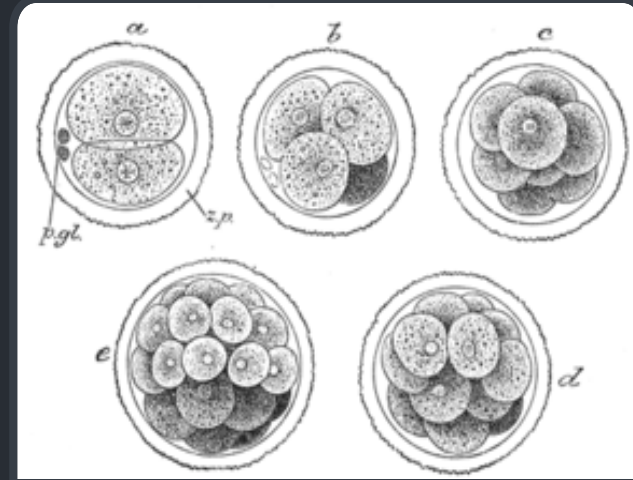


PERFORMED BY A STUDENT OF  
GROUP "B"102  
IN SAGOVA FATIMA

# PREGNANCY

# WHAT IS PREGNANCY?

PREGNANCY — A SPECIAL STATE OF A WOMAN'S BODY, IN WHICH A DEVELOPING EMBRYO OR FETUS IS IN HER REPRODUCTIVE ORGANS. PREGNANCY OCCURS AS A RESULT OF THE FUSION OF FEMALE AND MALE GERM CELLS IN THE FALLOPIAN TUBE, AFTER WHICH A ZYGOTE IS FORMED CONTAINING 46 (FORTY SIX) CHROMOSOMES



# POSSIBLE SIGNS AND SYMPTOMS OF PREGNANCY :

- **MILD PAIN IN THE LOWER ABDOMEN AND SPOTTING** 1-4 (FIRST – FOURTH) WEEK
- **LACK OF MENSTRUATION** 4 (FOURTH) WEEK
- **FATIGUE** 4-5 (FOURTH – FIFTH) WEEK
- **NAUSEA** 5-6 (FIFTH – SIXTH) WEEK
- **BREAST SWELLING** 4-6 (FOURTH – SIXTH) WEEK
- **FREQUENT URINATION** 4-6 (FOURTH – SIXTH) WEEK
- **CONSTIPATION** 4-6 (FOURTH – SIXTH) WEEK
- **DIZZINESS WHEN MOVING** 5-6 (FIFTH – SIXTH) WEEK
- **MOOD SWINGS** 6 (SIXTH) WEEK
- **TEMPERATURE CHANGES** 6 (SIXTH) WEEK
- **HIGH BLOOD PRESSURE** 8 (EIGHT) WEEK



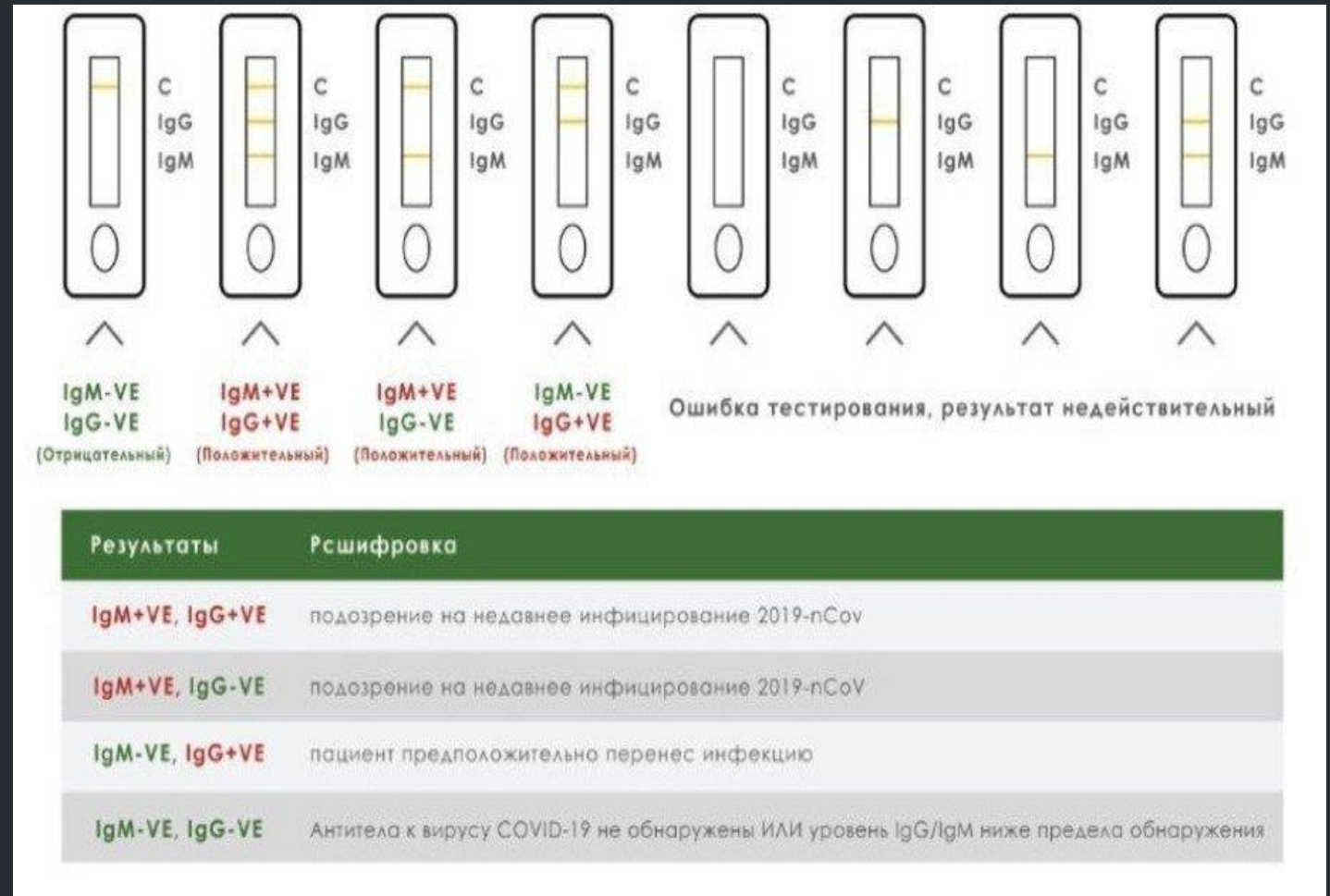
## Signs of pregnancy:

SIGNS OF PREGNANCY — ARE THOSE PRESENTATIONS AND CONDITIONS THAT RESULT FROM PREGNANCY BUT DO NOT SIGNIFICANTLY INTERFERE WITH ACTIVITIES OF DAILY LIVING OR POSE ANY SIGNIFICANT THREAT TO THE HEALTH OF THE MOTHER OR BABY, IN CONTRAST TO PREGNANCY COMPLICATIONS. ALL SIGNS, ALLOWING TO DIAGNOSE PREGNANCY, DIVIDED INTO DOUBTFUL, LIKELY AND RELIABLE. THE INCREASE IN THE VOLUME OF THE STOMACH — ONE OF THE DOUBTFUL SIGNS OF PREGNANCY

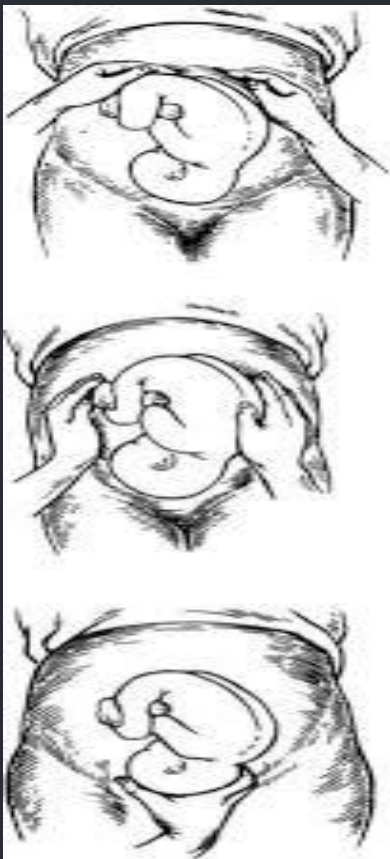


# LIKELY SIGNS OF PREGNANCY:

AMENORRHEA (ABSENCE OF MENSTRUATION); BREAST ENLARGEMENT, THE EMERGENCE OF COLOSTRUM; BLUENESS (CYANOSIS) OF THE VAGINAL MUCOSA AND CERVIX; CHANGE IN SHAPE, VOLUME, CONSISTENCY OF THE UTERUS (WITH INTERNAL OB); INCREASE IN UTERINE ANTEROPOSTERIOR FIRST SIZE AND THEN TRANSVERSELY; RAPID PREGNANCY TEST.







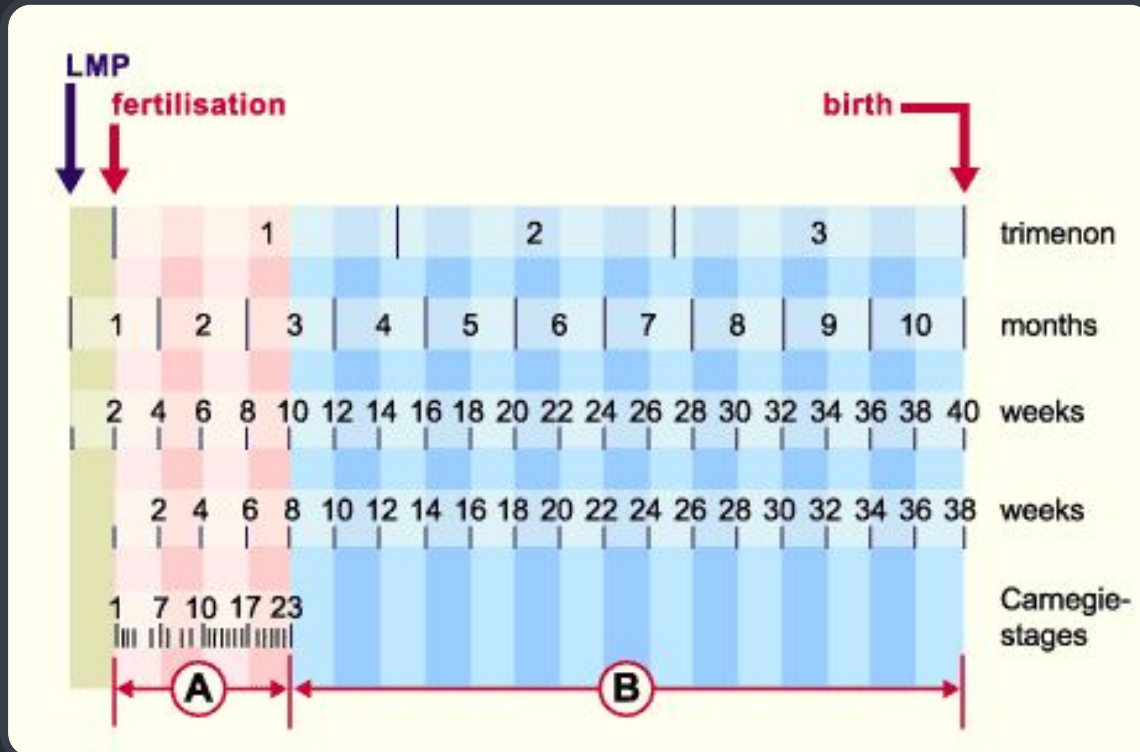
## RELIABLE SIGNS OF PREGNANCY:

DETERMINED FETAL HEART RATE (USING THE OBSTETRIC STETHOSCOPE CAN HEAR THE FETAL HEART RATE); DETECTION AND PALPATION OF THE LARGE (HEAD, PELVIS) AND SMALL (HANDS, FEET) PIECES OF FRUIT AND / OR MOVEMENTS (STARTING FROM THE SECOND TRIMESTER OF PREGNANCY) IN THE COURSE OF EXTERNAL MIDWIFERY RESEARCH; ON X-RAY AND SONOGRAM OF THE FETUS IS DETERMINED BY THE SKELETON; DETERMINATION OF THE FETUS AND PLACENTA USING SONOGRAPHY.

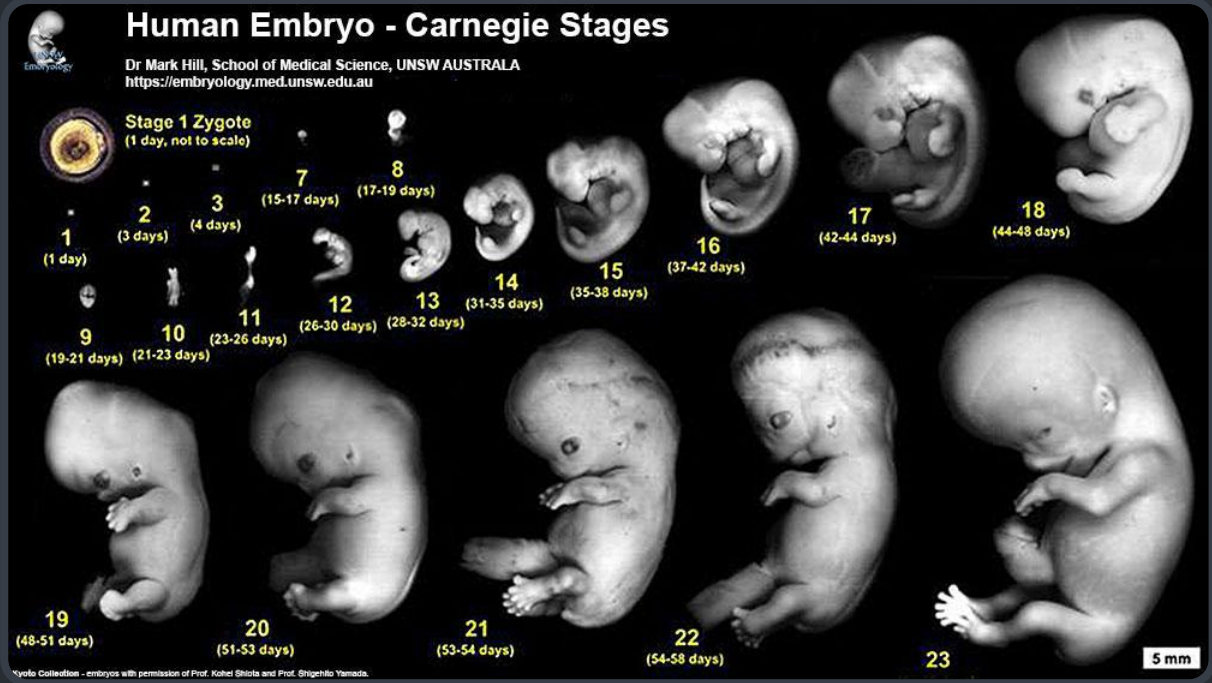


# DURATION OF PREGNANCY:

THE AVERAGE GESTATION PERIOD FROM FERTILIZATION TO DELIVERY IS 38 (THIRTY EIGHT) WEEKS (EMBRYONIC TERM). THE AVERAGE DURATION OF PREGNANCY FROM THE BEGINNING OF THE LAST MENSTRUAL PERIOD UNTIL DELIVERY IS 40 (FORTY) WEEKS (OBSTETRIC TIME).



# EMBRYONIC PERIOD:



THE PROCESS OF PRENATAL DEVELOPMENT OCCURS IN THREE MAIN STAGES. THE FIRST TWO WEEKS AFTER CONCEPTION ARE KNOWN AS THE GERMINAL STAGE, THE THIRD THROUGH THE EIGHTH WEEK IS KNOWN AS THE EMBRYONIC PERIOD, AND THE TIME FROM THE NINTH WEEK UNTIL BIRTH IS KNOWN AS THE FETAL PERIOD.

Week:	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>
Carnegie stage:	<u>1</u> <u>2</u> <u>3</u> <u>4</u>	<u>5</u> <u>6</u>	<u>7</u> <u>8</u> <u>9</u>	<u>10</u> <u>11</u> <u>12</u> <u>13</u>	<u>14</u> <u>15</u>	<u>16</u> <u>17</u>	<u>18</u> <u>19</u>	<u>20</u> <u>21</u> <u>22</u> <u>23</u>

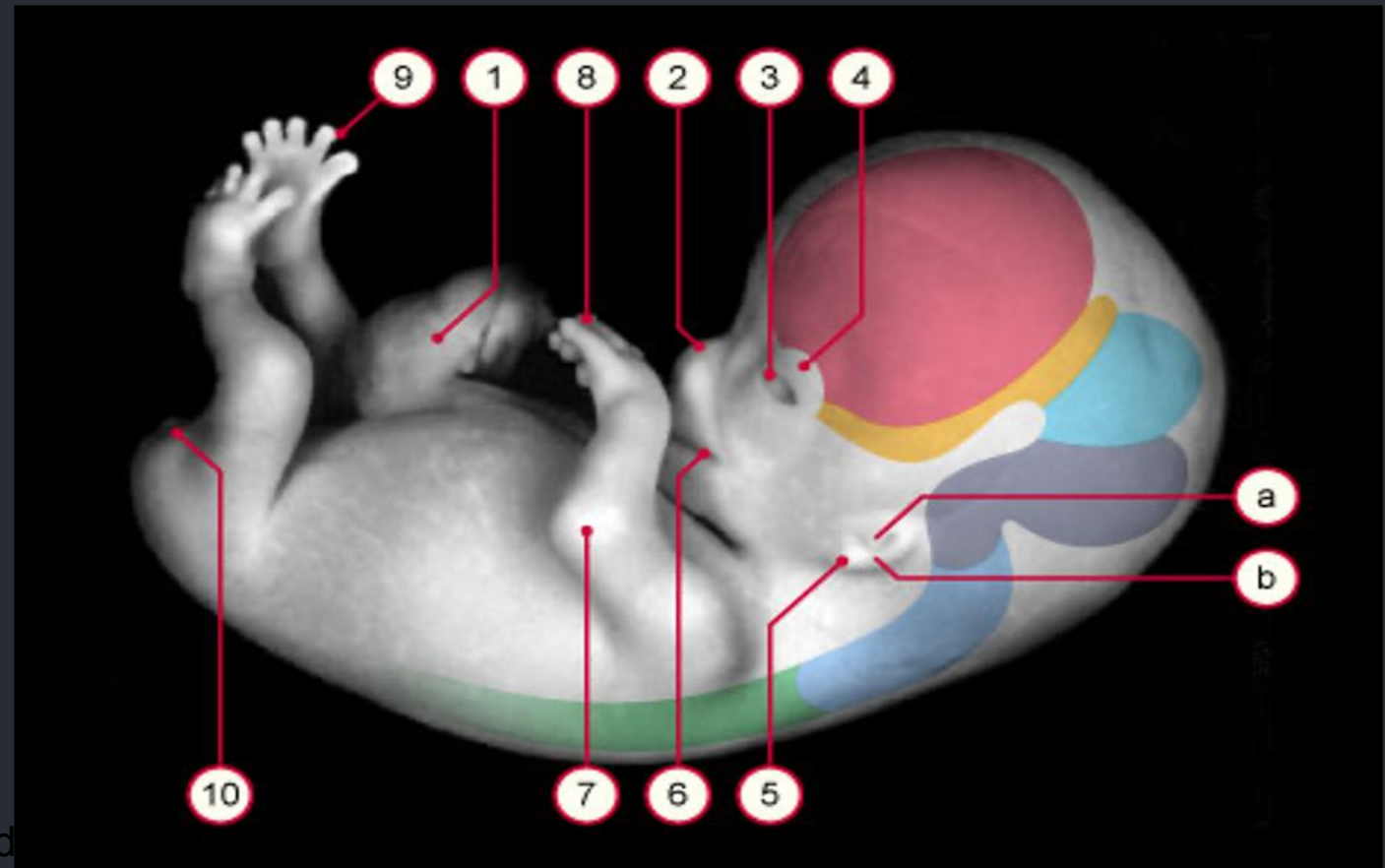


# Human embryo the last stages of pregnancy:

- 1** Umbilical cord with hernia
- 2** Nose
- 3** Eye
- 4** Eyelid
- 5** Ear (a: tragus, b: antitragus )
- 6** Mouth
- 7** Elbow
- 8** Finger
- 9** Toes
- 10** Atrophied embryonic tail bud

- Telencephalon
- Diencephalon
- Mesencephalon
- Metencephalon
- Myelencephalon

Spinal cord



# INTRAUTERINE FETAL FORMATION:



**1 MONTH (1-4 WEEKS OF PREGNANCY)** DURING THE FIRST THREE WEEKS, THE FERTILIZED CELL BECOMES AN EMBRYO. THE BABY IS LAYING DOWN ALL THE ORGANS. BY THE END OF THE 4TH WEEK, BLOOD CIRCULATION STARTS IN THE EMBRYO, THE UMBILICAL CORD IS FORMED AS A CONNECTION WITH THE PLACENTA. THE EMBRYO IS IMPLANTED INTO THE UTERUS. THE FIRST MONTH OF PREGNANCY FORMS THE EYE SOCKETS, THE RUDIMENTS OF THE LEGS AND ARMS. BY THE END OF 4 WEEKS, THE APPEARANCE OF THE EMBRYO IS COMPARABLE TO THAT OF THE AURICLE AND HAS GRAINS OF SAND - ABOUT 1 MM.



**2 months (5-8 weeks)** In the first month, two layers are distinguished in the fetus - endoderm and mesoderm, on the 5th week a third appears - ectoderm, from which the nervous system, skin, hair, and tooth enamel are built. In addition, the formation of a groove is noted in the embryo, which gradually folds up. It transforms into a neural tube - later - into a notochord, central and peripheral system. A primitive heart tube is formed in the chest.

At 6 weeks, your baby undergoes active organogenesis - the process of forming the most key systems in the body: arms, legs, head. Week 7 is marked by rapid head growth, as the brain is actively developing. In the rounded head, the eye sockets can already be distinguished. The formation of the nose and mouth begins. Two bronchial branches are already present in the area of the future respiratory system. The heart is divided into chambers and arteries. The appearance of veins is also accompanied by the conception of organs such as the liver, spleen and gallbladder. At 8 weeks, an ultrasound will show a picture of the baby's first unconscious movements. It will be possible to observe the outlines of the hands and fingers, the upper lip, nose and ears. At 2 months of development, the child has a height of 13 mm.



**3 MONTH OF DEVELOPMENT (9-12 WEEKS)** IN THE THIRD MONTH, YOUR BABY WILL HAVE TO MOVE FROM THE "EMBRYO" STATUS TO THE SO-CALLED "STATUS" OF THE FETUS BY OBSTETRICIANS. THE 9<sup>TH</sup> WEEK IS NOTABLE FOR THE CHANGES ASSOCIATED WITH THE BABY'S SKELETON. THE TRANSFORMATION OF THE CARTILAGE OF THE ARMS INTO BONES BEGINS, THE BENDING OF THE ARMS AND LEGS, THE FINAL FORMATION OF THE NECK. THE EYELIDS WILL APPEAR, ALBEIT WELDED TO EACH OTHER AT THIS STAGE OF DEVELOPMENT. 10 WEEKS - THE FETUS COMPLETES A STAGE CALLED EMBRYONIC DEVELOPMENT. THE FINGERS AND TOES ARE SEPARATED ON THE HANDS AND FEET. IT IS NOT YET POSSIBLE TO IDENTIFY THE EXTERNAL GENITALS, BUT THE BOY WILL ALREADY START PRODUCING TESTOSTERONE. AT 11, THE TAIL DISAPPEARS COMPLETELY. A CHILD CAN ALREADY BE COMPARED TO A SMALL PERSON, BUT HIS BODY HAS NOT YET ASSUMED THE PROPORTIONS THAT ARE CHARACTERISTIC OF A NEWBORN. AT THIS STAGE, 10% OF ITS WEIGHT IS OCCUPIED BY THE LIVER. THE KIDNEYS ARE ALREADY WORKING IN THE BODY - THE AMNIOTIC FLUID IS REPLENISHED WITH THE PRODUCED URINE. 12 WEEKS - COMPLETE COMPLETION OF ORGANOGENESIS. THE COMPLETE FORMATION OF ALL SYSTEMS COMES TO AN END, AND AT THE SUBSEQUENT STAGES OF THE BABY'S DEVELOPMENT, THEY SIMPLY CONTINUE THEIR DEVELOPMENT. BY THE END OF 3 MONTHS, THE FETUS REACHES 61 MM IN HEIGHT AND 14 G IN WEIGHT.

**4 month (13 - 16 weeks)** 14 weeks - the entire system of cartilage, from which the skeleton of the fetus was built, becomes bones. The genitals can already be attributed to a specific gender, but ultrasound cannot yet show them. 15 week - the appearance of hair on the head, the formation of eyebrows. At this stage, the formation of the gallbladder starts. Week 16 - The eyes and ears take their final form. Solid lengthening of the legs - in relation to the body, they will become proportional. At this stage, the child will have fully formed nails. The weight of a child at 4 months is 130 g, height is 12 cm.





**5 MONTH (17-20 WEEKS)** THE FINAL FORMATION OF GROOVES ON THE PALMS AND HEELS, FROM WHICH THE BASIS FOR PRINTS IS FORMED IN THE FUTURE. THE SIZE OF THE BABY IS EQUAL TO THE SIZE OF THE PLACENTA. 18 WEEKS - THE BEGINNING OF THE CHILD'S PERCEPTION OF EXTERNAL SOUNDS AND RESPONSES TO THEM. 19 WEEK - A SLOWDOWN IN THE RAPID GROWTH OF THE CHILD, FROM THIS MOMENT SUBCUTANEOUS FAT BEGINS TO FORM. BRONCHIOLES FORM IN THE LUNGS. THE BABY'S REACTION TO LIGHT IS NOTED. BY WEEK 20, THE GIRL WILL HAVE A FULLY FORMED UTERUS, BUT THE VAGINA IS STILL MISSING. BY THE END OF 5 MONTHS, THE BABY WILL HAVE REACHED 16 CM IN HEIGHT AND 320 G IN WEIGHT.



**6 months (21-24 weeks)** In the development of the nervous system, the baby's ability to swallow amniotic fluid becomes. Hair continues to grow on the head, but its color cannot yet be determined, since the time for the appearance of pigment has not yet come. 23 week - on ultrasound, you can follow the rapid eye movements during the baby's sleep, which confirms the high activity of the brain. 24 weeks - the child's viability at a qualitatively different level begins precisely at this time. In the lungs, the formation of terminal sacs is noted at the ends of the capillaries, separated from the alveoli using a thin film. The lungs begin to produce surfactant, a surface substance that prevents capillary sacs from closing during breathing. By the end of 6 months, the fetus grows to 21 cm in length, and up to 630 g in weight.

**7 month (25 - 28 weeks)** Subcutaneous fat is actively formed, but the child is still thin, has red and wrinkled skin. The appearance of taste buds on the tongue. The normal functioning of all organs is noted, but their development is still ongoing. In the last three months, the growth of the brain is especially enhanced. 28 week - the baby will open his eyes. At this time, the boy's testicles will descend into the scrotum. By 6 months of gestation, the baby will grow to 35 cm in length and weigh approximately 1 kg.







**8 MONTH (29 - 32 WEEKS)** WHITE SUBCUTANEOUS FAT CONTINUES TO FORM - AN IMPORTANT SOURCE OF ENERGY FOR THE CHILD. THE IMMUNE SYSTEM STARTS TO WORK, HOWEVER, THE BABY'S BLOOD IS ALSO REPLENISHED WITH THE MOTHER'S ANTIBODIES. THE TEETH IN THE GUMS ARE COVERED WITH ENAMEL. ALREADY IN THE UTERINE CAVITY, THE CHILD PREPARES FOR INDEPENDENT EXISTENCE: HE BREATHES AMNIOTIC FLUID (AN ANALOGUE OF RESPIRATORY CHARGING, WHICH ALLOWS THE LUNGS TO INCREASE), YOU CAN OBSERVE THE SUCKING OF A FIST OR FINGER (DEVELOPMENT OF THE SUCKING REFLEX). THE BABY IS PLUMP, THE SUBCUTANEOUS VESSELS HAVE ALREADY CEASED TO BE VISIBLE. BY THE END OF THIS GESTATION PERIOD, THE FETUS WILL REACH 40-41 CM IN HEIGHT, AND 1600 G IN WEIGHT.

**9 month (33 - 40 weeks)** Loss of lanugo - hair covering the surface of the baby's head and body. The original lubricant is reduced in volume. The baby takes the position in which he is born (knees are firmly closed with the chin). His preparation for an independent life is completely complete. As a rule, full-term babies are 51 cm tall and weigh 3400 g. The final stage of the baby's intrauterine development is over, and you have to cope with a serious test - childbirth, after which you will finally get to know your long-awaited treasure.





# A VISIT TO THE GYNECOLOGIST DURING PREGNANCY :

THE MAIN OBJECTIVE OF FEMALE CONSULTATIONS — IS SYSTEMATIC MONITORING OF PREGNANT WOMEN, STARTING FROM EARLY PREGNANCY TIMELY DETECTION OF PATHOLOGY OF PREGNANCY AND THE PROVISION OF SKILLED CARE. ALL PREGNANT WOMEN ARE UNDER MEDICAL OBSERVATION; THE AVERAGE WOMAN DURING PREGNANCY HOME VISIT THE ANTENATAL CLINIC 13-14 TIMES. SCHEDULE A VISIT: UP TO 12 WEEKS OF GESTATION - IN THESE TERMS IS DECIDED WHETHER THE PREGNANCY IS ALLOWED; ONCE A MONTH UP TO 28 WEEKS (IN THE ABSENCE PATOPORII); TWICE A MONTH - UP TO 37 WEEKS; EVERY 7-10 DAYS BEFORE DELIVERY.





# PREGNANCY DIET:

- ALLOWED ALL LOW-FAT MEAT AND POULTRY - RABBIT, BEEF, TURKEY, CHICKEN; FISH - COD, SAFFRON COD, ICE FISH, PERCH, ETC; DAIRY PRODUCTS - LOW-FAT YOGURT, COTTAGE CHEESE, YOGURT, YOGURT, WHOLE MILK, ETC; RAW VEGETABLES - CUCUMBERS, SQUASH, ZUCCHINI, TOMATOES, ALL VARIETIES OF CABBAGE, CARROTS, GREEN PEAS, RADISHES, ETC; OIL, CEREALS AND PASTA CONSUMED ONLY IN SMALL QUANTITIES (SOUPS, CEREALS).
- STOP! ALCOHOL; RAW EGGS, UNBOILED MILK; RAW MEAT, FISH; FOREST MUSHROOMS.
- LIMIT COFFEE, BLACK AND GREEN TEA. DO NOT EXCEED THE RECOMMENDED NORM OF 200 MG OF CAFFEINE PER DAY (2 CUPS OF COFFEE OR 3-4 CUPS OF TEA); COCOA. NOT MORE THAN ONE CUP PER DAY IN THE ABSENCE OF ALLERGY; CHOCOLATE. IT IS POSSIBLE, BUT A BIT (25-30G).

## EATING SAFELY DURING PREGNANCY



### ENJOY:

VEGETABLES	FRUITS	DAIRY	GRAINS	PROTEINS
				
Carrots Cooked greens Pumpkin Spinach Sweet potatoes Red sweet peppers	Apricots Bananas Cantaloupe Grapefruit Honeydew Mangoes Oranges Prunes Tomatoes	Skim or 1% milk Soy milk Fat-free or low-fat yogurt	Ready-to-eat cereal Cooked cereal	Beans and peas Lean beef Lamb and pork Nuts and seeds Poultry Salmon, trout, herring, sardines and pollock
<b>Benefits:</b> Vitamin A & Potassium	<b>Benefits:</b> Potassium	<b>Benefits:</b> Calcium, Potassium, Vitamin A & Vitamin D	<b>Benefits:</b> Iron & Folic Acid	<b>Benefits:</b> Amino Acid

### AVOID:



Hot dogs/luncheon meats/bologna/other deli meats (unless reheated). **Risk: listeria**



Soft cheeses that are unpasteurized. **Risk: bacteria**

# PRENATAL VITAMINS :

DURING PREGNANCY, CHANGES THE METABOLISM, THE HORMONAL SYSTEM IS REBUILT. WITH THE ONSET OF PREGNANCY IN WOMEN INCREASED NEED FOR VITAMINS AND MINERALS. FOR EXAMPLE, CALCIUM REQUIRES A HALF TIMES MORE THAN THE USUAL TIME; ZINC, IODINE, VITAMIN B6 AND B12 - AN AVERAGE OF 30%; AND IRON AND FOLIC ACID - TWICE. VITAMINS AND MINERALS ARE CARRIED OUT IN THE MOTHER'S BODY A VARIETY OF FUNCTIONS. SOME SUBSTANCES ARE NECESSARY FOR THE REGULATION OF THE HORMONAL SYSTEM, WHILE OTHERS - FOR THE ASSIMILATION OF PROTEINS, OTHERS AFFECT THE GROWTH OF THE EMBRYO.





THE END

