

Mother of All Pregnancy Books

Douglas, A

ISBN-13: 9781118266779

Table of Contents

MEDICAL DISCLAIMER • V

ACKNOWLEDGEMENTS • XIII

INTRODUCTION • 1

CHAPTER 1: ARE YOU REALLY READY TO HAVE A BABY? • 5

A Question of Timing • 6

What it really costs to raise children • 8; Career considerations • 11; The age issue • 13

A Baby? Maybe... Protecting Your Fertility • 17

Now or never? The health wild card • 22; I get so emotional, baby • 23

The Truth About Baby Fever: Not Everyone Catches It • 25

When you and your partner don't agree • 26; When Mother Nature has other plans • 27

CHAPTER 2: YOUR PRE-GAME PLAN • 29

Training For the Big Event • 29

Watch your weight—but not too carefully • 30; Do a nutrient check • 34; Kick your smoking habit • 39; Pass on that glass of wine • 42; Just say no to drugs • 43; Kick your coffee habit • 44; Don't douche • 45; Keep your stress level down • 45; Delegate the dirty work • 47; Watch out for workplace hazards • 47; Dad's the word: More reproductive health issues for fathers-to-be • 48

Your Pre-Conception Checkup: The Insider's Guide • 50

CHAPTER 3: SPERM, MEET EGG • 66

The Numbers Game • 66

The Science of Conception • 68

A tale of two phases • 70; The sperm connection • 74; What you can do to increase your odds of conceiving quickly • 77; Know thy cycle • 78; Make love on the right days • 85; Have unbelievably great sex • 86; Don't get too much of a good thing • 86; Create a "sperm-friendly" vaginal environment • 87

CHAPTER 4: MISSED CONCEPTIONS • 90

Do You Have a Fertility Problem? • 90

The infertility workup • 91

The Major Causes of Infertility • 100

The Brave New World of Assisted Reproduction • 107

Damned lies and statistics • 108; Reading between the lines • 109

Riding the Infertility Roller Coaster • 111

If You Don't Manage to Conceive • 114; If You Do Manage to Conceive • 115

CHAPTER 5: WINNING AT BABY ROULETTE • 117

A Little Bit Pregnant • 117

Testing, one, two, three . . . • 121; How you may feel about being pregnant • 122; Sharing your news with the world • 125; Sharing your news at work • 126; Choosing the right caregiver • 129; Hospital, birth center, or home birth? • 134

Your First Prenatal Checkup • 141

What your due date really means • 142

Early Pregnancy Worries • 145

I'm worried that I'll experience a miscarriage • 146; I don't feel pregnant anymore • 147

CHAPTER 6: OPERATION HEALTHY MOTHER, HEALTHY BABY • 149

The No-Worry Guide to Eating During Pregnancy • 149

The basics • 150; Dietary fiber • 151; Fruits and vegetables • 151; Healthy fats • 151; Meals and snacks that will go the distance • 152; Water • 153; The big five: the nutrients you need most during pregnancy • 155; The supporting cast: other key nutrients • 165; Vegetarian and vegan diets • 168; Not wanted at the dinner table: avoiding food-borne illness • 169

Your Pregnancy Gain Plan • 172

Wrapping your head around the idea of gaining weight • 173; New pregnancy weight-gain recommendations • 173; Too much of a good thing • 176; The best-laid plans • 178; Gaining too little • 179

Work It, Baby: Prenatal Fitness • 183

Quitting Time: Smoking, Drinking, and Drugs • 192

Smoking • 192; Drinking • 195; Drugs • 196

Sleeping for Two • 197

Sleep and health • 203

(Don't Get Too) Stressed About Stress • 205

Depression during pregnancy • 209

Staying Healthy During Pregnancy • 211

Take steps to avoid illness • 211; Other steps to staying healthy • 218

Staying Safe at Home • 221

Medications • 222; Herbal products • 223; Toxins • 228; Diseases carried by pets and other animals • 231; Accidents and falls • 232; Domestic violence • 233

Staying Healthy at Work • 236

CHAPTER 7: THE PREGNANCY ROAD MAP • 242

The Complaint Department • 242

What's normal and what's not • 243

Pregnancy Complaints From A to Z • 243

Abdominal muscle separation • 247; Acne • 248; Backache • 248; Belly button soreness • 250; Bleeding gums • 250; Bleeding and spotting, vaginal • 251; Braxton Hicks contractions • 252; Breast tenderness and enlargement • 252; Breathlessness • 254; Carpal tunnel syndrome • 255; Constipation • 255; Cramping • 256; Cravings • 257; Ear changes • 257; Eye changes • 258; Faintness and dizziness • 258; Fatigue • 259; Food aversions • 260; Gassiness and bloating • 260; Headaches • 261; Heartburn (a.k.a. reflux) • 262; Hernia, hiatal • 263; Hemorrhoids • 263; Hip soreness • 264; Insomnia • 265; Itchiness (abdominal) • 266; Laryngitis, pregnancy-induced, and voice changes • 267; Leg cramps • 267; Morning sickness (a.k.a. nausea and vomiting of pregnancy) • 267; Nasal changes • 274; Perineal aching • 275; Pubic-bone pain (osteitis pubis) • 276; Rashes • 277; Restless leg syndrome (RLS) • 278; Round ligament pain • 279; Saliva, excessive (ptyalism) • 280; Sciatica • 280; Skin changes • 281; Smell, heightened sense of • 284; Stretch marks • 284; Sweating • 285; Swelling and fluid retention • 285; Thirstiness • 286; Urinary incontinence • 287; Urination, increased frequency of • 287; Vagina, changes to the • 288; Vaginal secretions, increased • 288; Varicose veins • 289; Weepiness • 290; Yeast infections • 291

CHAPTER 8: YOUR INCREDIBLE GROWING BABY • 293

The First Trimester: The Beginnings of Life, and the Start of a Whole New Way of Life • 294

Pre-embryonic stage: The first three weeks of development • 294; Embryonic stage: Your baby begins to develop human characteristics • 297; Fetal stage: Your baby's body systems mature • 300; The second trimester: Goodbye nausea, hello maternity jeans • 302; The third trimester: Your incredible growing belly • 304

CHAPTER 9: THIS IS YOUR (SOON-TO-BE) LIFE • 308

Decisions, Decisions . . . • 309

Pregnant and chic • 309; Prenatal classes: Who needs them? • 312; Umbilical cord blood banking • 315; The circumcision decision • 318; Deciding to breastfeed • 321; The name game • 327; Planning for your maternity leave • 331; Planning your “babymoon” • 333

Other Things You Can Do to Make the Early Weeks Less Stressful • 339

Put your support team in place • 339; Consider hiring a postpartum doula • 343; Stock your home with healthy, easy-to-prepare foods • 344; Keep on top of chores on the home front • 347; Get the rest of your life in order • 349

Sex and Relationships: Top Worries • 357

Sex during pregnancy • 357; The last hurrah • 362; Oops, we did it again . . . • 370; The stuff of which pregnancy nightmares are made • 373

CHAPTER 10: WHEN PREGNANCY ISN'T PERFECT • 376

To Test or Not to Test? • 377

What prenatal testing can—and can't—tell you • 378; Is prenatal genetic testing the right choice for you? • 379; Screening tests versus diagnostic tests • 384; What to do if the test brings bad news • 390

What Does the Term “High-Risk Pregnancy” Really Mean? • 392

The Unique Challenges of a Multiple Pregnancy • 403

Preterm Labor • 407

Possible health problems • 408; Risk factors • 408; Prevention • 410; Welcoming a premature baby or a baby with special needs • 413

When A Baby Dies • 416

What can go wrong • 417; Miscarriage • 418; Ectopic pregnancy • 426; Molar pregnancy • 428; Stillbirth • 430; Intrapartum death • 433; Neonatal and infant death • 434

Grieving the Loss of Your Baby • 438

Preparing for Another Pregnancy • 445

CHAPTER 11: LABOR DAY • 450

Eight Months and Counting • 451

Pre-labor symptoms • 453

Decision Time • 455

Pre-birth planning • 456; Why doulas are a mom's best friend • 464; Writing a birth plan • 466; What's up down there? • 469; Pain relief during labor • 473

The Top Labor-Related Worries • 482

Going Overdue • 497

Is my baby at risk? • 498; To induce or not to induce? • 499; What to expect during an induction • 501

What Labor is Really Like • 502

The three stages of labor • 502; What other mothers want you to know • 503; The great cesarean debate • 510; Vaginal birth after cesarean (VBAC) • 516; How you may feel about meeting your baby • 518

Parting words • 519

APPENDIX A: GLOSSARY • 520

APPENDIX B: PLANNING FOR YOUR BIRTH • 536

Birth Wishes • 537

Personal information • 537; About your labor support team • 537; Labor environment • 537; Choices about the labor • 538; Laboring positions • 538; Pain relief • 538; Induction/augmentation of labor • 539; Delivery • 539; After the birth • 539; Cesarean section • 540; Circumcision • 540; Length of stay (if you're having a hospital birth) • 540; Birthing philosophies • 541

APPENDIX C: EMERGENCY CHILDBIRTH PROCEDURES • 542

Emergency childbirth supplies to have on hand • 542; How to deliver your baby if you're alone and without assistance • 542;
How to assist a woman who's about to give birth • 543

APPENDIX D: ONLINE RESOURCES • 545

APPENDIX E: PRENATAL RECORD • 551

INDEX • 555

ABOUT THE AUTHOR • 584