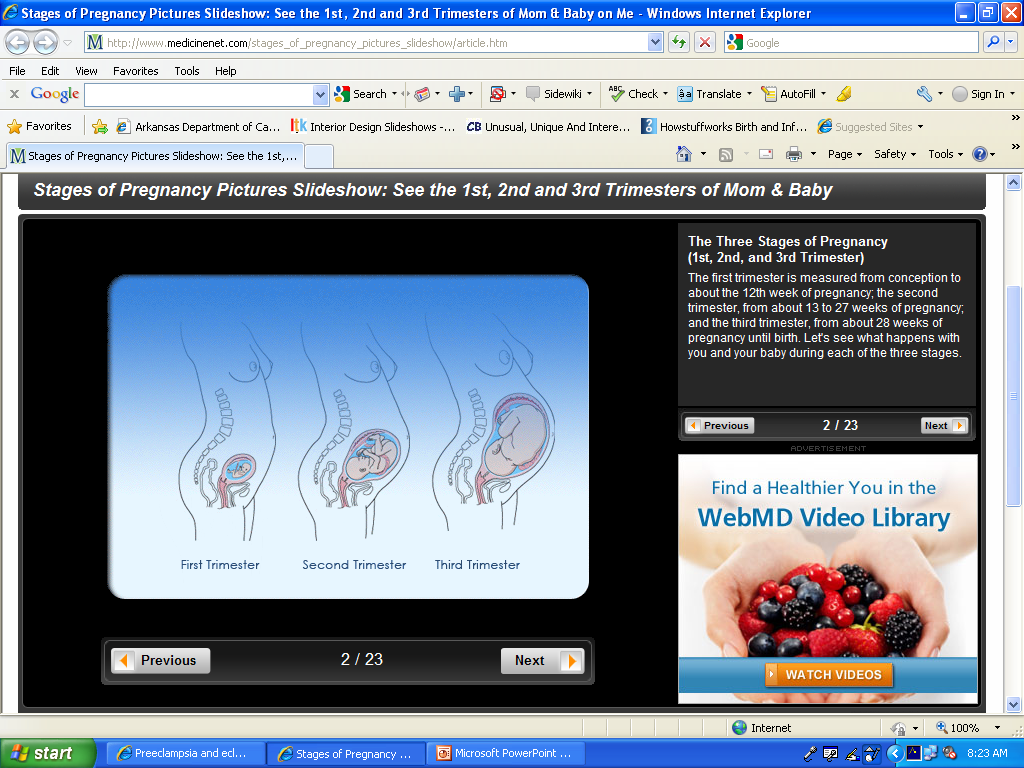
**  
Early Signs of Pregnancy** 2.2

Missed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Fullness or mild ache in lower abdomen or back,   
  
Enlarged and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Nausea or vomiting, \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and Fatigue. As pregnancy progresses you may experience:   
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and Food cravings.

**Types of Pregnancy Tests**

Lab test \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or a Home pregnancy test.

Pregnancy is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from the first day of your last menstrual period (LMP) and normally lasts about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from conception to the birth of a baby.  
 **First Trimester: Early Changes in a Woman's Body** 2.3

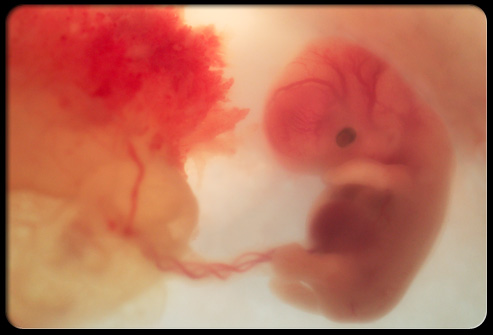
Weight gain of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; Increase size in breasts and abdomen;   
  
Hormone changes may cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (feeling irritable); Pressure on   
  
bladder causes more frequent urination; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; and Extreme tiredness. If you have been pregnant before, you might feel differently this time around.

As your body changes, you might need to make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, such as going to bed earlier or eating frequent, small meals.

Fortunately, most of these \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as your pregnancy progresses. Some women might not feel any discomfort at all!

**First Trimester: The Baby at 4 Weeks** 2.7

The baby's \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have begun to   
  
form, the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Arm and leg buds   
  
appear, and the baby is now an \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and 1/25 of an inch long.

** The Baby at 8 Weeks** 2.7

* The baby is a \_\_\_\_\_\_\_\_\_\_\_ and looks more like a human.
* Your baby is nearly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and weighs less  
   than 1/8 of an ounce.
* All \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and external body  
   structures have begun to form.
* The baby's heart beats with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The arms and legs grow longer, and fingers and toes have begun to form
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The eyes have moved forward on the face and eyelids have formed.
* The umbilical cord is clearly visible.

**The Baby at 12** Weeks 2.7

* Head growth has slowed, and your baby is much longer.  
    
   Now, at about \_\_\_\_\_\_\_\_\_\_\_\_\_\_ long, your baby weighs  
   almost an ounce.
* The nerves and muscles begin to work together. The  
    
   baby \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The external sex organs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* A woman who has an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the second trimester or later might be able to find out the baby's sex.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to protect the developing eyes. They will not open again until the 28th week.

**Second Trimester: Changes a Woman May Experience** 2.3

Feel the baby move – this is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and usually occurs during the   
  
4th month and helps determine due date. Begin to wear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as they gain weight. For most women morning sickness is over by the 2nd Trimester, for   
  
some it continues. Discomforts may include \_\_\_\_\_\_\_\_\_\_\_\_\_, constipation, heartburn,   
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, leg cramps, mood swings, dizziness – these \_\_\_\_\_\_\_\_\_\_\_\_\_\_ but should be reported to the doctor.

**As your body changes to make room for your growing baby, you may have:**

* ****Body aches, such as back, abdomen, groin, or thigh pain.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on your abdomen, breasts, thighs, or buttocks.
* Darkening of the skin around your nipples.
* A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ running from belly button to pubic hairline.
* Patches of darker skin, usually over the cheeks, forehead, nose, or upper lip. Patches often match on both sides of the face. This is sometimes called the   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Numb or tingling hands, called carpal tunnel syndrome.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on the abdomen, palms, and soles of the feet.  
   *(Call your doctor if you have nausea, loss of appetite, vomiting, jaundice or fatigue combined with itching. These can be signs of a serious liver problem.)*
* Swelling of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, fingers, and face.  
   *(If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away. This could be a sign of preeclampsia.)*

**Second Trimester: The Baby at 16 Weeks** 2.7

* ****The baby makes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the mouth  
   (sucking reflex).
* The baby reaches a length of about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   and weighs almost 3 ounces.
* Muscle tissue and bone continue to form, creating a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Skin begins to form. You can nearly see through it.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (mih-KOH-nee-uhm) develops in your baby's intestinal   
   tract. This will be your baby's first bowel movement.   
    
  **The Baby at 20 Weeks** 2.7
* The baby is more active. You might feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The baby can \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and swallow.
* Now halfway through the pregnancy, the baby is about   
    
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and weighs about 9 ounces.
* The baby is covered by fine, downy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (luh-NOO-goh)   
    
  and a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This protects the forming skin underneath.
* Eyebrows, eyelashes, fingernails, and toenails have formed. The unexpected death of a developing baby before twenty weeks of pregnancy is called a   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ after 20 weeks it's called a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**The Baby at 24 Weeks**

* Is about 12 inches long and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Footprints and fingerprints have formed.
* Real \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on your baby's head.
* Bone marrow begins to make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Taste buds form on your baby's tongue.
* The lungs are formed, but do not work.
* The hand and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ develop.
* Your baby sleeps and wakes regularly.
* If your baby is a boy, his testicles begin to move from the abdomen into the scrotum.
* If your baby is a girl, her uterus and ovaries are in place, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ have formed in the ovaries.

**Third Trimester: Changes a Woman May Experience** 2.3

* Physical discomforts: heart burn, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, varicose veins, swollen ankles, muscle cramps in the legs, lower back pain.
* Tender breasts, which may leak \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Belly button may stick out.
* May have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* May experience \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ due to the top of the uterus pushing against the diaphragm.
* Most women experience \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as delivery approaches –   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lower in the abdomen. Breathing becomes easier, but pressure on bladder increases.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which can be a sign of real or false labor

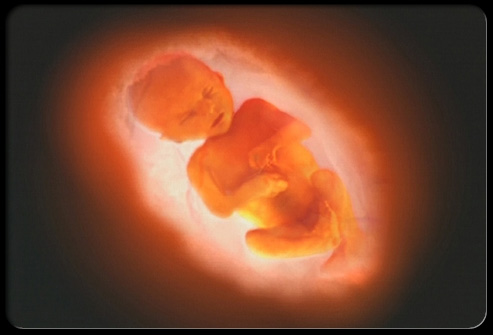
**Changes as the Due Date Approaches**

* Get excited — the final countdown has begun!
* As the due date nears, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and softer   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This is a normal, natural process that helps the birth   
    
  canal (vagina) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during the birthing process.
* Your doctor will check your progress with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as you near your due date.

****

**Third Trimester: The Baby at 32 Weeks**

* The baby is gaining weight quickly, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Now, the baby is about 15 to 17  
   inches long and weighs about 4 to 4½ pounds.
* The baby's \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, but still soft.
* Your baby's kicks and jabs are forceful.
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and sense changes in light.
* Lungs are not fully formed, but practice "breathing" movements occur.
* Your baby's body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vital minerals, such as   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Lanugo begins to fall off.

  
 **The Baby at 36 Weeks**

* The baby is about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and   
   weighs about 6 to 6½ pounds.
* The protective \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
   get thicker.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ increases. Your baby is getting bigger and bigger and has less space to move around.
* Movements are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, but you will feel stretches and wiggles.

** The Baby at 37 to 40 Weeks**

* By the end of 37 weeks, the baby is \_\_\_\_\_\_\_\_\_\_\_\_   
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The baby's organs are ready to function on their own.
* As the due date nears, the baby may \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for birth. Most babies "present" head down.
* At birth, the baby may weigh somewhere between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and be 19 to 21 inches long. Most full-term babies fall within these ranges.
* But healthy babies come in many different sizes.

**Possible Pregnancy Complications**  2.4

Vaginal bleeding, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Excessive thirst, Reduced or \_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Severe abdominal pain, Persistent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Severe   
  
vomiting, Fever, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the face, hands, or ankles, Blurred vision or   
  
dizziness, Prolonged \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and Increased vaginal mucus.

**Pregnancy Complications**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is a type of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; also called toxemia or pregnancy induced hypertension.(If you notice any sudden or extreme swelling or if you gain a lot of weight really quickly, call your doctor right away. This could be a sign of   
preeclampsia.)

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** is a type of diabetes that usually disappears   
  
following delivery. It is diagnosed with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Prenatal Tests** 2.5

* Can detect more than 100 kinds of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Can help determine if the baby needs special \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ before or after birth.

**Types of Tests:**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (sonogram) - wand rubbed across the abdomen.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (CVS) is done during the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Fragments of the placenta are removed from the uterus and tested to detect certain disorders such as cystic fibrosis and down syndrome.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - is done between the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Amniotic fluid is drawn from the mothers’ abdomen. Usually done with mothers over the age of 35 who have a higher incidence of babies born with Down syndrome. It tests for hundreds of genetic and chromosomal disorders and carries a slight risk of infection that could lead to miscarriage.

**STDs can Harm the Fetus** 2.6

* Genital herpes – may cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or mental retardation.
* Syphilis – can cause severe damage to the fetus, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Gonorrhea – can cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that can turn into more serious infections.
* ****HIV – the virus that leads to AIDS, can be transmitted to the fetus by HIV-positive mothers.

**Stages of Development** 2.7

* The **1st stage is the Period of the Zygote** or fertilized egg. This union is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and implants itself to the lining of the uterus and begins to grow. The zygote grows by cell division. This stage lasts from conception to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Gender Determination  
The single celled zygote contains all the genetic information needed to determine the gender of the developing baby.

Each person possesses \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: one is inherited from the father and one from the mother.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Ovum or Egg)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Sperm)  
   
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is determined \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

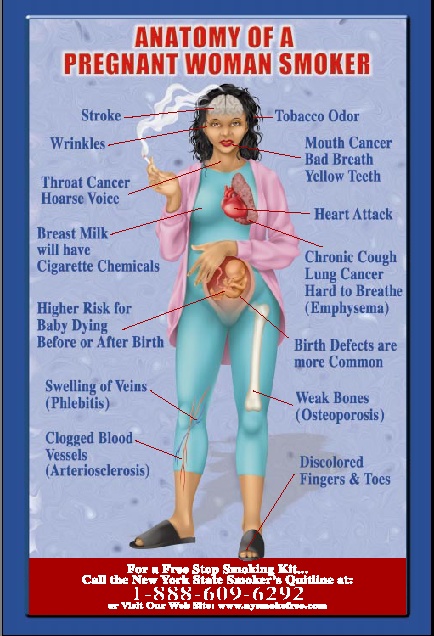
* **Embryo (2nd Stage)** – starts when the zygote is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. During this stage all major body systems begin to develop. This stage lasts about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* **Fetus (3rd Stage)** – it is the final stage. It starts at the end of the 2nd month and lasts \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The embryo starts out about the size of a walnut and increases 50 times in size.

**Reduce Stress during Pregnancy** 2.8

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in your life
* Look for ways to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on those stressors.
* Eliminate unnecessary responsibilities.
* Take a nap, write in a journal, or listen to music.

**Avoid Teratogens – \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

Alcohol, Drugs, Infections (Rubella), Smoking, Harmful fumes, Paint products, Lead, and X-Rays.

* **Women** who have 4 or more drinks a day run a high risk of having a   
    
  baby with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* FAS is the leading cause of mental retardation and occurs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_births.
* **Premature** births and low birth weight are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by the mother.
* Smoking reduces the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the fetus receives.
* **Tremendous** harm can come to a baby whose mother has used crack, cocaine,   
    
  heroin, LSD, or other \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The newborn may be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and is at risk for a stroke, brain damage, and even death.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and premature birth are likely.
* Many of these children face a lifetime of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* **Marijuana** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and can put the fetus at risk.
* There have been some reports of children born with characteristics that are   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* If an expectant mother has used drugs during pregnancy, she must   
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with her physician.

**Caffeine** is not considered a teratogen but it may cause:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Reduces absorption of fluids and calcium   
 needed by mother and baby, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and severe   
 mood swings.

**Types of health care for the mother and baby:** 2.9

* Obstetricians – doctors who \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Gynecologists –doctor who specializes in the health of the \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Family practice physicians’ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Certified nurse – midwife is a nurse trained to care for women with low-  
    
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and to deliver their babies.

**Prenatal Care Is Very Important Throughout Pregnancy** 2.9.1

During the first exam the doctor will ask:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of both spouses, menstrual history,   
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Diseases or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, if either spouse smokes, drinks or has a sexually transmitted disease.

**You will also**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have your blood pressure taken, have blood   
  
drawn to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have a pap smear, and check for immunity to rubella or German measles.

**Typical Schedule for Checkups**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ until 7th month

More frequently to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Weekly visits during the 9th month

**Eating a balanced diet is important during pregnancy:**

* For \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the fetus
* Can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the mother during pregnancy

Note: follow the food guide pyramid adding one glass of milk and one extra  
 serving of leafy green vegetables.

* **It’s important to get** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and exercise when pregnant.
* Wear \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Teen Pregnancy Risks** 2.10

* Problems with spine and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ during pregnancy and birth
* Difficulty delivering a full term baby
* An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ increases the risk of low birth weight.
* More likely to experience \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Pregnancy-induced hypertension
* Miscarriage and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are higher
* Death rate from complications of pregnancy is much higher for teens under age fifteen

**Cost of Teen Pregnancies to Society** 2.11  
Annual cost of about $34 billion  
The money:

* Supports \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ who cannot take care of themselves
* Provides \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for abused children
* Provides \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for children with disabilities

**Careers related to Pregnancy and Prenatal Development** 2.12

* Obstetricians and Gynecologists OB/GYN
* Family Practice Physicians
* Certified Nurse/Midwife
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (also called Maternal-fetal specialists)  
  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* *Obstetric* and Neonatal *Nurses*

**Birth Plans will involve Decisions Concerning:** 2.9.3

* Medication
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Who can be present during labor and delivery
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Feeding the infant
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_