

Commentary

Several Stages of Pregnancy

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Accepted 16 December, 2021

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Pregnancy is a period during which a baby grows inside a woman's womb or uterus. It is generally lasts about 280 days or around 40 weeks, and it is about over 9 months. When a baby is created, after it is released from the ovary during menstruation and pregnancy develops. Symptom's of pregnancy are namely missing period are like your monthly cycle has not yet started after a week, breasts are painful and enlarged, morning sickness, vomiting, back pain, tiredness etc. Trimesters are the terms are use by doctors to describe the three stages of pregnancy. First trimester of pregnancy is from 0 week to the end of 13 weeks. First stage is generally the most difficult and hardest time in pregnancy. Hormone levels, tiredness, stomach pain, painful breasts and developing a baby is more difficult problem and it is the main risk for miscarriages, birth defects and for baby growth. The major organs and body structure of a baby should be developed. The body contains a lot of changes. The second trimester of pregnancy is from 14 week to the end of 26 weeks. It represents the middle part of pregnancy. In this trimester sickness and vomiting's will be resolved and increased energy level. Pregnant women can feel better. They can eat their favourite food and there is a some physical changes are occurred in belly and grows in the same way that it does in the uterus. It expands to make space for a baby and your breasts will also continue to grow in size over time.

The third trimester of pregnancy is considered to be the longest and important. This trimester starts from 27 week and ends once women give birth to child. Delivery usually begins around 40 weeks of pregnancy, but some pregnancies may take more time. In this third trimester, women's are rapidly gain weight. The baby usually gains the weight. It is very important for baby. There is some nutritious food for helping the baby growth in womb are namely as Dairy products, Sweet potatoes, Eggs, leafy greens, Berries etc.

Precautions to be taken in pregnancy are such as eat breakfast every day, drink more water, and avoid smoking, drinking alcohol, raw fish or meat, and don't drink coffee more than two cups a day. Check before taking medicines. The fruits that should be eat during pregnancy time are lemons and oranges are full of vitamin c. It helps to early growth of baby's bones and theses fruits are contain rich in fibre. Papaya and pineapple are the dangerous fruits for various reasons and it is not recommended. The pregnant women as include enzymes and change the texture of the womb, they also cause premature pregnancies. Pregnancy and giving birth to a child is very special time in the life of a woman. It is important to take good care of women before, during, and after pregnancy. It can help the baby's growth and protecting healthy life. They can also include good nutrition and maintain health habits.