

Newsletter

Year 1, Issue 6, November 2018

Ante Natal Care

Common complications in pregnancy and its prevention.

Complications in pregnancy are severe health problems that occur during ante natal period. They can involve either the mother's health, the baby's health, or both. There are always some discomforts in pregnancy which may not require any medical intervention. Complications always require medical intervention. Pregnancy complications may be caused by health problems that arise during pregnancy, or before pregnancy. The pregnancy with complications can be considered as high risk pregnancy. Pregnancy complications can range from annoying discomforts to severe, sometimes life-threatening, illnesses. Pregnancy complications include both physical and mental conditions.

Following are some common complications of pregnancy;

- High Blood Pressure.
- Gestational Diabetes.
- Infections.
- Preeclampsia.
- Preterm Labour.
- Intrauterine growth retardation (IUGR).
- Other Complications such as hyperemesis gravidarum, anaemia.

Pregnancy induced hypertension

High blood pressure that develops in pregnancy is called gestational hypertension. In pregnancy, this can make it hard for blood to reach the placenta and thus the nutrients and oxygen to the foetus. Reduced blood flow can slow the growth of the foetus and place the mother at greater risk of preterm labour and preeclampsia.

Gestational Diabetes

The diabetes during pregnancy is referred to as gestational diabetes, where blood sugar levels are increased. Hormonal changes due to pregnancy cause impaired blood insulin levels.

The early detection and management of Gestational diabetes is indeed important as it can lead to serious consequences like preeclampsia, having a large infant, low blood sugar levels in the baby immediately after birth.

Infections

Infections during pregnancy can be discussed under two parts such as infection after conception and infections prior conception. During antenatal period foetus is protected from various infections in mother's womb. But some infections

can be fatal to baby as well as mother such as swine flu. The condition becomes critical as very few medicines can be given to pregnant women. Some daily good habits such as hand washing, avoiding certain foods can help. Various infections such as HIV, hepatitis B, STDs and Tuberculosis can be present prior to conception. These can complicate pregnancy and may have serious consequences for both mother and her baby such as miscarriage, preterm labour, IUGR, still birth, congenital anomalies in foetus. Prior to conception, screening, vaccination if available and treatment for these infections can prevent unwanted outcomes. Many of these infections can be prevented or treated with appropriate preconception, prenatal care.

Preeclampsia

Preeclampsia is a serious ante natal complication that can lead to preterm delivery and death. Its cause is unknown but risk factors include:

First pregnancy, previous pregnancy with preeclampsia, existing conditions such as high blood pressure, diabetes, kidney disease, and systemic lupus erythematosus, mother being 35 years of age or older, carrying two or more foetuses, obesity.

Preterm Labour

Preterm labour is labour that begins before 37 weeks of pregnancy. Any infant born before 37 weeks is at an increased risk for health problems because organs such as the lungs and brain finish their development in the final weeks before a full-term delivery (39 to 40 weeks). Certain conditions increase the risk for preterm labour including infections, developing a shortened cervix, or previous preterm births.

IUGR (intrauterine growth retardation)

Intrauterine growth restriction (IUGR) is a common complication of pregnancy. IUGR refers to a condition where foetus is smaller or less developed than normal for the baby's gender and gestational age. IUGR accounts for 75% of all pregnancy complications. In IUGR foetal weight is below the 10th percentile for gestational age as estimated by an ultrasound. At term, the birth weight less than 2,500 g is considered as IUGR. It carries an increased risk of perinatal mortality and morbidity. The causes are poor nutrition, addictions, gestational hypertension, chronic illness, infections such as TORCH, extreme physical stress, chromosomal anomalies etc.

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Other Complications

Other complications of pregnancy may include the following:

Severe, persistent nausea and vomiting

Though having some nausea and vomiting is normal during pregnancy, particularly in the first trimester, some women experience more severe symptoms that last up to the third trimester which is referred to as hyperemesis gravidarum.

The cause of the more severe form is not known. Women with hyperemesis gravidarum experience nausea, weight loss, reduced appetite, dehydration and dizziness.

Iron-deficiency anaemia

Pregnant women need more iron than normal for the increased amount of blood they produce during pregnancy. Iron-deficiency anaemia is the condition when body doesn't have enough iron. This is common during pregnancy and is associated with preterm birth and low birth weight. Symptoms of deficiency of iron include feeling tired or dizzy, experiencing shortness of breath, and a pale look.

Prevention of complications

The ante natal care aims at making pregnancy healthier, preventing or managing complications by making early diagnosis and thus reducing poor pregnancy outcomes including death—the most extreme adverse outcome. Ante natal care with Ayurvedic perspective through Garbhini-paricharya, that is antenatal care according to Ayurved, can help to prevent the complications to a great extent. Apart from giving relief in discomfort, it also aids in healthy growth of foetus.

One should always keep in mind that there are ways to manage problems that come up during pregnancy. Small advances in preventing pregnancy-related complications can improve the 'quality of life' of pregnant women.

-Dr. Smita Chandrachood

Enjoying pregnancy.

- Pregnancy is a very important and magical phase of life, which every woman wishes to experience and should enjoy in her lifetime.
- It is a beautiful phase when one gets to experience a special bonding with her baby while it's in her womb. It's always a feeling of being 'we' and not just 'me'.

- It is very important to feel and cherish this bond.
- Certain physical and mental symptoms related to pregnancy such as morning sickness, vomiting, constipation, backaches, mood swings, frequent bathroom visits, swollen feet can cause discomfort at various extents.
- Brighter side to this is, these symptoms can be managed.
- At Dyumna women's clinic with the help of monthly treatment and guidance about diet and lifestyle management during pregnancy we help the would be mom to manage these symptoms well and enjoy her pregnancy.
- Enjoyment here does not imply vigorous activities, frequent travelling, eating junk food, but to experience each phase of pregnancy gaily with a positive mind set.
- A pregnant woman should be sure to eat a balanced, nutritious diet at frequent intervals in small portions. The would be Mom should pamper herself by eating good healthy food.
- Pampering oneself is one of the best ways to make pregnancy enjoyable. A lady can do that by taking out time for herself for doing activities that she likes and are advisable during pregnancy. They can include reading good books, enjoying pleasant music, enjoying the company of loved ones.
- Body needs lot of rest during this time, so a pregnant lady should take advantage of it and enjoy many good naps.
- Prenatal care is vitally important for the health of the unborn baby.
- Monthly treatment plan given at Dyumna women's clinic during pregnancy includes various Rasayanas and other medicines which act on minute levels to help proper growth of the foetus and take care of the wellbeing of the mother. Care taken at Dyumna helps to gives relief in various discomforts during pregnancy which can affect the daily routine and thus helps a lady to enjoy her pregnancy.
- Specialized treatment procedures such as Matrabasti, pichu are given at Dyumna women's clinic during 8th and 9th month, which also help to reduce backache, constipation and prepare the body for delivering the baby.
- Despite the so called 'horror stories' related to pregnancy, it can really be a wonderful and most memorable period of one's life!

-Dr. Deepali Pawar

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