



PREGNANCY STAGES

Pregnancy period of 40 weeks or 280 days is divided into three trimesters or stages. Various changes occur to developing fetus and mother during pregnancy. Each trimester have own physiological and hormonal changes of pregnancy and different milestones of baby development

Dr. Kiran Yadav

OB/GYN



1 Trimester



Implantation

Urine Test for Pregnancy: Positive



Symptoms of Pregnancy

Fetal Heartbeat



2 Trimester



Level II Ultrasound
18- 22 weeks, Quikening

Diet & Nutrition for both Mother & Growing Baby



Pregnancy Weight Monitoring

Blood Pressure Sugar & Other Screening



3 Trimester



Baby Movements & Kick Count

Maternal Multivitamins in all Trimesters



Adequate Rest & Antenatal Exercises

Inform Doctor about any problem



Birth



Mostly between 37- 40 weeks

Prepare in Advance



Healthy Baby & Mother



Breast Feeding



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Healthrelated Fitneb During Pregnancy

Annelies Wilder-Smith



Healthrelated Fitneb During Pregnancy:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Healthrelated Fitneb During Pregnancy**

In a world inundated with monitors and the cacophony of quick communication, the profound energy and emotional resonance of verbal art usually fade in to obscurity, eclipsed by the constant onslaught of noise and distractions. Yet, located within the lyrical pages of **Healthrelated Fitneb During Pregnancy**, a fascinating work of fictional brilliance that impulses with fresh thoughts, lies an memorable journey waiting to be embarked upon. Published by a virtuoso wordsmith, this magical opus instructions readers on a mental odyssey, gently exposing the latent potential and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is central styles, dissect their fascinating publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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