

How Much Weight To Gain During Pregnancy

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.

Pregnancy Weight gain is related to the weight of the baby, the placenta, extra circulatory Pregnancy is the time during which one or more offspring gestates inside a woman's uterus. with folic acid. A multiple pregnancy involves more than one offspring, such as with twins. The amount of healthy weight gain during a pregnancy varies

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%. 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. Pregnancy is divided into three trimesters of approximately... 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. Research on unintended pregnancy rates is challenging, as categorizing a pregnancy as "intended" or "unintended" does... greater than 140/90 on two occasions at least 6 hours apart. It presents no long-term risk for either the woman or fetus as there is no statistical increase of risk of premature labor or fetal loss, despite frequently severe pruritus. 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. 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. No single diagnostic test currently exists to predict the likelihood of developing gestational hypertension. High blood pressure is the major sign in diagnosing gestational hypertension. Some women with gestational hypertension may present asymptomatic, but several symptoms are associated with the condition.

Teenage pregnancy The definition of teenage pregnancy includes Teenage pregnancy, also known as adolescent pregnancy, is pregnancy in a female between the ages of adolescence. Teenage pregnancy, also known as adolescent pregnancy, is pregnancy in a female between the ages of adolescence

== Classification ==

Birth weight Those mothers who have stressful events

during pregnancy, especially during the first and Birth weight is the body weight of a neonate at their birth. 5 and 8. 5 kilograms (7. 5 and 4. 0 kilograms (5. 7 lb), with the normative range between 2. demonstrated to produce significant effects on birth weight. The average birth weight in babies of European and African descent is 3. 8 lb) 004c03d733

Gestational diabetes Long term, children are at higher risk of being overweight and of developing type 2 diabetes. If untreated, diabetes can also result in stillbirth. There is no Gestational diabetes is a condition in which an individual without diabetes develops high blood sugar levels during pregnancy. Gestational diabetes generally results in few symptoms. combined diet and exercise interventions during pregnancy, as well as reductions in gestational weight gain, compared with standard care. Babies born to individuals with poorly treated gestational diabetes are at increased risk of macrosomia, of having hypoglycemia after birth, and of jaundice. Obesity increases the rate of pre-eclampsia, cesarean sections, and embryo macrosomia, as well as gestational diabetes 004c03d733

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. 004c03d733 A common saying that a woman "is eating for two" while pregnant implies that a mother should consume twice as much during pregnancy, but is misleading. Although maternal consumption will directly affect both herself and the growing fetus, overeating excessively will compromise the baby's health as the infant will have to work extra hard to become healthy in the future. Compared with the infant, the mother possesses the least biological risk. Therefore, excessive calories,

rather than going to the infant, often get... 004c03d733
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. 004c03d733

Low birth weight Infants born with LBW have added health risks which require close management, often in a neonatal intensive care unit (NICU). preterm), environmental factors, or the health of the infant's mother while pregnant. Low birth weight has been associated with higher rates of maternal discrimination, stress and poor prenatal healthcare access. gestational weight gain, or weight gained by the mother during the pregnancy, the higher the risk for pre term birth and low birth weight. It is a global initiative to decrease LBW prevalence, especially in highly affected populations in South Asia and Sub Saharan Africa. LBW can be caused from a variety of things such as the infant simply being born at a low gestational weight (ie. 1 oz) or less, regardless of gestational age. Management of LBW includes temperature regulation, fluid balance, nutrition and sometimes hematology. There have been multiple Low birth weight (LBW) is defined by the World Health Organization as a birth weight of an infant of 2,499 g (5 lb 8. They are also at increased risk for long-term health conditions which require follow-up over time. Low birth weight is associated with increased infant death in the weeks following birth as well as neurodevelopmental disorders 004c03d733

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... 004c03d733 == Abnormalities == 004c03d733 == Hormonal == 004c03d733 Gestational diabetes can occur during pregnancy because of insulin resistance or reduced production of insulin. Risk factors include being overweight, previously having gestational diabetes, a family history of type 2 diabetes, and having polycystic ovarian syndrome. Diagnosis is by blood tests. For those at normal risk, screening is recommended between 24 and 28 weeks' gestation. For those at high risk, testing may occur at the first prenatal visit. 004c03d733

Unintended pregnancy Sexual activity without An unintended pregnancy is a pregnancy that is mistimed or unwanted at the time of conception, also known as an unplanned pregnancy. An unintended pregnancy is a pregnancy that is mistimed or unwanted at the time of conception, also known as an unplanned pregnancy 004c03d733

Gestational hypertension Gestational hypertension is defined as having a blood pressure. hypertensive disorders of pregnancy include, a maternal age of 40 or more, pre-pregnancy obesity, excess weight gain during pregnancy and gestational diabetes Gestational hypertension or pregnancy-induced hypertension (PIH) is the development of new hypertension in a pregnant woman after 20 weeks of gestation without the

presence of protein in the urine or other signs of pre-eclampsia 004c03d733

A low birth weight can be caused either by a preterm birth (low... 004c03d733 Prenatal nutrition has a strong influence on birth weight and further development of the infant. A study at the National Institution of Health found that babies born from an obese mother have a higher probability to fail tests of fine motor skills which is the movement of small muscles such as the hands and fingers. 004c03d733

Physiological changes in pregnancy During pregnancy numerous hormones and proteins are secreted that also have a broad range of effects. In the Physiological changes in pregnancy are the adaptations that take place during pregnancy that enable the accommodation of the developing embryo and fetus. water retention all contribute weight gain during pregnancy. The amount of weight gain can vary from 5 pounds (2. 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. 3 kg) to over 100 pounds (45 kg) 004c03d733

Prenatal nutrition Nutrition and weight management before and during pregnancy has a profound effect on the development Prenatal nutrition addresses nutrient recommendations before and during pregnancy. Nutrition and weight management before and during pregnancy has a profound effect on the development of infants. nutrient recommendations before and during pregnancy. This is a rather critical time for healthy development since infants rely heavily on maternal stores and nutrients for optimal growth and health outcome later in life 004c03d733

PUPPP usually first appears on the abdomen and often spreads to the legs, feet, arms, chest, and neck. The face is usually not affected. Skin distension (stretching)

is thought to be a possible trigger for PUPPP as it most commonly affects primigravida (women in their first pregnancy), those with large fundal measurements (distance from the pubic bone to the top of the uterus) and/or those who are carrying large babies or multiples. The papules and plaques often first appear within stretch marks... 004c03d733 == Definitions == 004c03d733 Signs and symptoms of gestational hypertension include: 004c03d733 Maintaining a healthy weight and exercising before pregnancy assists in prevention. Gestational diabetes is treated with a healthy eating... 004c03d733

Pruritic urticarial papules and plaques of pregnancy common dermatosis of pregnancy and is most frequent in women carrying a male fetus, women who had quick and conspicuous weight gain during a short period, Pruritic urticarial papules and plaques of pregnancy (PUPPP), known in the United Kingdom as polymorphic eruption of pregnancy (PEP), is a chronic hives-like rash that strikes some women during pregnancy. Some skin changes are known to occur in people who are pregnant while other skin conditions, or dermatoses, that people have prior to getting pregnant will become altered or symptoms will increase. PUPPP is one of many skin conditions that is specific to pregnancy and occurs in about 1 in every 160 (0. 625%) pregnancies 004c03d733

Birth weight is defined as the weight an infant weighs at or around the time of birth, ideally the first... 004c03d733 == Signs and symptoms == 004c03d733 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. 004c03d733

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