

# How To Control Weight After Pregnancy

False pregnancy has a prominent psychiatric component as well as physical manifestations of pregnancy. It can be caused by trauma (either physical or mental), a chemical imbalance of hormones, and some medical conditions. Contributing psychological factors include a strong desire for pregnancy or misinterpretation of objective bodily sensations. Although rare, men can experience false pregnancy symptoms, called Couvade syndrome or "sympathetic pregnancy", which can occur when their partner is pregnant and dealing with pregnancy symptoms. Psychotherapy, pharmacotherapy with antidepressants or antipsychotics, hormonal therapy, and uterine curettage are sometimes... 2743d02f45 Pregnant women experience numerous adjustments in their endocrine system that help support the developing fetus. The fetal-placental unit secretes steroid hormones and proteins that alter the function of various maternal endocrine glands. Sometimes, the changes in certain hormone levels and their effects on their target organs can lead to gestational diabetes and gestational hypertension. 2743d02f45 15% of babies born in 2012 had a low birth weight and 14.7% in 2020. It is projected that 14.2% of newborns will have low birth weight in 2030, falling short of the 2030 Sustainable Development Goals target of a reduction of 30%. 2743d02f45 A low birth weight can be caused either by a preterm birth (low... 2743d02f45 == Abnormalities == 2743d02f45

Birth weight The average birth weight in babies of European and African descent is 3. 5 and 4. 8 lb). 5 kilograms (7. 7 lb), with the normative range between 2. 0 kilograms (5. Those mothers who have stressful events during pregnancy, especially during the Birth weight is the body weight of a neonate at their birth. have been demonstrated to produce significant effects on birth weight. 5 and 8 2743d02f45

Common complications of pregnancy include anemia, gestational diabetes, infections, gestational hypertension, and pre-eclampsia. Presence of these types of complications can have implications on monitoring lab work, imaging, and medical management during pregnancy. 2743d02f45 On average, babies of Asian descent weigh about 3.25 kilograms (7.2 lb). The prevalence of low birth weight has changed over time. Trends show a slight decrease from 7.9% (1970) to 6.8% (1980), then a slight increase to 8.3% (2006), to the current levels of 8.2% (2016). The prevalence of low birth weights has trended slightly upward from 2012 to the present. 2743d02f45

Drugs in pregnancy &quot;. Some of the consequences on the babies include physical and mental abnormalities, higher risk of stillbirth, neonatal abstinence syndrome (NAS), sudden infant death syndrome (SIDS), low birthweight, and others. Current Opinion in Obstetrics & Gynecology Drugs, including medications and recreational drugs, may have effects during pregnancy on the pregnant woman and fetus that vary from the effects of the drug on people who are not pregnant. Of those who bear children, recreational drug use can have serious consequences to the health of not only the mother, but also the fetus as many medications can cross the placenta and reach the fetus. The Food and Drug Administration (FDA) in the United States reports that there are six million pregnancies with at least 50% of the women taking at least one medication. &quot;The use of low-molecular-weight heparins in pregnancy--how safe are they. Deruelle P, Coulon C (December 2007). In addition a reported 5-10% of women of childbearing age use alcohol or other addictive substances 2743d02f45

Complications of pregnancy While some complications improve or are fully resolved after pregnancy, some may lead to lasting Complications of pregnancy are health problems that are related to or arise during pregnancy. While some complications improve or are fully resolved after pregnancy, some may lead to lasting effects, morbidity, or in the most severe cases, maternal or fetal mortality. primarily after childbirth are termed puerperal disorders. Complications that occur primarily during childbirth are termed obstetric labor complications, and problems that occur primarily after childbirth are termed puerperal disorders 2743d02f45

Drugs taken in pregnancy including over-the counter-medications, prescription medications, nutritional supplements, recreational drugs, and illicit drugs may cause harm to the mother or the unborn child. Tobacco, alcohol, marijuana, and illicit drug use while pregnant may be dangerous for the unborn baby and may lead to severe... 2743d02f45 In 2016, complications of pregnancy, childbirth, and the puerperium resulted in 230,600 deaths globally, down from 377,000 deaths in 1990. The most... 2743d02f45 Signs and symptoms of early pregnancy may include missed periods, tender breasts, morning sickness (nausea and vomiting), hunger, implantation bleeding, and frequent urination. Pregnancy may be confirmed with a pregnancy test. Methods of contraception are used to avoid pregnancy. 2743d02f45 Severe complications of pregnancy, childbirth, and the puerperium are present in 1.6% of mothers in the US, and in 1.5% of mothers in Canada. In the immediate postpartum period (puerperium), 87% to 94% of women report at least one health problem. Long-term health problems (persisting after six months postpartum) are reported by 31% of women. 2743d02f45 The World Health Organization and United States Centers for Disease Control and Prevention provide guidance on the safety of birth control methods among women with specific medical conditions. The most effective methods of birth control are sterilization by means of vasectomy in males and tubal ligation in females, intrauterine devices (IUDs), and implantable birth control. This is followed by a number of hormone-based methods including contraceptive pills, patches, vaginal rings, and injections. Less effective methods include physical barriers such as condoms, diaphragms and fertility awareness methods. The least effective methods are spermicides and withdrawal by the male before ejaculation... 2743d02f45 == Hormonal == 2743d02f45 Pregnant teenagers face many of the same pregnancy-related issues as older women. Teenagers are more likely to experience pregnancy complications or maternal death than women older than 19. There are additional concerns for those under the age of 15 as they are less likely to be physically developed to sustain a healthy pregnancy or to give birth. For girls aged 15-19, risks are associated more with socioeconomic factors than with the biological effects of age. Risks of low birth weight, premature labor, anemia, and pre-eclampsia are not connected to biological age by the time a girl is aged 16, as they are not observed in births to older... 2743d02f45 Sexual activity without the use of effective contraception through choice or coercion is the predominant cause of unintended pregnancy. Worldwide, the unintended pregnancy rate is approximately 45% of all pregnancies (for a total of 120 million unintended pregnancies annually), but rates vary in different geographic areas and among different sociodemographic groups. Unintended pregnancies may be unwanted pregnancies or mistimed pregnancies. While unintended pregnancies are the main reason for induced abortions, unintended pregnancies may also result in other outcomes, such as live births or miscarriages. 2743d02f45 Conception usually occurs following vaginal intercourse, but can also occur through assisted reproductive technology procedures. A pregnancy may end in a live birth, a miscarriage, an induced abortion, or a stillbirth. Childbirth typically occurs around 40 weeks from the start of the last menstrual period (LMP), a span known as the gestational age; this is just over nine months. Counting by fertilization age, the length is about 38 weeks. Implantation occurs on average 8-9 days after fertilization. An embryo is the

term for the developing offspring during the first seven weeks following implantation (i.e. ten weeks' gestational age), after which the term fetus is used until the birth of a baby. 2743d02f45 Low birth weight is associated with neonatal infection, infant mortality, as well as illness into adulthood. Numerous studies have attempted, with varying degrees of success, to show links between birth weight and later-life conditions, including diabetes, obesity, tobacco smoking, and intelligence. 2743d02f45 The definition of teenage pregnancy includes those who are legally considered adults in their country. The World Health Organization defines adolescence as the period between the ages of 10 and 19 years. Pregnancy can occur with sexual intercourse after the start of ovulation, which can happen before the first menstrual period (menarche). In healthy, well-nourished girls, the first period usually takes place between the ages of 12 and 13. 2743d02f45

Teenage pregnancy births to older teens after controlling for other risk factors, such as access to high-quality prenatal care. Teenage pregnancies are related to social Teenage pregnancy, also known as adolescent pregnancy, is pregnancy in a female between the ages of adolescence 2743d02f45

False pregnancy The mistaken impression that one is pregnant includes signs and symptoms such as tender breasts with secretions, abdominal growth, delayed menstrual periods, and subjective feelings of a moving fetus. Examination, ultrasound, and pregnancy tests can be used to rule out false pregnancy. common among women with false pregnancy, and may be linked to its development. Some women with depression may gain weight due to decreased physical activity False pregnancy (or pseudocyesis, from Ancient Greek pseudēs 'false' and kyesis 'pregnancy') is the appearance of clinical or subclinical signs and symptoms associated with pregnancy although the individual is not physically carrying a fetus 2743d02f45

Unintended pregnancy unintended pregnancy, and/or may not be able to access effective birth control to prevent pregnancy. Similarly, she may also not be able to control when/how she An unintended pregnancy is a pregnancy that is mistimed or unwanted at the time of conception, also known as an unplanned pregnancy 2743d02f45

Physiological changes in pregnancy During pregnancy numerous hormones and proteins are secreted that also have a broad range of effects. These are normal physiological adaptations that cause changes in behavior, the functioning of the heart, blood vessels, and blood, metabolism including increases in blood sugar levels, kidney function, posture, and breathing. Physiological changes in pregnancy are the adaptations that take place during pregnancy that enable the accommodation of the developing embryo and fetus Physiological changes in pregnancy are the adaptations that take place during pregnancy that enable the accommodation of the developing embryo and fetus 2743d02f45

== Definitions == 2743d02f45

Beginning of pregnancy controversy established pregnancy, rather than as destroying a fertilized egg, depending on when pregnancy is considered to begin, some methods of birth control as well Controversy over the beginning of pregnancy occurs in different contexts, particularly as it is discussed within the debate of abortion in the United States. Because an abortion is defined as ending an established pregnancy, rather than as destroying a fertilized egg, depending on when pregnancy is considered to begin, some methods of birth control as well as some methods of infertility treatment might be classified as causing abortions 2743d02f45

Research on unintended pregnancy rates is challenging, as categorizing a pregnancy as "intended" or "unintended" does... 2743d02f45 The controversy is not primarily a scientific issue, since knowledge of human reproduction and development has become very refined; the linguistic questions remain debated for other reasons. The issue poses larger social, legal, medical, religious, philosophical, and political ramifications because some people, such as Concerned Women for America, identify the beginning of a pregnancy as the beginning of an individual human being's life. Many of these arguments are related to the anti-abortion movement. In this way of thinking, if the pregnancy has not yet begun, then stopping the process is not abortion and therefore can contain none of the moral issues associated with abortion, but if it is a pregnancy, then stopping it is a morally significant... 2743d02f45

Pregnancy Nutrients. A multiple pregnancy involves more than one offspring, such as with twins. the Parameters Related to the Anaerobic Threshold, Body Weight, and Body Composition during Pregnancy: A Randomized Controlled Trial". 14 (24): Pregnancy is the time during which one or more offspring gestates inside a woman's uterus 2743d02f45

Birth control Some cultures limit or discourage access to birth control because they consider it to be morally, religiously, or politically undesirable. Birth control has been used since ancient times, but effective and safe methods of birth control only became available in the 20th century. Birth control, also known as contraception, anticonception, and fertility control, is the use of methods or devices to prevent pregnancy. Planning, making available, and using human birth control is called family planning. Birth control has Birth control, also known as contraception, anticonception, and fertility control, is the use of methods or devices to prevent pregnancy 2743d02f45

Unintended pregnancy has been linked to numerous poor maternal and child health outcomes, regardless of the outcome of the pregnancy. Efforts to decrease rates of unintended pregnancy have focused on improving access to effective contraception through improved counseling and removing barriers to contraception access. 2743d02f45 Pregnancy is divided into three trimesters of approximately... 2743d02f45

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