



Your Pregnancy and Childbirth: Month to Month, Fifth Edition

The American College of Ob/Gyn

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Your Pregnancy and Childbirth: Month to Month, Fifth Edition The American College of Ob/Gyn "Your Pregnancy and Childbirth: Month to Month" is written by experts at the American College of Obstetricians and Gynecologists - the preeminent authority on women's health. Not a medical text but written in plain, easy-to-understand language, "Your Pregnancy and Childbirth" draws on this vast body of knowledge and experience to provide an authoritative pregnancy resource that you and your loved ones can trust. And, because it presents this information in a reassuring and straightforward way, "Your Pregnancy and Childbirth" encourages you to be informed about your pregnancy and empowers you to work with your health care provider as an active participant in one of the most fulfilling times in your life. Each of the nine month-to-month chapters covers the developmental milestones that your baby has reached that month, the changes taking place in your body, advice on exercise and nutrition appropriate for that particular month, a description of the month's prenatal visit, and a discussion of issues and decisions that you may want to think about at this point in your pregnancy. The book also includes reliable, straightforward information about common medical conditions that can affect pregnancy, such as diabetes, hypertension, and obesity, as well as the symptoms, diagnosis, and treatment of pregnancy complications. Learn from the experts about labor, delivery, and the postpartum period; feeding your baby, whether you choose breastfeeding or feeding by bottle. "Your Pregnancy and Childbirth" is the one source you can rely on for essential information about each month of pregnancy and beyond.

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