

# A HEALTHY PREGNANCY

## Unit 4.6

### 4.6 JOURNAL

Make two columns in your journal like you see below and list all the do's and don'ts you can think of for pregnant women.

<u>DO's</u>	<u>DON'Ts</u>
•	•
•	•
•	•
•	•

### OBJECTIVES

- Identify four behaviors that are essential for a healthy pregnancy.
- Explain the importance of prenatal care throughout pregnancy.

### STAYING HEALTHY DURING PREGNANCY

- Before and throughout pregnancy, it is important to do the following:
  - Get proper nutrition
  - Exercise
  - Avoid alcohol and other drugs
  - Avoid environmental hazards

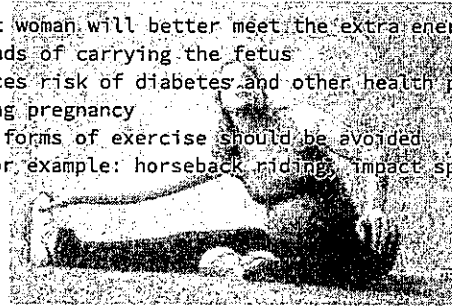
## PROPER NUTRITION

- Eat about 300 more calories than usual during pregnancy
  - Obtain extra calories from a well-balanced diet
- The following table shows the important nutrients for pregnancy and what they're needed for:

Folic Acid	Protein	Calcium	Iron	Vitamin A	Vit. B-Complex
Formation of neural tube; brain and spinal cord development	Muscle formation and growth	Bone and tooth formation; nerve and muscle development	Oxygen delivery by blood cells	Cell and bone growth; eye development	Nervous system development

## EXERCISE

- A fit woman will better meet the extra energy demands of carrying the fetus
- Reduces risk of diabetes and other health problems during pregnancy
- Some forms of exercise should be avoided
  - For example: horseback riding, impact sports



## AVOIDING ALCOHOL AND OTHER DRUGS



- These substances, even in small amounts, can
  - Harm or kill a developing baby
  - Decrease a newborn's chance to live
  - Cause lifelong problems
- Even over-the-counter medicines may not be safe for pregnant women
  - Must always consult a doctor first
- Fetal Alcohol Syndrome - symptoms include developmental delays (intellectual disability), minor to severe heart defects and delayed growth

## AVOIDING ENVIRONMENTAL HAZARDS

- X-Rays - Radiation from x-rays can harm a developing embryo or fetus.
- Lead - Main source of exposure to lead is from lead-based paint present in older homes (before 1978)
- Mercury - Most comes from eating contaminated fish
- Cat litter - Cat feces can contain a parasite that is especially dangerous to a developing fetus (Toxoplasmosis)

## PRENATAL CARE

- **Prenatal Care** - medical care during pregnancy
- **Obstetrician** - a doctor that specializes in pregnancy and childbirth
- The chances of having a healthy baby greatly increase if the mother visits her doctor or clinic for regular checkups throughout pregnancy.

## THE THREE TRIMESTERS (ABOUT 3 MONTHS EACH)

- A doctor monitors the health of the mother-to-be and her fetus during regular prenatal visits.

First Trimester	Second Trimester	Third Trimester
<ul style="list-style-type: none"> <li>• Record medical history and weight</li> <li>• Note conditions that could affect the pregnancy</li> <li>• Prescribe prenatal vitamins as needed</li> </ul>	<ul style="list-style-type: none"> <li>• Monitor heartbeat of fetus</li> <li>• Measure growth of uterus</li> <li>• Monitor for complications using ultrasounds and other tools</li> </ul>	<ul style="list-style-type: none"> <li>• Check position and size of fetus</li> <li>• Check for warning signs of early, or premature, birth</li> <li>• Continue to monitor for complications</li> <li>• Discuss birth plan</li> </ul>

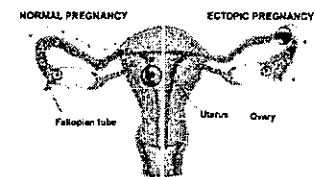
## MONITORING TOOLS

- **Ultrasound** - High-frequency sound waves produce an image of the fetus
  - Tells age of fetus, gender, and if heart/muscles/bones developing normally
- **Chorionic Villus Sampling** - Doctor removes a small piece of placenta to test for genetic disorders
  - Test done around the 8th week of pregnancy; optional
- **Amniocentesis** - A needle is inserted into the abdomen to test the amniotic fluid; also tests for abnormalities or genetic disorders
  - Completed around 16 weeks; optional
  - CVS & Amniocentesis tests increase chance of miscarriage

## COMPLICATIONS

### Ectopic Pregnancy:

When the blastocyst implants in the fallopian tube or elsewhere in the abdomen, instead of the uterus



- Cannot develop normally
- Puts mother's life at risk
- Surgery necessary to repair damaged fallopian tube and remove embryo

## COMPLICATIONS

- Preeclampsia - characterized by high blood pressure, swelling of the wrists and ankles, high levels of protein in the urine
  - Also called toxemia
  - Prevents fetus from getting enough oxygen
  - Treated with bed rest or medication
- Gestational Diabetes - Diabetes that develops in pregnant women and is marked by high blood sugar levels
  - If left untreated, excess blood sugar can pass through the placenta to the fetus
  - Fetus may grow too large; increase risk of difficult birth, premature birth, or breathing problems for newborn

## COMPLICATIONS

- Miscarriage - death of an embryo or fetus in the first 20 weeks of pregnancy, most often before the 12th week
  - Up to 25% of recognized pregnancies end in miscarriage
  - Possible Reasons: serious genetic defect, illness, drug abuse, often times reason unknown
- Stillbirth - death of fetus after 20 weeks
  - Affects 1 in 160 pregnancies (less than 1%)
  - Possible reasons: diabetes, high blood pressure, certain infections, obese, over 35 years old, pregnant with multiples