

## Symptoms and complications of pregnancy

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### Description

Pregnancy is that the term used to describe the quantity during which a fetus develops inside a woman's womb or uterus. Pregnancy occurs when a sperm fertilizes an egg after it's released from the ovary during ovulation. The embryo then travels down into the uterus, where implantation occurs. A successful implantation results in pregnancy. Pregnancy usually lasts about 40 weeks, or simply over 9 months, as measured from the last menstrual period to delivery. Health care providers ask three segments of pregnancy, called trimesters. Pregnancy occurs when a sperm fertilizes an egg after it's released from the ovary during ovulation. The embryo then travels down into the uterus, where implantation occurs. A successful implantation results in pregnancy. On average, a full-term pregnancy lasts 40 weeks. The healthy signs of pregnancy are Tender, swollen breasts, Fatigue, Nausea with or without vomiting, Increased urination, Heartburn, Food cravings and aversions, Constipation.

### Symptoms of Pregnancy:

Missed Period, Headache, Weight gain, Spotting, constipation, Back pain, cramps, depression, Insomnia, Breast changes, acne, vomiting, hip pain, diarrhea, stress in pregnancy. The first trimester is up to 1 to 12 weeks. In these days a baby grows rapidly. During the primary trimester, the probability of a miscarriage is comparatively high. According to the American College of Obstetricians and Gynecologists, it's estimated that about 1 in 10 pregnancies end in miscarriage, which about 85 percent of those occur in the first trimester. The second trimester is up to 13 to 27 weeks in these days your health care provider perform an anatomy scan ultrasound. This test checks the foetus's body for any developmental abnormalities. After 23 weeks, a baby in utero is taken into account "viable." this suggests that it could survive living outside of your womb. Babies born this early often have serious medical issues. Your baby has a much better chance of being born healthy the longer you are able to carry the pregnancy. The third trimester is up to

28 to 40 weeks. In this stage your weight gain will accelerate, and you'll feel more tired. Your baby can now sense light also as open and shut their eyes. Their bones also are formed. As labour approaches, you'll feel pelvic discomfort, and your feet may swell. Contractions that don't cause labour, referred to as Braxton-Hicks contractions, and may start to occur within the weeks before you deliver.

### Pregnancy and urinary tract infections:

Urinary tract infections are one of the most common complications women experience during pregnancy. Bacteria can get inside a woman's urethra, or tract, and may move up into the bladder. The fetus puts added pressure on the bladder, which may cause the bacteria to be trapped, causing an infection. Symptoms of urinary tract infections usually include pain and burning or frequent urination. You may also experience cloudy or blood-tinged urine, pelvic pain, lower back pain, fever, nausea and vomiting. A healthy pregnancy diet should be much an equivalent as your typical healthy diet, only with 340 to 450 additional calories per day. Pregnant women require larger amounts of some vitamins and minerals than women who aren't pregnant. Folic acid and zinc are just two examples.

### Pregnancy risk factors and complications:

There are some risk factors that can effect a healthy pregnancy include multiple-birth pregnancies, such as twins or triplets, infections, being overweight or obese, anaemia. The things to care about you and your child are to take a multivitamin and getting enough sleep etc. The things to avoid during pregnancy include smoking, drinking alcohol, eating raw meat, gaining too much weight. Pregnancy complications can involve the baby's health, the mother's health, or both. They can occur during pregnancy or delivery. Common pregnancy complications include signal, gestational diabetes, preeclampsia, preterm labour, miscarriage.