

By the pregnancy experts at Mayo Clinic

# MAYO CLINIC

## Guide to a Healthy Pregnancy



From  
Doctors Who  
Are Parents,  
Too!

the pregnancy experts at Mayo Clinic

## Mayo Clinic Guide to a Healthy Pregnancy: From Doctors Who Are Parents, Too!



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It also receive guidance on how to get pregnant, meal planning, exercise, medication use and parenthood. This being pregnant book is the work of a team of pregnancy professionals who find nothing at all in medicine more exciting and fulfilling to experience compared to the birth of a kid. Features include week-by-week updates on baby's growth and month-by-month adjustments for mom, a 40-week pregnancy calendar, a symptoms guideline, and overview of important being pregnant decisions. Women looking for authoritative, accurate information from a reputable resource will appreciate this being pregnant publication from the world-course Mayo Clinic. Plus, you'll find answers to difficult or embarrassing questions. It provides hundreds of pages of useful information parents may use. Mayo Clinic Guide to a wholesome Pregnancy can be an essential pregnancy reference for parents-to-be.



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The only book you'll need - I promise. Seriously - this is actually the only pregnancy book you will need. For instance: ob doctors often frighten women away from all types of vitamin A because of one research that was performed in the 1990s, but vitamin A as beta carotene hasn't been shown to cause birth defects like vitamin A by means of retinol has, which is stored in fat cells, and supplement A as beta carotene is necessary for fetal eye advancement (this is based on newer data There is through my research). Be it the "hey, girlfriend - let's discuss becoming prego over a glass of decaf Starbucks and shoe-purchasing!. The Mayo Clinic Guidebook is to-the-stage but friendly enough with excellent images and descriptions of every stage, and the doctors' tone doesn't issue your intelligence or know-how. Although that appears as if it might cause some stress or needless be concerned, it is written in a reassuring way (backed up by numbers and figures) that did not cause me to be concerned, despite that being among my greatest talents. The lack of citations for anything makes this all the more troubling. I came across everything spot-on (I'm today entering my 7th month of being pregnant), and it helped me to know what to anticipate with each ob appointment, what queries I should consult, and when to start planning for issues such as interviewing pediatricians, filling out hospital forms, etc (each one of these are included as reminders for every month of being pregnant, so it's not like you're bombarded by details up front that you'll have to remember throughout all 9 and 1/2 weeks of pregnancy). I have found it most readily useful to skim through the book in its entirety upon 1st perusal, and then follow along as each month progresses. My just suggestion is normally that for those of all of us who prefer to check references or refer to them ourselves, it could have been helpful to have a bibliographic list of sources used in the book. I received a few others as presents, and I never liked the tone, design, or presentation in the various other books. I acquired to argue with my ob about this when I informed her I wouldn't consider prescription prenats and recommended my own vitamin combine - well, it was for many reasons, including the man made junk and dyes in most prescription prenats (boy, I've got some tales about pharmaceutical reps pushing those things and their explanations why they include dyes in them that have been linked to birth defects, one of which included an old man making the statement that "pregnant women don't want to take ugly brown pills; they would like to take fairly blue ones!! Apparently we ladies are that dumb and shallow, according to pharmaceutical reps), but a scholarly article could have been nice to give to her in my own defense of going for a holistic vitamin cocktail that included vitamin A as beta carotene, a vitamin that is flushed from the machine after the body has taken what it requires. I do recognize that many visitors wouldn't care about this sort of information, but it wouldn't hurt to include a "functions cited" or "bibliography" web page by the end with helpful, legitimate scholarly content and information about various studies, and perhaps some parenthetical citations throughout that could business lead us active visitors to the biblio reference. More work? Sure, the editors could have a good bit more work to accomplish gathering this information, but it would make this book complete perfection!. A phrase of caution, though, concerning the labor and birth sections - this book cites 4cm dilation because the beginning of energetic labor, when ACOG recommendations have for several years now regarded as that to be 6cm. This guide does some things perfectly. Just Fine. Likewise, it has several chapters that serve as quick reference for common questions or concerns. Which makes this an extremely handy, comprehensive guide. On the other hand, this is an excellent book if you need to depress yourself and reside in fear of everything bad about pregnancy. Even worse, there are several sections where the suggestions are outdated and also harmful (encouraging you to let your doctor put you on bed rest, for instance, despite clear evidence showing having less positive outcomes). I also greatly appreciate that the publication

doesn't obtain preachy, doesn't sway from attempting to remain objective, presents different birthing choices without judgment, and includes helpful charts and lists on the way. I suppose the Mayo clinic thinks that they don't really have to cite anything, simply because they will be the Mayo clinic, but their questionable guidance in some matters make that a problem. In sum, this is an excellent book to have on hand, but definitely read additional books as well. Super easy to navigate! All the "normal" stuff is grouped jointly and all of the "health conditions/irregular stuff" is in another section. It's really wonderful never to have it there in front of you constantly, though, because I'd totally examine it and freak myself out. I think you will if you..... Highly recommend

Really great resource that gives you facts and support without scaring the heck out of you! Anyway, I do highly recommend this book for anybody who want medical advice from doctors, delivered in an approachable however no-nonsense way that keeps you happy and motivated without the saccharine pandering often found in pregnancy guides..want to be informed objectively...after having read the book once, want to return to a certain topic that's of concern for you personally later on. I would recommend Expecting Better by Emily Oster or Debunking the Bump by Daphne Adler, both which include thorough citations and methodology to back up their claims....don't have a lot of time. In my opinion this book covers everything that is important and is easy to read, actually after an exhausting day. For the reason why above, I prefer this reserve over other well selling ones I have read.....are looking for a publication that focuses on every detail. AN IDEAL Pregnancy Resource This book answered the vast majority of my questions and has great advice, guidelines, and explanations." type questions, that is helpful when you don't know what to anticipate. Fine succinct and useful!. However -I think you will not like this book in the event that you. After searching through a lot of different options in terms of a tangible baby book, once we found out we have been expecting, We was hesitant initially to purchase this book, nevertheless, seeing a few of the other reviews put my mind at ease. The book is very informative and clear to see. You can easily utilize this as a reference or go through the book to get some knowledge about what to expect. This reserve even has information and interesting details on everything you may believe are "trivial" or "weird" questions. The book answers a lot of those "I feel stupid for requesting this." (yuck) or a condescending/patronizing tone as if I'm a knocked-up idiot, I came across myself quickly donating all the books except for that one.. Although the writers evidently assumed the reader would be female!. It is very helpful to offer you an idea of what things to expect additional along in pregnancy, as well as labor, and taking care of your newborn. It addresses all the bases. succinct and useful! It clarifies testing options and in addition what might happen in unplanned labor or delivery circumstances to give you an idea of how factors are handled in case you have any surprises. I value that the source material is valid as this is a peer-reviewed effort including many doctors in the field shown as contributors (I'm a PhD/professor who teaches source evaluation, so yeah - it's important to me), and I like the logical firm of the chapters. I would suggest this book. Thorough book on pregnancy and childbirth Got this book as a freebie with our baby registry and it has been nice to learn as a reference, weekly by week pregnancy guidebook, and preparation for labor and delivery. I haven't read any additional pregnancy books to review it to. Straightforward and informative, but not alarmist This book was so ideal for my first pregnancy, and is proving ideal for my second as well! As an expectant Mama, you need zero excuses to worry about your baby and your pregnancy. My favorite - do you want to like this book, as well? If there is a condition or symptom that you're worried about, you can look it up. Will you such as this book? This book gives helpful info in a obvious, non-condescending format that tends to make me feel comforted and excited rather than worried. This book also provides some newborn/post-partum care tips

and sections for companions aswell. I think the one thing I didn't like is normally that the first "Workout of the Month," that is detailed early the the pregnancy section, is merely twisting gently from side to side. Also, the lady pictured doing is it way farther along compared to the section that she's pictured in, and at that point in your pregnancy you're able to do greater than lightly twisting. But all that is being fairly nit-picky and, like I stated, that's the only issue I didn't like about any of it. are searching for a book that gives you the most important facts and would rather discuss information with a healthcare professional more than reading about them in a publication. It reduces pregnancy on weekly by week basis, that makes it an easy task to flip through and know exactly what to expect. that entertains you with jokes/anecdotes Affordable reference for first time parents. It is not an excessive amount of science or medical knowledge for the lay person to grasp. I'd definitely recommend this reserve for the first time parents out there, searching for something to supplement knowledge or use as a reference." I kid you not. There's isn't an excessive amount of info stuffed onto one page, and the layout makes it simple to skim to the parts you're most thinking about at the time of reading. ! Helpful, straight-forward info Enjoyed getting important pregnancy, labor/birth and baby details from a reliable source. Outdated information I thought this was an excellent reference during pregnancy. Read this, but don't depend on it Consider getting this publication, but definitely don't make it your single resource. This is very essential in assessing whether an individual is "failing to progress. Organization could possibly be better I really want to provide this book 5 stars. This significant oversight remaining me wanting to know what else might be outdated. I observe that Mayo extremely recently issued a fresh edition of the book - hopefully it has been fixed!" A very important issue that should be updated immediately. I do like a great deal of it but I don't love the business.



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