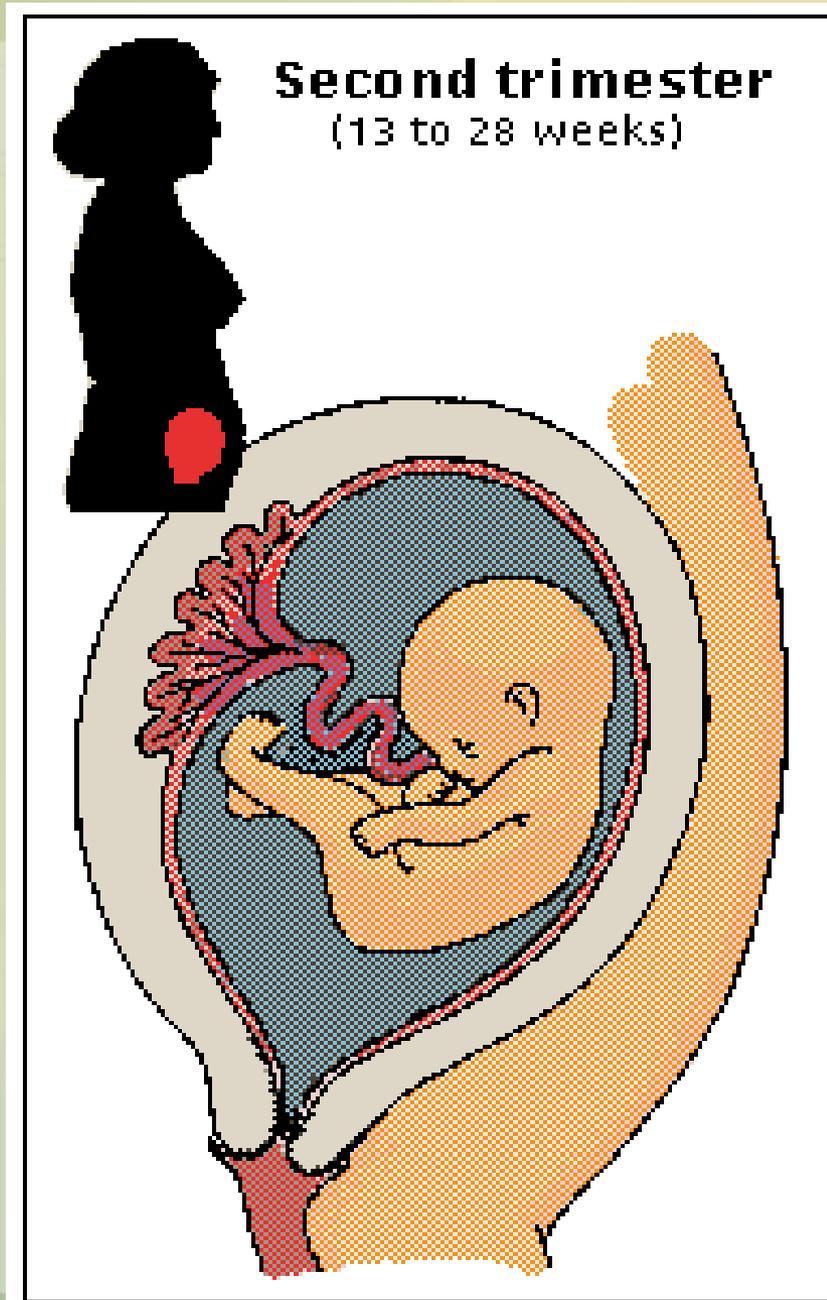


3 Months

- Starting at eight weeks, your baby is called a fetus.
- Fetus is 2 1/2 to 3 inches long and is fully formed.
- Has begun swallowing and kicking.
- All organs and muscles have formed and are beginning to function.
- The arms, legs, hand, and fingers are fully developed.
- The finger and toenails starting to develop
- Inside Pregnancy: 10-14 Weeks

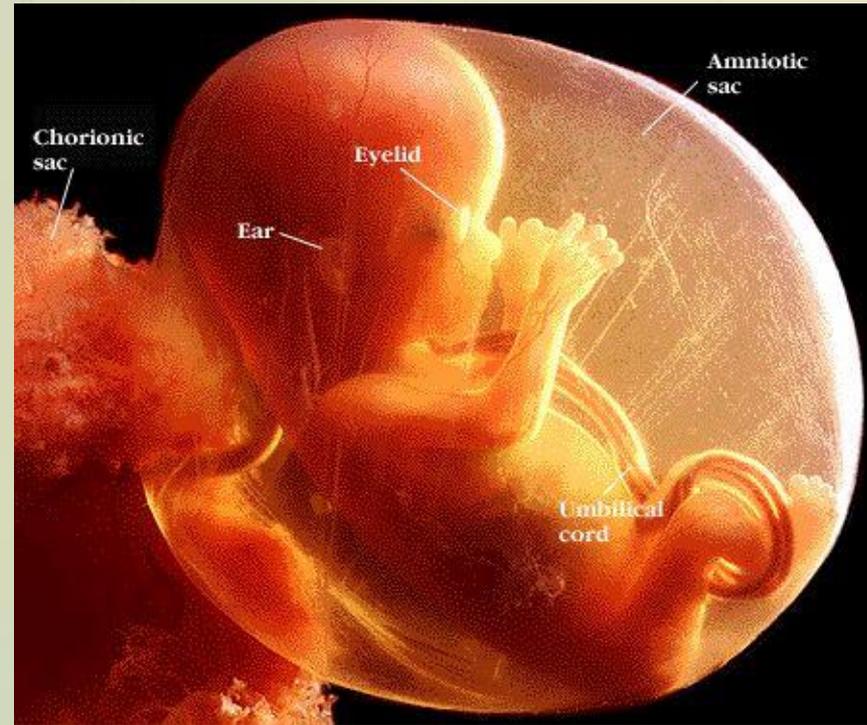


- Skin – Every woman's body reacts differently to pregnancy.
 - Oily, dry or scaly
 - Stretch marks
 - Facial skin may darken
- Emotions
 - Need a few extra breaks or time to relax.
 - May experience mood swings, depression and bad dreams.
- Feel baby's movements
- Heartburn- May worsen when laying down



4 Months

- About 2 inches long
- Covered with a layer of thick, downy hair called lanugo.
- First outlines of the face are showing. Heartbeat can be heard clearly.
- This is when many mothers feel their baby's first thrilling kick.
- Genital areas forming(13 weeks)
- Inside Pregnancy: 15-20 Weeks



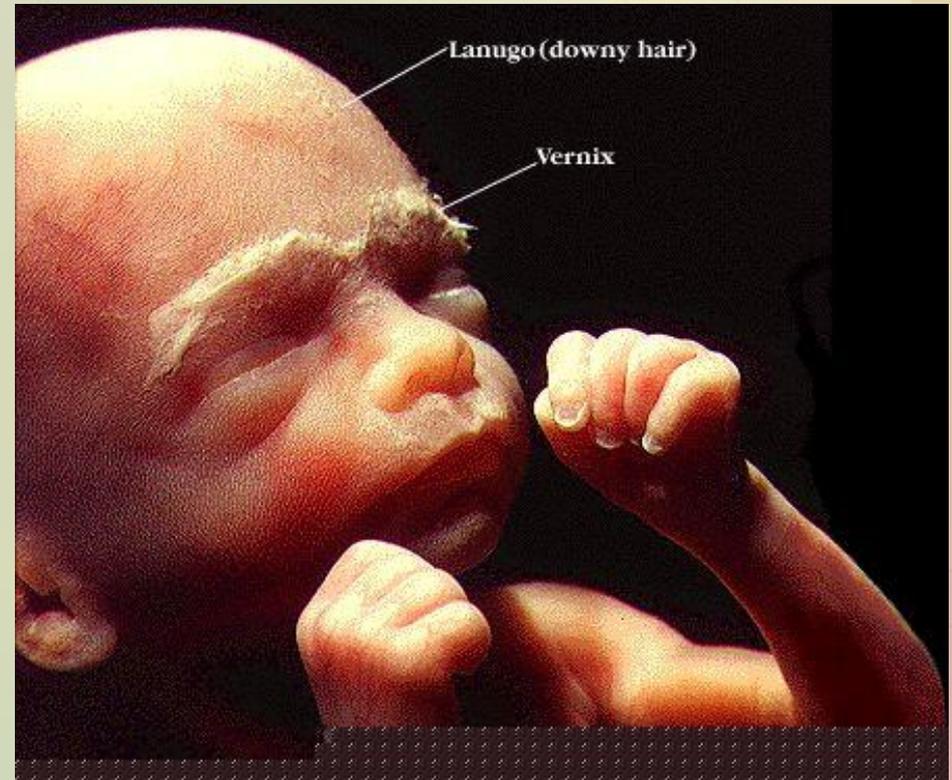
5 Months

- If you have an ultrasound, you might see him sucking his thumb.
- By the end of this month, your baby will be nearly 8 inches long and weigh almost a pound.
- The skull bones are the most important bones being developed at this time.
- By 20 weeks, genital areas fully developed and visible

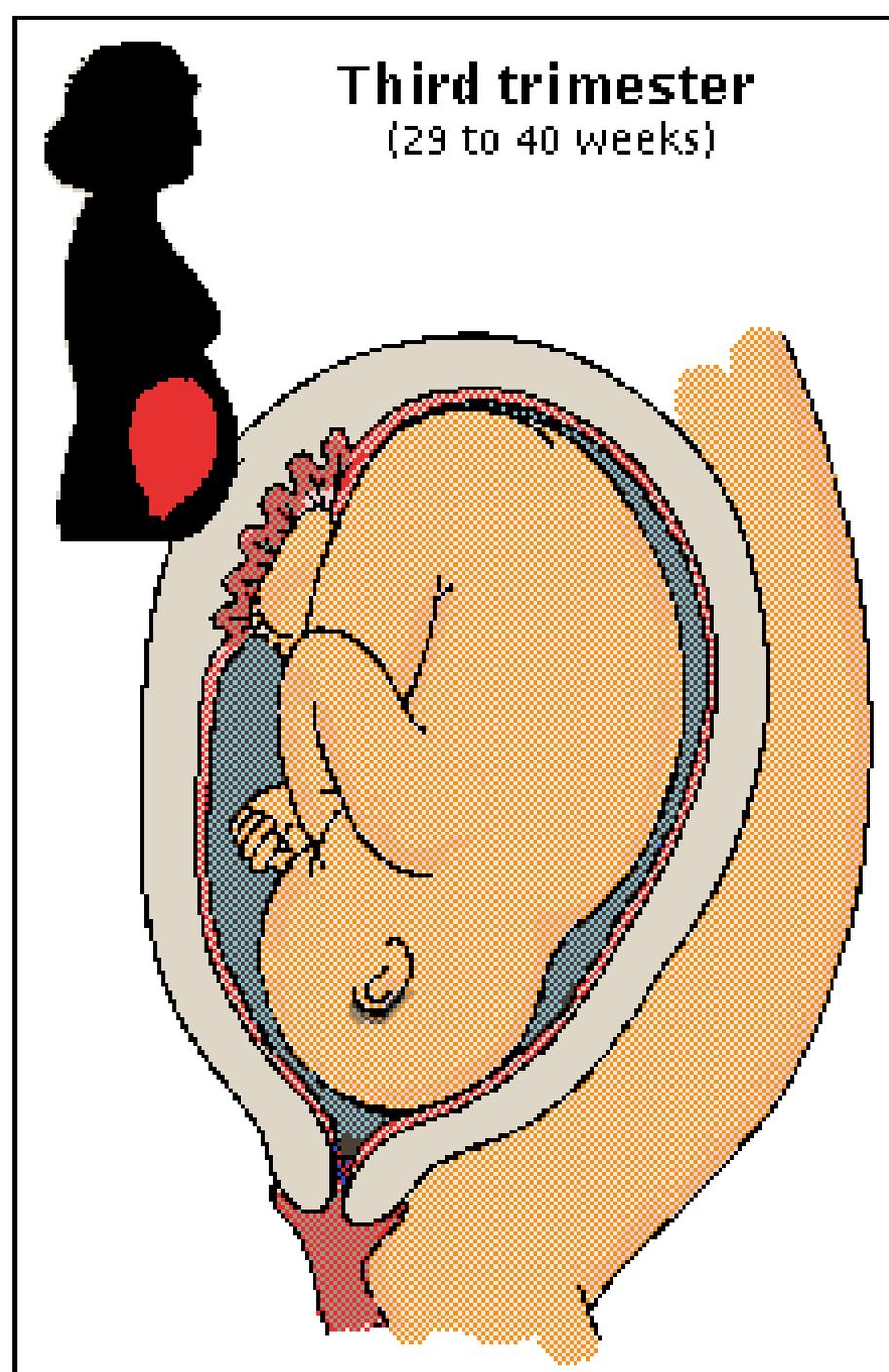


6 Months

- Tiny eyebrows and eyelids are visible.
- Baby can hear outside noises
- Lungs are filled with amniotic fluid, starts to practice breathing
- Fingerprints are formed.
- Bones and muscles are formed – can make a fist
- Inside Pregnancy: 21-27 Weeks



- Abdomen enlarges
- Fatigue is common
- Expectant fathers take more interest because they can feel the baby move.
- Baby moves a lot
 - A mother should feel the baby move every couple of hours. If not, she should call her doctor.



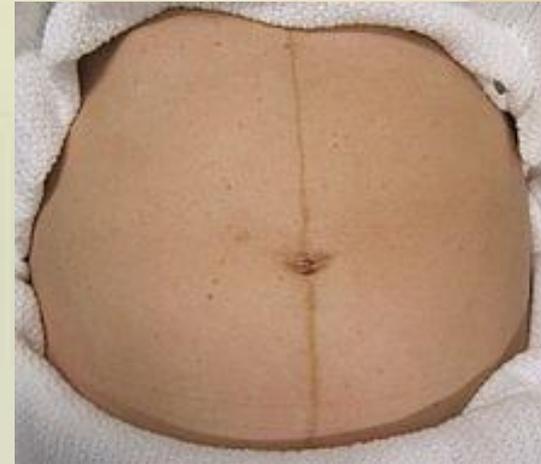
Discomforts that might be experienced



- Heartburn
- Shortness of breath
- Heart palpitations
- Leg cramps
- Round ligament pains
- Vivid Dreams
- May find difficulty sleeping comfortably
- Need to urinate frequently
- Tightening of the uterus – Braxton Hicks contractions

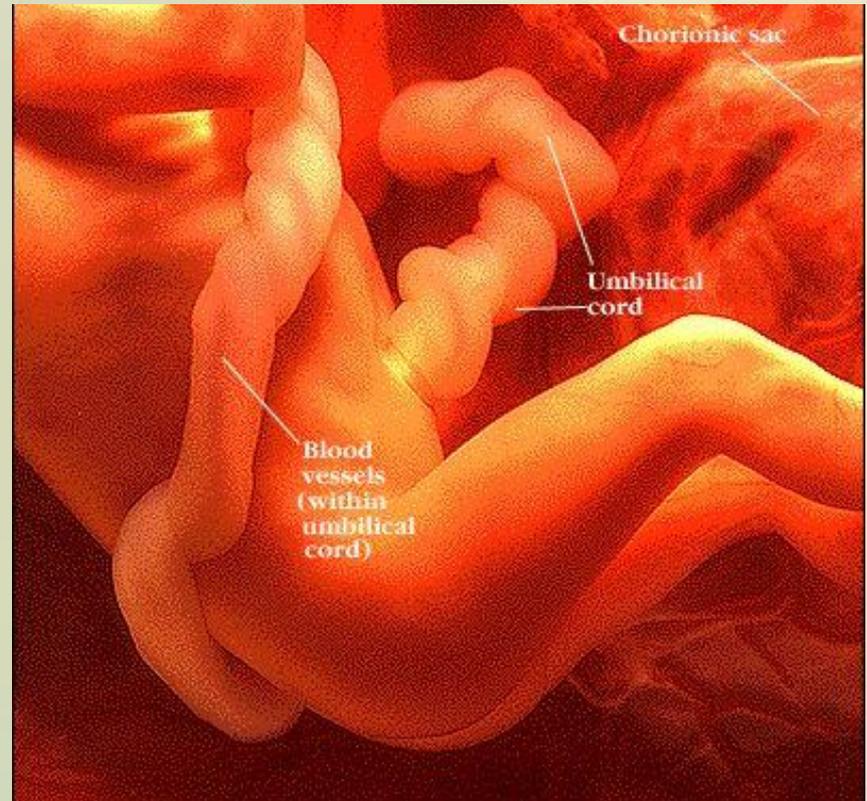
Linea Nigra

- A dark vertical line that appears on the abdomen during about $\frac{3}{4}$ of all pregnancies.
- Occurs during 3rd trimester.
- Due to increased hormones – Also causes darker nipples and freckles.
- Can be made worse if exposed to the sun.
- Does fade after pregnancy.



7 Months

- About 3 1/2 pounds and is about 12 inches long by end of 7th month.
- Body is well formed.
- Fingernails cover fingertips.
- Can see light
- Inside Pregnancy: 28-37 Weeks



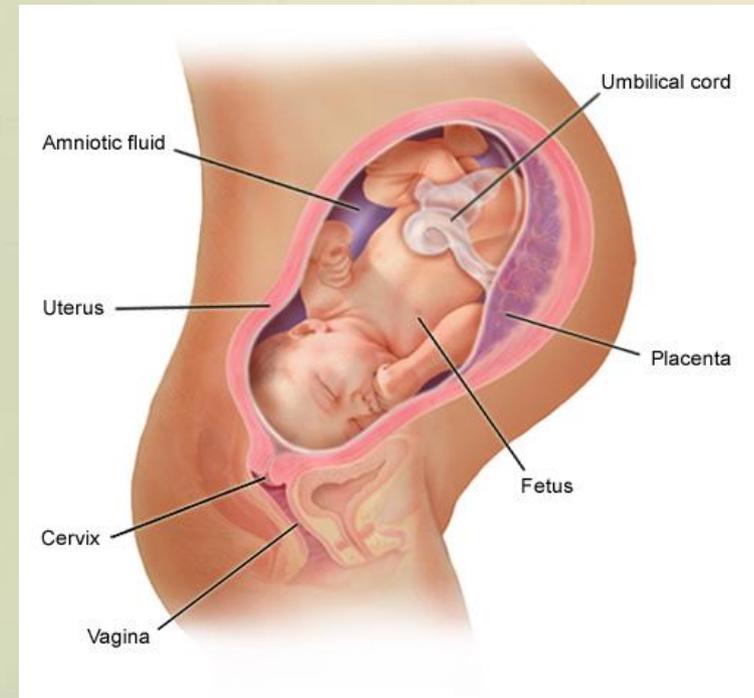
8 Months

- Gaining about half a pound per week
- Layers of fat are piling on under skin.
- Has probably turned head-down in preparation for coming birth.
- Weighs between 4 and 6 pounds.



9 Months

- 6 to 9 pounds and measures somewhere between 19 and 22 inches.
- The lungs develop in preparation for breathing and the head is now head-down.
- Becomes more crowded, Mom may feel baby move around less.
- Baby “drops” in preparation for delivery – giving the mother a little breathing space.
- FACT: The umbilical cord is 20 inches long.
- Inside Pregnancy: Labor & Birth



4 months



5 months



6 months



7 months



8 months



9 months



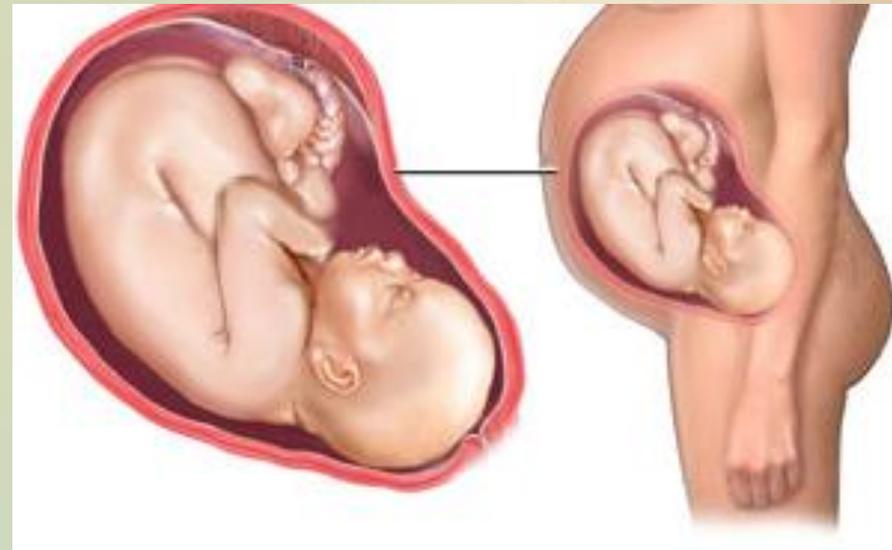
Fetal Positions

- During pregnancy, babies often twist, stretch and tumble.
- Before labor begins, most babies settle into a position that allows them to be delivered headfirst through the birth canal.
- Doesn't always happen



Facing Downward

- With the face down and turned slightly to the side, the smallest part of the baby's head leads the way through the birth canal.



Facing Upward

- Baby is positioned with the face up toward the mother's abdomen. In this fetal position, a baby can't extend his or her head out from under the pubic bone — which can make delivery more difficult.
- Most babies eventually turn on their own, if there's enough room.
- Health Care Provider (HCP) might try to rotate the baby manually by reaching through vagina and using hand as a wedge.



Buttocks First (Frank Breech)

- Head located near the top of the uterus and butt facing the birth canal with both legs pointing straight up in front of the body.
- HCP might try to rotate the baby manually by placing his or her hands on your abdomen, then pushing or lifting (external version).
- A C-section is usually recommended if a baby remains in a breech position



Feet First (Complete Breech)

- Head located near the top of the uterus, legs folded at the knees and crossed, and feet near the butt.
- HCP might try to rotate the baby manually by placing his or her hands on your abdomen, then pushing or lifting (external version).
- A C-section is recommended if a baby remains in a breech position



Lying Sideways

- Positioned horizontally across the uterus, rather than vertically.
- Baby's back might be positioned down, with one shoulder pointing toward the birth canal, or up, with the hands and feet facing the birth canal.
- Many babies lie sideways early in pregnancy, few babies begin labor in this position.
- C-Section is done if HCP can't reposition the baby



Twins

- Can usually be delivered vaginally if both babies are headfirst.
- If only the lower twin is in the headfirst position, the lower twin can often be delivered vaginally — and the second twin can sometimes be turned or delivered feet or butt first.
- If this can't be done, the second twin might be delivered by C-section. If the lower twin isn't positioned headfirst or neither twin is headfirst, both twins are usually delivered by C-section.



Weight Gain in Pregnancy

25 -30 lbs healthy

Weight gain consists of:

- Baby – 7 ½ pounds
- Placenta – 1 ½ pounds
- Uterus – 2 pounds
- Amniotic fluid – 1 ½ pound
- Extra blood and water – 4 ½ pounds
- Breast tissue – 3 pounds
- Maternal stores of protein – 4 pounds



Emotional Changes During Pregnancy

- It is normal for women to feel a great variety and depth of emotions throughout pregnancy and childbirth.
- In the first trimester and immediately after birth, there are fluctuations in hormone levels that contribute to mood swings.
- Women can feel anxious, tearful or joyful. Affected by personal experience.



Pregnancy Issues

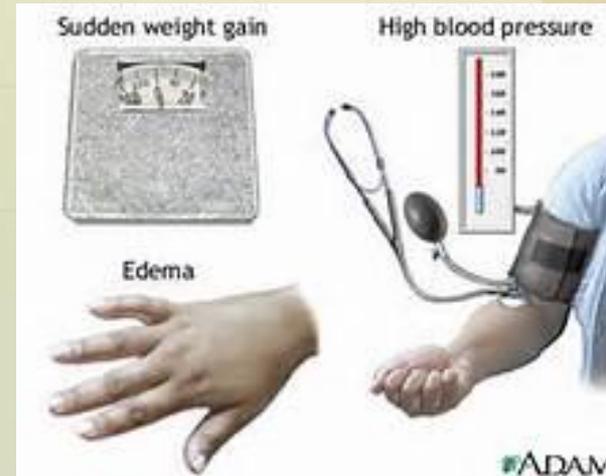
- Toxemia/Preeclampsia
- Ectopic Pregnancy
- Stillborn
- Spontaneous Abortion (Miscarriage)
- Placenta Previa
- Placenta Abruptio

Toxemia/Preeclampsia

- Occurs only during pregnancy
- Caused by high blood pressure and high protein in urine
- Occurs after 20 weeks

- At risk:

- First time mom
- Family History
- High BP before
- Women younger than 20 and older than 40
- Previous Experience
- Multiple Babies
- Obese women

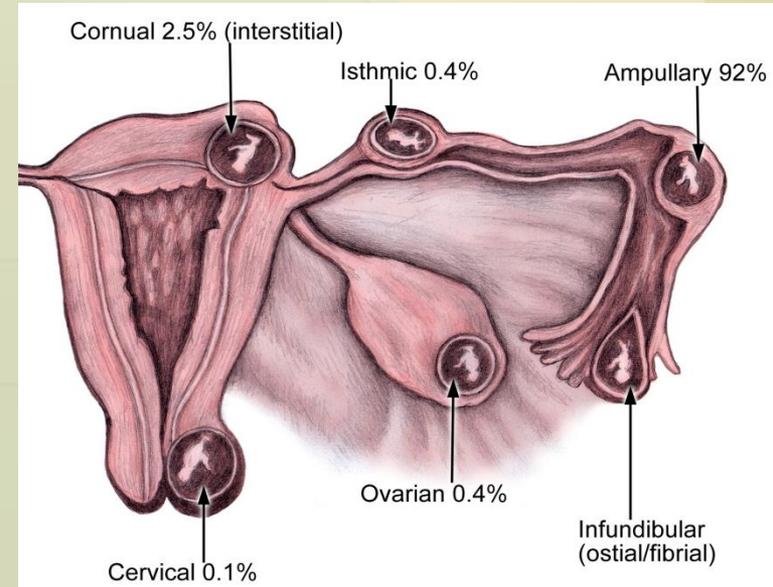


Preeclampsia – If not Treated quickly and properly

- Mom – Can lead to:
 - Liver or renal failure
 - Future cardiovascular issues
- Baby
 - Can prevent the placenta from getting enough blood. If placenta doesn't get enough blood, your baby gets less oxygen and food. Results in low birth weight.
- Most women still can deliver a healthy baby if preeclampsia is detected early and treated with regular prenatal care.

Ectopic Pregnancy

- A pregnancy that occurs outside the womb
 - Life-threatening to mother
 - Baby cannot survive (usually)
 - The developing cells must be removed to save the mother's life.
 - You will need emergency medical help if the area of the ectopic pregnancy breaks open (ruptures). Rupture can lead to shock
 - Death from rupture is rare



Causes of Ectopic Pregnancy

- Birth defect in the fallopian tubes
- Having an ectopic pregnancy before
- Scarring from past infections or surgery

At Risk:

- Age over 35
- Getting pregnant while having an intrauterine device (IUD)
- Reversed tubal ligation to become pregnant
- Having had many sexual partners
- Having your tubes tied (tubal ligation) - more likely 2 or more years after the procedure

Miscarriage

- The sudden loss of a fetus before the 20th week of pregnancy.
- Pregnancy losses after the 20th week are called preterm deliveries.
- Causes
 - Chromosome problems that make it impossible for the baby to develop.
 - Problems are usually unrelated to the mother or father's genes.

Miscarriage

- **Other possible causes:**

- Drug and alcohol abuse
- Exposure to environmental toxins
- Hormone problems
- Infection
- Obesity
- Physical problems with the mother's reproductive organs
- Problem with the body's immune response
- Smoking

- **At Risk**

- Older age, with increases beginning by 30, becoming greater between 35 and 40, and highest after 40
- Who have had previous miscarriages

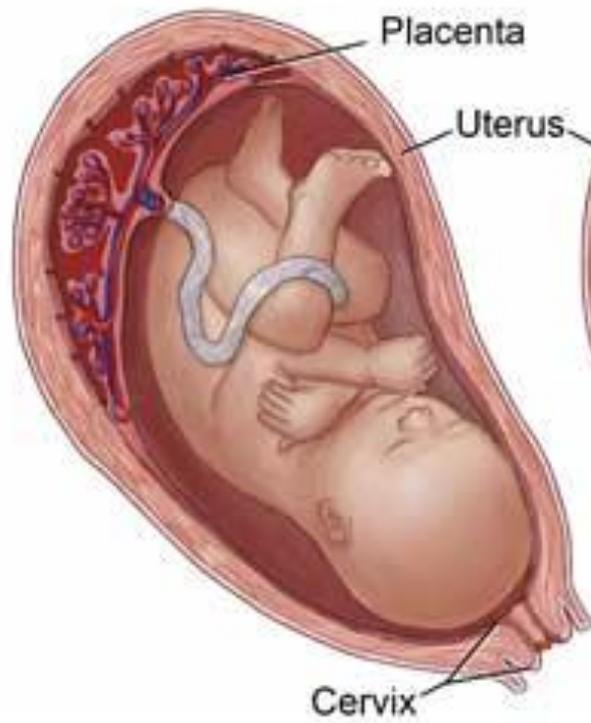
Stillbirth

- When a fetus has died in the uterus
- Once the fetus has died, the mother may or may not have contractions and undergo childbirth
- Most stillbirths occur during full-term pregnancies
- The cause for most stillbirths is still unknown
- Approximately 26,000 stillbirths occur each year

Placenta Previa

- Placenta grows in the bottom part of the uterus and covers the cervix
- Almost all women with placenta previa need a c-section.
- If the placenta covers all or part of the cervix, a vaginal delivery can cause severe bleeding.
- Can be deadly to both the mother and the baby.

Normal placenta

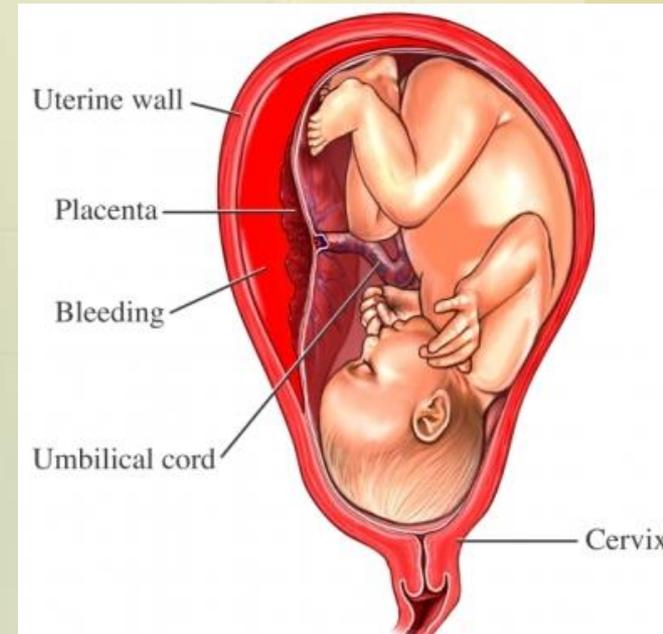


Placenta previa



Placenta Abruption

- Separation of the placenta from its attachment to the uterus wall before the baby is delivered
- Exact cause usually unknown
- Direct causes are rare, but include:
 - Injury to the belly area from a fall, hit to the abdomen, or car accident
 - Sudden loss of uterine volume (can occur with rapid loss of amniotic fluid or after a first twin is delivered)



Placenta Abruption

- Excess blood loss may lead to shock and possible death in the mother or baby.
- If bleeding occurs after the delivery and blood loss cannot be controlled in other ways, the mother may need a hysterectomy (removal of the uterus).
- **Prevention:**
 - Avoid drinking, smoking, or using recreational drugs during pregnancy
 - Get early and regular prenatal care