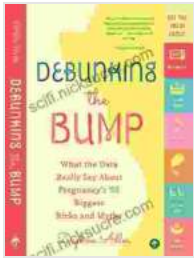


What the Data Really Says About Pregnancy: 165 Biggest Risks and Myths



Debunking the Bump: What the Data Really Say about Pregnancy's 165 Biggest Risks and Myths by Daphne Adler

★★★★☆ 4.7 out of 5

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Pregnancy is a time of joy and excitement, but it can also be a time of anxiety and uncertainty. There are so many things to worry about, from the health of your baby to your own well-being. But what are the real risks and myths of pregnancy? This article will take a look at the data and tell you what the experts really say about the biggest risks and myths of pregnancy.

The Biggest Risks of Pregnancy

The biggest risks of pregnancy are:

- **Preeclampsia:** This is a condition that can develop during pregnancy and is characterized by high blood pressure and protein in the urine. Preeclampsia can lead to serious health problems for both the mother and baby, including stroke, kidney failure, and seizures.

- Gestational diabetes: This is a type of diabetes that can develop during pregnancy and is characterized by high blood sugar levels. Gestational diabetes can increase the risk of birth defects, premature birth, and C-section delivery.
- Preterm birth: This is when a baby is born before 37 weeks of gestation. Preterm babies are at an increased risk of health problems, including respiratory problems, feeding difficulties, and developmental delays.
- Low birth weight: This is when a baby is born weighing less than 5 pounds, 8 ounces. Low birth weight babies are at an increased risk of health problems, including respiratory problems, feeding difficulties, and developmental delays.
- Birth defects: These are any structural or functional abnormalities that are present at birth. Birth defects can range from minor to severe, and can affect any part of the body.

The Biggest Myths of Pregnancy

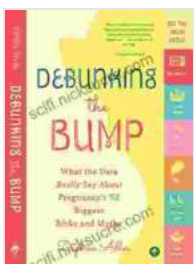
There are many myths about pregnancy, but some of the most common include:

- You can't exercise during pregnancy: This is not true. In fact, exercise is beneficial for both the mother and baby during pregnancy. Exercise can help to reduce the risk of pregnancy complications, such as preeclampsia and gestational diabetes. It can also help to improve mood and energy levels.
- You should eat for two during pregnancy: This is not true. In fact, eating for two during pregnancy can lead to weight gain and other

health problems. Pregnant women should only increase their calorie intake by about 300 calories per day.

- You can't have sex during pregnancy: This is not true. In fact, sex is safe during pregnancy for most women. However, it is important to talk to your doctor before having sex during pregnancy if you have any concerns.
- You will definitely get stretch marks during pregnancy: This is not true. In fact, only about 50% of women get stretch marks during pregnancy. Stretch marks are caused by the rapid stretching of the skin, and there is no way to prevent them completely.
- You will always feel nauseous during pregnancy: This is not true. In fact, only about 80% of women experience nausea during pregnancy. Nausea is most common during the first trimester, and it usually goes away by the second trimester.

Pregnancy is a time of joy and excitement, but it can also be a time of anxiety and uncertainty. There are many things to worry about, but it is important to remember that most pregnancies are healthy and complication-free. By understanding the risks and myths of pregnancy, you can help to reduce your anxiety and enjoy this special time in your life.

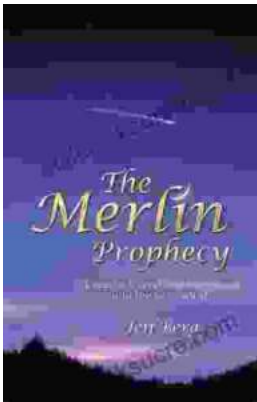


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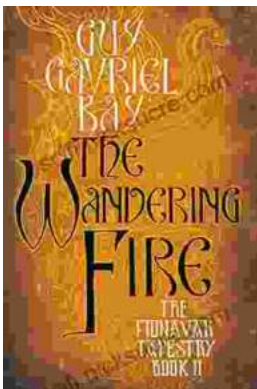
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