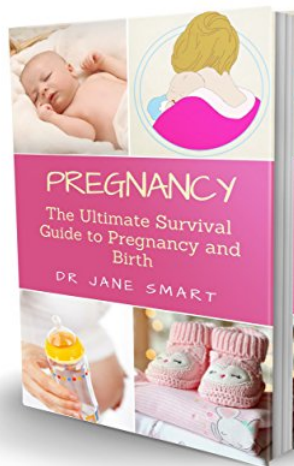


## [GET] Pregnancy: The Ultimate Survival Guide to Pregnancy and Birth



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Congratulations on your pregnancy and the journey you are about to embark on! If you are pregnant, or planning a pregnancy, then this book will be an asset to your journey. In practical wording and presentation, it covers essential topics such as: Antenatal screening, foetal development and high-risk pregnancy. The first stage of pregnancy can be challenging. You may not have informed others yet, but are still having to cope with symptoms, such as tiredness and nausea, with no outward signs of pregnancy. Pregnancy can feel unpredictable and of course you want everything to be perfect. Less than 20% of pregnancies end in miscarriage, and as the saying goes forewarned is forearmed so knowing the risk factors, and how to reduce them, can be reassuring. At the end of the book is a quick reference guide to commonly asked questions. This section gives practical tips on how to deal with issues, such as morning sickness, but also advice on a range of other issues: like constipation and is it safe to fly during pregnancy? This book will help you better understand conception and beyond. However, it is in no way intended to replace advice given by your doctor, consultant or midwife. If you are feeling unwell, experiencing unusual symptoms, or feel unable to cope, contact your health professional immediately. Congratulations on your pregnancy and the journey you are about to embark on!

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