

Pregnant Women's Health

Staying healthy during pregnancy

The key to protecting the health of your baby is to get regular prenatal care. Your health care provider will do a pregnancy test and physical examination, including monitoring weight and blood pressure while checking the growth and development of your baby. In addition, you will have prenatal tests, including blood, urine, and cervical tests, and ultrasounds.

When to see the doctor and why?

If you are healthy and without complicating risk factors, prenatal visits are usually as followed:

- Weeks 4 - 28 : 1 prenatal visit a month
- Weeks 28 – 36: 1 prenatal visit every 2 weeks
- Weeks 36- 40: 1 prenatal visit every week

Your doctor may increase the frequency of prenatal visits. Possible reasons include:

- You are age 35 or older
- You have pre-existing health problems : diabetes, high blood pressure, asthma, lupus, anemia, obesity
- You have medical problems that develop during pregnancy, such as preeclampsia, gestational diabetes, and other issues involving fetal and maternal health outcomes



Prenatal care is important for both your health and your baby's health. In fact, without prenatal care, the baby is 3 times more likely to have a low birth weight. The doctor can check and spot problems early and treat them so that you can have the healthiest pregnancy possible.

Pregnancy weight gain in stages of pregnancy

Pregnancy lasts about 40 weeks and is broken into three trimesters. The weight you should be gaining during pregnancy depends on your body mass index (BMI).



BMI	Weight (lbs)
Underweight <18.5	28-40
Normal 18.5-24.5	25-35
Overweight 25-30	15-25
Obese >30	11-20

You might gradually gain weight during pregnancy.

On a trimester basis in a woman with normal pre-pregnancy weight:

- 1st trimester: 1-4.5 pounds total
- 2nd trimester: 1-2 pounds per week
- 3rd trimester: 1-2 pounds per week

This interpretation should be individualized. Please consult your OB/GYN doctor.



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