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Heartburn during pregnancy: 11 treatments for FireHeartburn during pregnancy are common complaints and sometimes difficult to prevent. But fortunately there is a proven method... Pregnancy is when a woman is holding a child inside her womb more than 40 weeks before giving birth to a baby. This time is called the period of pregnancy. The fetus develops for the first eight weeks after pregnancy, then it is called the fetus. The period of pregnancy is divided into three trimesters. The first trimester is from the fertilization of sperm (conception) and eggs, in the womb -12 weeks, the second third quarter is week 13 – 28 and the third is weeks 28 – 40+ after the baby is born. It comes by assisted reproductive technologies such as intercourse or in vitro fertilization (IVF). Symptoms include missed periods, nausea or vomiting, loss and gain or appetite, frequent urination and tender breasts. All pregnancies will be experienced differently. Some women will feel all the symptoms, others almost any. Some women have complications during pregnancy and others may not have. If you suspect you are pregnant, you may go to your doctor for a formal examination or a home examination, after which you should see a doctor and begin prenatal treatment for the rest of your pregnancy. What does this test do? This is a home use test kit that measures human gonadotropin (hCG) in urine. Only when pregnant produces hormones. What is hCG? hCG is a hormone produced by the placenta during pregnancy. The embryo appears immediately after it is attached to the wall of the uterus. If you are pregnant, this hormone increases very quickly. If you have a 28-day menstrual cycle, hCG can be detected in your urine 12-15 days after ovulation. What type of test is it? This is a qualitative test - you can tell whether you have raised the level of hCG, indicating that you are pregnant. Why should I do this test? It is necessary to use this test to determine if you are pregnant. How accurate is this test? The accuracy of this test depends on how well you follow the instructions and interpret the results. If the test kit is mishandled or misinterpreted, the results may not be good. Most pregnancy tests have the same ability to detect hCG, but the ability to show whether you are pregnant depends on how much hCG you produce. If you are too early in your cycle or too close to your pregnancy time, you may not have had enough time to produce placenta hCG. This will mean that you are pregnant but have negative test results. Many women have irregular periods, and because women may miscalculate their menstrual periods at any time, 10 to 20 pregnant women out of 100 will not be able to detect pregnancy on the first day of the missed period. How do I perform this test? Most home pregnancy tests hold a test strip in the urine stream or Collect urine in the cup and dip the test strip into the cup. If you are pregnant, most test strips produce color lines, but depend on the brand you purchased. Read the instructions for the purchased test and follow the instructions carefully. Make sure you know how to get good results. The test typically takes only about five minutes. Other tests for sale have changed in their ability to detect low levels of hCG. For the most reliable results, test for 1-2 weeks after you miss a period. There are some tests for sales that are sensitive enough to show pregnancy before you miss your period. You can use your first morning urine to improve your chances for accurate results. If you are pregnant, it will be more hCG on it than to urinate later. If you think you're pregnant, but the first test is negative, you can get it back in a few days. Since the amount of hCG increases sharply during pregnancy, it is possible to get a positive test later on. Some test kits provide more than one test to repeat the test. Is this test similar to that used by a doctor? Home pregnancy tests and tests used by doctors are similar to the ability to detect hCG, but the doctor will probably have more experience in running the test. If you produce only a small amount of hCG, you may not be able to detect it better than your doctor can. Your doctor may also use a blood test to determine if you are pregnant. Finally, your doctor may have more information about you in your history, physical examination and other tests that can give you more reliable results. Does a benign test mean you're pregnant? Usually yes, but you need to read and interpret the results properly. Does the negative test results mean I'm not pregnant? No, there are several reasons why you might get false negative test results. If you tested too early on the cycle, you may not have had enough time to produce hCG for testing to detect the placenta. Or you may not have waited long enough before you started this exam. If there are negative consequences, it would be wise to consider it as a provisional discovery. You should not use the drug and consider avoiding potentially harmful behaviors such as smoking or drinking, until you have greater confidence that you are not pregnant. You will probably recognize the passage of time and the wrong results. You can detect false negatives by a number of unexpected onset (regular vaginal bleeding associated with periods.) repeated tests and/or other investigations such as ultrasound can provide modified results. Pregnancy covers the period of life, from pregnancy to birth. Learn about the changes that occur during this time, what to do to stay healthy, and how to prevent complications during pregnancy. Missed menstrual periods are often the first recognizable signs of a possible pregnancy, but there are other signs and symptoms of early pregnancy. Some Signs appear in the first week, and more signs may appear in the weeks before the first missed period. Not all women have all the symptoms or experience it in the same way. Some of the most common first trimester pregnancy symptoms are discussed in the next slide. The first sign that many women perceive as early signs of pregnancy is missed menstrual period (menstruation). Some women may experience lighter than normal, and they may also have findings that may occur one to two weeks after pregnancy. Missed menstrual periods can be caused by other conditions, except for pregnancy, so it is not always a sure sign. Pain, similar to breast enlargement, tenderness, or premenstrual symptoms, can occur early in pregnancy. The chest may feel full or heavy, and the area around the nipple (areola) may become darker. In the middle of the abdomen, a dark line called linea nigra that runs in the pubic area may appear. In the first or second week after pregnancy, you can notice tenderness or swelling in the chest. Morning sickness is usually nausea and vomiting that come in the morning early in pregnancy. This usually happens between weeks 2 and 8 of pregnancy. It is somewhat misleading because nausea and vomiting can actually occur at any time. It is thought that changes in levels of estrogen may play a role in developing nausea. Another early pregnancy sign can be food cravings or aversion. Women may have a special urge to eat foods they didn't like before, or they can completely repel the food they love. This is common, and generally food aversion fades at the end of the first trimester. The extra progesterone in a woman's body during pregnancy can make her feel tired and tired, and her need for a nap increases. By the second trimester, energy levels usually rise again. A rise in progesterone during pregnancy may also cause bloating, bloating and gas. Weight gain in the first trimester is usually minimal, but swelling and fluid retention may feel like you've gained more than a typical 1 pound a month. The urge to urinate more often begins around six weeks into pregnancy, with the help of the hormone human flexible gonadotropin (hCG), which can cause increased blood flow to the pelvic area and stimulate urinary impulses. In the second half of pregnancy, the urge to urinate may be increased by a growing baby in the enlarged uterus, which exerts pressure on the bladder. Many women who wish to get pregnant chart the basal body temperature (the lowest body temperature in a 24-hour period, usually the first thing in the morning after waking up). Basal body temperature usually rises around ovulation and lasts until the next menstrual period. If the basal body temperature remains higher for longer than that, it may indicate pregnancy. During the first trimester, the skin, nose legs, upper lip or cheekbones This is often referred to as the mask of pregnancy, the medical term is melasma or chloasma. It is common in dark-skinned women and people with a family history of melasma. Rapid changes in hormone levels during pregnancy may be responsible for feelings of mood swings and stress. Newly pregnant women may feel emotional, anxious, or depressed, and there may be a crying order. Mood swings can be the worst in the first trimester, somewhat relieved in the second trimester and can return by the end of the third trimester of pregnancy. Headaches are common in the early stages of pregnancy. They may be caused by a surge of hormonal changes that begin shortly after pregnancy. Or it may be a sinus head glut brought on by nasal congestion, which may be a symptom of early pregnancy. About 15% to 25% of pregnant women experience mild bleeding or discovery early in pregnancy. This phenomenon can begin immediately one week after pregnancy. You can also experience pelvic examination, Pap test or post-sex mild bleeding. This is common and generally unrelated, and it can be severe even if bleeding occurs later in pregnancy. Thin, milky, vaginal discharge is normal throughout pregnancy and can occur every day during pregnancy. This is called leukorrhea, and is caused by the extra estrogen the body is now producing. This discharge may be white or clear, and there may be no mild smell at all or at all, all are normal. This is a necessary side effect of pregnancy, so there is no treatment for rhuorrea. However, it may suffer for some women. Panty liners can help. But avoid tampons that can cause infection. Many pregnant women have constipation. More than 35% of pregnant women may develop this discomfort, according to some experts. This may be due to hormonal changes that cause pregnancy, including an increase in progesterone. If you have constipation, your doctor can tell you that you can drink more fluids, eat more fiber, and exercise enough. However, if these safe therapies do not work, the doctor's instructions can help you find other useful treatments that are safe during pregnancy, such as certain types of laxatives. Do not take any medications during pregnancy without the recommendations of a doctor. Source: Image courtesy of BigStock / Sergey Galusiko Vicstock / Sergey Galusiko Vicstock / Lorraine Linder Istock / Jean Gil Istock / Mark Biben Bigstock / Eric Gervart istock / Bitrondin istock / FOTODESIGN Medscape.com IStock / Higge Thinkstock IStock Reference: Obstetrician and Gynecologist: Pregnant American Association: Pregnancy Discharge. Canadian Family Doctor: Treatment for Constipation During Pregnancy. Ramaz International: Discharge during pregnancy: What is normal? NICHD: What are the common signs of pregnancy? Stanford Children's Health: Headaches early in pregnancy. 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