

(Ebook pdf) Your Pregnancy Week By Week (1)

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Edward S. Curtis

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Edward S. Curtis : Your Pregnancy Week By Week (1) before purchasing it in order to gage whether or not it would be worth my time, and all praised Your Pregnancy Week By Week (1):

0 of 0 people found the following review helpful. Having Twins and I need all the help i can get!By Joi WilsonThis book was helpful in my need for knowledge. First baby and it's two! The week by week updates on what I should be looking for are informative and reassuring!0 of 0 people found the following review helpful. love it and got here fastBy Crystal Dossettlove it and got here fast was recommended by my sister and it was awesome and so much knowledge week by week1 of 1 people found the following review helpful. Information is good, if you use the indexBy This girl loves This is my first pregnancy, so I was excited to buy this book and see how the baby and I were developing each week. I also thought that it would keep me from having information overload -- just a small amount of information every week. I'm now at week 13 and I don't use the week-by-week format any more, except to check in and see how the baby is developing. I almost always use the index in the book to find information. This occurred to me during the first few weeks when I was experiencing cramping and I didn't know why. That topic had not yet been covered in the book, and it wasn't listed as an early symptom. As a first time pregnant lady, I thought that meant something was wrong. Another problem is that cramping was not listed in the index. Finally I heard the term round ligament pain and looked that up. It wasn't listed until week 17, but I had been experiencing it almost from the beginning. I realize that the authors wanted to keep the chapers concise, but the readers should realize that pregnancies don't work in a week-by-week format. Some symptoms or questions may come along earlier in real life than they do in the book.

Because of the rapid rate of change to both mother and baby, doctors refer to a pregnancy in increments of weeks, not months or even trimesters; expectant mothers look for changes and compare the details of their pregnancies based on the same weekly schedule. The best-selling *Your Pregnancy Week by Week* doles out focused information in this medically appropriate way, making it the most mom-recommended pregnancy guide on the market. Now carefully brought up-to-date, this expanded Fifth Edition will also be the most medically current and comprehensive pregnancy guide available. Always reliable and now re-designed to be even more accessible, weekly chapters include illustrations, descriptions of baby's growth and developmental milestones, information about a mother's average weight gain and what she might be feeling or becoming aware of, and the medical testing that corresponds to the week in question. New features include: * Information on cutting edge obstetric technologies-from 3D ultrasound to pre-natal genetic testing* The very latest diet, nutritional and fitness recommendations for expectant mothers* A new chapter devoted to overdue (post-term) pregnancies* An expanded 15-page glossary of pregnancy and childbirth terms* A handy Due Date Prediction Calendar

.com Pregnancy should be a time of wonder and hope, but these days, it's associated more often with paranoia. Dr. Glade Curtis is keenly aware of the anxieties heaped upon expectant women: he has written several pregnancy-related books. So while he covers pretty much any topic that an expectant mom might be concerned about, he does not overload the reader with extraneous information or horror stories that can be found in that other best-selling pregnancy guide. In this completely revised and updated edition, Curtis describes the physical developments from weeks 1 through 40--or 41 or 42!--such as the size and weight of the baby, emotional changes in the mother, typical medical tests offered, and nutritional requirements. (The iron found in prenatal vitamins may exacerbate morning sickness, he writes, because iron supplementation is usually not needed until the final trimester.) It is too bad that Dr. Curtis does not recommend more alternative-medicine approaches for treating common pregnancy discomforts. In the chapter covering Week 8, he rightly describes sciatic-nerve pain as excruciating, but does not advise yoga or chiropractic treatments for its relief. However, he *is* hip to the use of doulas, or labor coaches, he encourages breastfeeding, and includes numerous tips for making your partner feel included in what should be a thrilling experience for you both. -- Erica Jorgensen
From Library Journal
This book is a worthy addition in this subject area. Its format, information, and language are both highly accessible and current. As the title states, pregnancy is followed week by week. A chapter is devoted to each week, covering six basic areas: baby size; mother's size; baby's growth and development; changes in the mother; how the mother's behavior affects development; and things "you should also know." A vast range of material is included, making this a bargain for the price. Similar to but more comprehensive (and up to date) than *When You're Expecting* by Arlene Eisenberg others (Workman, 1984), this would be an excellent complement to the more recent *The Columbia University College of Physicians and Surgeons Complete Guide to Pregnancy* (LJ 4/15/89).- Kathleen L. Atwood, Pomfret Sch. Lib., Ct.
Copyright 1990 Reed Business Information, Inc. "OB-GYN Curtis and longtime coauthor Schuler fully revise and amend their straightforward, information-packed book, adding 80 new topics that discuss trends, product and safety recommendations, and more. An essential update for libraries owning previous editions." -- Library Journal, under the headline "The Classics"