

## Common Health Risks During Pregnancy

Hey, mama! Pregnancy is an exciting journey, but there are a few health risks to keep an eye on. Don't worry—it's all about staying informed so you can enjoy a smooth, healthy pregnancy.



### Common Complications of Pregnancy:

**Gestational Diabetes:** A condition where blood sugar levels get higher than normal during pregnancy. This can be managed through diet, exercise, and sometimes medication.

**High Blood Pressure:** High blood pressure during pregnancy can affect the placenta and lead to preeclampsia. Monitoring and managing it early is crucial for you and your baby's health.

**Infections:** Some infections, like urinary tract infections (UTIs), can occur more frequently during pregnancy. Always contact your healthcare provider if something feels off!



**Preeclampsia:** This is a serious condition that causes high blood pressure and can affect your organs. Watch for symptoms like severe headaches, vision changes, and swelling.

**Preterm Labor:** Labor that begins before 37 weeks can result in premature birth. Staying on top of your prenatal care and discussing any concerns with your doctor can help minimize risks.

**Depression & Anxiety:** Mental health is just as important as physical health during pregnancy. Hormonal shifts and life changes can contribute to depression or anxiety, so don't be afraid to ask for help if needed.

**Pregnancy Loss/Miscarriage:** Miscarriages usually occur in the first trimester and are often due to factors outside your control. Know that support is available to help you through this.

**Stillbirth:** Stillbirth, the loss of a baby after 20 weeks, is rare but devastating. Regular prenatal check-ups can help monitor risks and ensure the well-being of you and your baby.



### When Should You Call Your Doctor?

It's important to trust your body and seek medical advice if you experience any of the following symptoms:

- Severe headaches or dizziness.
- Vision problems, such as blurred vision or seeing spots.
- Unusual swelling in your hands, feet, or face.

- Vaginal bleeding or fluid leakage.
- Pain or cramping that feels like more than typical pregnancy discomfort.

### **Quick Tips to Stay Healthy:**

- Keep up with regular prenatal check-ups.
- Eat a balanced diet rich in nutrients.
- Stay active with low-impact exercise (like walking or swimming).
- Stay hydrated—aim for 8-10 cups of water a day.
- Don't be afraid to ask for help, both physically and emotionally!