PREGNANCY

What Do You Want to Know About Pregnancy?

A sperm fertilizes an egg when it is released from the ovary during ovulation to cause pregnancy. After that, the fertilized egg descends into the uterus, where implantation takes place. An effective implantation leads to conception.

A full-term pregnancy lasts 40 weeks on average. Numerous things might have an impact on a pregnancy. Prenatal care and an early pregnancy diagnosis increase the likelihood that a woman will have a healthy pregnancy and deliver a healthy child.

Monitoring both your health and the health of the unborn child during the entire pregnancy requires that you be aware of what to anticipate. There are additional effective methods of birth control you should be aware of if you want to avoid getting pregnant.

Symptoms of pregnancy

You may notice some signs and symptoms before you even take a pregnancy test. Others will appear weeks later, as your hormone levels change.

Missed period

One of the first signs of pregnancy is a missed period (and maybe the most classic one). Even if your cycle is irregular, a missed period does not always indicate that you are pregnant.There are many health conditions other than pregnancy that can cause a late or missed period.

Headache

Early in a pregnancy, headaches are frequent. They are typically brought on by elevated blood volume and changed hormone levels. If your headaches don't go away or if they're particularly painful, call your doctor.

Spotting

Early in pregnancy, some women may suffer minor bleeding and spotting. The most frequent cause of this bleeding is implantation. Typically, one to two weeks after fertilization, implants take place.

Additionally, relatively simple issues like an infection or irritation might cause early pregnancy bleeding. The latter frequently affects the cervix's surface (which is very sensitive during pregnancy).

A major pregnancy issue, such as a miscarriage, an ectopic pregnancy, or a placenta previa, can occasionally be detected by bleeding. In case you have any worries, always call your doctor.

Weight gain

Between 1 and 4 pounds should be added throughout the first few months of pregnancy. In your second trimester, weight gain starts to become more obvious.

Pregnancy-induced hypertension

Sometimes during pregnancy, high blood pressure, or hypertension, develops. Your risk may be increased by a number of things, such as:being obese or overweightsmoking,having a prior history of pregnancy-induced hypertension or a family history of it

Heartburn

The hormones secreted during pregnancy can occasionally cause the valve separating your stomach and esophagus to loosen. When stomach acid leaks, heartburn may result.

Constipation

Early pregnancy hormone changes can cause your digestive system to slow down. As a result, constipation might set in.

Cramps

You can experience a pulling sensation resembling period cramps as the muscles in your uterus start to stretch and expand. Along with your cramps, spotting or blood may indicate a miscarriage or an ectopic pregnancy.

Back pain

The main reasons of back discomfort in the early stages of pregnancy are hormones and tension on the muscles. Later, your back pain can become worse due to your increased weight and altered center of gravity. About half of all expectant mothers report experiencing back pain.

Anemia

Anemia, which can induce symptoms such as lightheadedness and dizziness, is more common in pregnant women.

The condition can lead to premature birth and low birth weight. Prenatal care usually involves screening for anemia.

Depression

Most pregnant women experience depression between 14 and 23% of the time. Your numerous biological and mental changes could be significant factors.

If you don't feel like your normal self, make sure to tell your doctor.

Insomnia

Another typical sign of early pregnancy is insomnia. Hormonal fluctuations, physical discomfort, and stress can all be contributing factors. You can improve your sleep quality with a balanced diet, sound sleeping practices, and yoga stretches.

Breast changes

One of the first obvious indicators of pregnancy is a change in the breasts. Your breasts may start to feel sensitive, swollen, and generally heavy or full before you're far enough along for a positive test. Additionally, the areolae may darken and your nipples may enlarge and become more sensitive.

Acne

Numerous women have acne in the first trimester of pregnancy as a result of elevated androgen levels. Your skin may become more oily due to these hormones, which may clog pores. Acne during pregnancy typically subsides after the baby is born.

Vomiting

Morning sickness, a typical symptom that typically arises within the first four months, includes vomiting as one of its symptoms. Sometimes the first indication that you are pregnant is morning sickness. The primary factor is an increase in hormones during early pregnancy.

Hip pain

Hip pain is typical throughout pregnancy and often gets worse as the pregnancy progresses. There are numerous potential causes, such as:your ligaments are under pressure,sciatica,alterations to your posture and an enlarged uterus.

Diarrhea

During pregnancy, diarrhea and other digestive issues usually arise. Possible causes include adjustments in hormone levels, dietary changes, and increased stress. To avoid dehydration, call your doctor if diarrhea persists for longer than a few days.

Stress and pregnancy

Although being pregnant is typically a pleasant time, stress can also be associated with it. Your body, your relationships, and even your finances will all change significantly when you have a new kid. If you start to feel overburdened, don't be afraid to approach your doctor for assistance.

The bottom line

You shouldn't rely exclusively on these symptoms and indicators if you think you might be pregnant. A probable pregnancy can be confirmed by using a home pregnancy test or by visiting your doctor for lab testing.

Many of these symptoms, including premenstrual syndrome, can also be brought on by other medical disorders (PMS). Learn more about the early signs of pregnancy, including when they'll start to show up after you miss a period.

Pregnancy week by week

Each of the three trimesters, or groups of weeks during pregnancy, has associated medical milestones for both you and the unborn child.

First trimester

During the first trimester, a baby grows quickly (weeks 1 to 12). The fetus starts to form its organs, spinal cord, and brain. The infant's heart will start to beat as well.

The likelihood of miscarriage is relatively high during the first trimester. The American College of Obstetricians and Gynecologists (ACOG) estimates that one in ten pregnancies terminate in miscarriage, with the first trimester accounting for roughly 85% of these losses.

If you have miscarriage symptoms, get help right once.

Second trimester

Your healthcare practitioner will probably carry out an ultrasound anatomy scan throughout the second trimester of pregnancy (weeks 13 to 27).

This test looks for any anomalies in the fetus's physical development. If you want to know your baby's sex before the baby is born, the test results can also tell you that.

Your baby will probably start to move, kick, and punch inside your uterus.

A kid in utero is deemed "viable" after 23 weeks. This implies that it could be able to survive outside of your womb. Babies that are born so early frequently have major medical problems. The longer you are able to carry the pregnancy, the greater the likelihood that your baby will be born healthy.

Third trimester

Your weight growth will quicken throughout the third trimester (weeks 28 to 40), and you can experience increased fatigue.

Your infant can now open and close their eyes as well as perceive light. They also develop bones.

Your feet may swell and you can experience pelvic discomfort as birth gets closer. The weeks prior to delivery may see the onset of Braxton-Hicks contractions, which are contractions that do not progress into labor.

The bottom line

Although every pregnancy is unique, advancements will probably take place within this broad time range. Learn more about the changes you and your unborn child will experience over the course of each trimester and subscribe to our I'm Expecting newsletter to get week-by-week pregnancy advice.

Pregnancy tests

After the first day of your missed menstruation, home pregnancy tests are fairly accurate. A home pregnancy test that comes up positive should prompt you to make an immediate appointment with your physician. Your pregnancy will be verified and timed with an ultrasound.

Human chorionic gonadotropin levels in the body are used to determine whether a woman is pregnant (hCG). hCG, sometimes known as the pregnancy hormone, is created during implantation. It might not be seen until after you skip a period, though.

When your menstruation is missed, your hCG levels rise quickly. hCG can be found with a blood or urine test.

The urine tests you can perform at home are the same ones that may be offered at a doctor's office.

Pregnancy prevention

If a woman who has a male sexual partner is not interested in getting pregnant, she should think about birth control.

For certain people, specific pregnancy prevention techniques are more effective. Consult your doctor about the best kind of birth control for you.

A few of the most common birth control methods are discussed below:

Birth control method Effectiveness rate

Intrauterine devices (IUDs) - Over 99 percent

The pill - 99 percent with perfect use around 91 percent with typical use

Male condom - 98 percent with perfect use; around 82 percentTrusted SourceTrusted Source with typical use

Female condom (or internal condom)- 95 percent effective with perfect use; around 79 percent with typical use

Morning-after pill- Up to 95 percent (taken within one day of sexual contact); 75 to 89 percent (taken within three days)

Natural family planning (NFP)- 75 percent when used on its own