

The Emotional and Physical Changes during Pregnancy

Without doubt, every pregnancy is unique but even so, there are specific emotions and physical changes that go along with each.

A pregnancy will begin by the woman getting confirmation by seeing her doctor or different types of pregnancy tests. Most women will set up an appointment with the family doctor at which time urine and blood tests are performed. Although a urinalysis is often used, the blood test is a far more reliable test but typically, doctors choose to do both.

There are other women who prefer learning about the pregnancy in the privacy of their own home, which is why they choose a pregnancy test purchased from the store. These tests are easy to find, affordable, and many are highly accurate. Keep in mind, even the most accurate at-home pregnancy test can give an incorrect reading. For this reason, even if you had a positive or negative pregnancy test, we highly recommend you schedule an appointment with your doctor for a firm confirmation.

Once your pregnancy has been confirmed, you need to understand the changes occurring in your body, which are due to change in hormonal levels. Remember, all pregnant women experience symptoms that are common in pregnancy.

One of the most interesting first signs of pregnancy is experiencing an unusually heightened sense of smell. In fact, many smells that were enjoyed now become annoying and even sickening. As an example, if you typically bathe with bath soaps with a sweet lavender fragrance, this may be the very smell that makes you feel nauseated. The same is true with foods. Perhaps waking up to the smells of bacon and coffee were always your favorite but now, they make you feel sick. Even the smell of your own sheets can cause a negative reaction during pregnancy.

Symptoms of pregnancy also create mood swings and the dreaded phase of morning sickness. Some pregnant women will breeze through pregnancy with no or few morning sickness symptoms but most women go through periods of nausea and vomiting commonly in the morning but sometimes, at night.

One of the most important things you can do while pregnancy is to maintain a healthy lifestyle. Not only is this beneficial to you but also your unborn baby. Old habits such as consuming alcohol and smoking should be avoided during pregnancy in that they are harmful to the growing fetus. In addition to eliminating bad habits you also want to incorporate good habits. For instance, you will need to eat a healthy, balanced diet, drink plenty of water, and exercise throughout your pregnancy but especially in the last three months when the baby is most affected.

One your body starts growing, normal clothes will become tight, which means it is now time to start shopping for maternity clothes. As you go through the various stages of pregnancy, you will notice daily changes with your body so make sure you choose clothes and shoes you find comfortable. Of course, if you prefer to avoid clothing designed for pregnant women, pants with an elastic waist or even choosing clothes one or two sizes larger also works quite well. Remember, this is no wrong or right with clothing during pregnancy, as long as you feel comfortable.

While some women will deliver early or go past their delivery date, most pregnant women have a nine-month pregnancy. During this time, the body and the mind are experiencing drastic changes. Again, having mood swings, discomfort, and even heartburn are all a part of pregnancy. Your baby is growing daily and soon, your bladder will be pushed on as the baby takes up more room. The result is one of the most annoying symptoms of pregnancy, which is the need to urinate frequently.

There is another symptom of pregnancy that some will have called Chloasma. With this, the face, particularly the nose and eye areas become discoloured. Most pregnancy experts believe this change is the result of hormones. Once the baby has been delivered, the discoloration will fade but while pregnant, you can keep the discoloration to a minimum by using sunscreen while outdoors or staying out of the sun completely.

Pregnancy will also cause stretch marks in most women. After all, the stomach is stretching as the baby grows so this is very common. If you want to keep the intensity of stretch marks low or avoid them altogether, vitamin E rubbed onto the stomach morning and night helps the skin become more elastic.

One of the symptoms of pregnancy that women do not complain about is they notice their hair grows thick and nails grow long quickly. This change is due to the prenatal vitamins being taken. However, along with good comes bad in that pregnancy symptoms also include cavities. Even women who take excellent care of their teeth will suddenly find they now have cavities to deal with. To help battle this symptom, again, make sure you are eating a well-balanced diet that includes calcium.

There are many changes that occur within the body and mind during pregnancy. As you go through the different weeks pregnant, things are going to change but of course, if you have any questions or problems, be sure to contact your doctor immediately. The outcome of good health will be a better pregnancy and a beautiful, healthy baby.