

HealthyActions

Achieving Your Goals for Healthy Living



Complications In or During Pregnancy

Condition	Symptoms	Why It Can Be Dangerous	Treatment
<p>Ectopic (ek-TOP-ik) pregnancy</p> <p>Ectopic (ek-TOP-ik) pregnancy. This is when a fertilized egg does not travel all the way to the womb. Instead, it begins to grow in one of the fallopian (fuh-LOW-pee-uhn) tubes (sometimes called a “tubal pregnancy”) or another part of the body.¹</p>	<p>Symptoms include:</p> <ul style="list-style-type: none"> • Bleeding from the vagina (vuh-JYE-nuh), sometimes called the “birth canal”¹ • Cramping¹ • Pain in abdomen (belly area) or pelvis (lower trunk area)² 	<p>The growing baby can cause damage to the part of the body it is growing in. When this happens there is a risk of blood loss and even death for the woman.¹</p>	<p>The baby cannot survive.¹ An ectopic pregnancy must be ended as soon as possible to save the life of the woman.¹</p>
<p>Incompetent cervix (in-KOM-puh-tunt SIR-viks)</p> <p>This is when the cervix (the opening of the womb) is weak and starts to open too early.³</p>	<p>A heavy feeling in the pelvis (lower trunk area) or a lot of discharge from the vagina.³</p>	<p>Can lead to a miscarriage or a baby that is born too early.⁴</p>	<p>May be treated with bed rest and/or a treatment called “cerclage” (sair-KLAZH). This is when the cervix is sewn closed.³</p>
<p>Gestational diabetes (jeh-STAY-shun-uhl dye-uh-BEE-teez)</p> <p>This is when a pregnant woman has high levels of sugar in her blood.</p>	<p>Most often there are no symptoms. It may cause the woman to be very thirsty or to pass urine more often.⁵</p>	<p>If not treated it can raise the risk of health problems for the woman and the baby.¹</p>	<p>Women are often taught to measure their blood sugar levels at home. A doctor’s advice may include¹:</p> <ul style="list-style-type: none"> • A healthy diet that limits sugar • Avoiding too much weight gain while pregnant • Taking medicine if blood sugar is too high • Monitor glucose level



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Preeclampsia (pree-ih-KLAMP-see-uh)	Symptoms include high blood pressure and swelling in hands and feet. ⁶	It can lead to placental abruption (see below). Babies are more likely to have problems after birth. Babies may be born small. ¹	Women may need bed rest or a hospital stay. They may need to take medicine to lower blood pressure. ¹
Placental abruption (pluh-SENT-uhl uh-BRUP-shun)	Symptoms may include ¹ : <ul style="list-style-type: none"> • Pain in the abdomen (belly area) • An abdomen that is tender when pressed 	Can cause bleeding and other serious problems in the woman. Not enough oxygen and nutrients go to the baby. ¹	Women with this problem are sent to the hospital and may be put on bed rest. Sometimes the baby is delivered early. ¹
Placenta previa (pluh-SENT-uh PREE-vee-uh)	Painless bleeding from the vagina in late pregnancy. The blood may be bright red. ¹	The woman can lose large amounts of blood. This is dangerous for both her and her baby. ¹	Women with heavy bleeding may be sent to the hospital until delivery. Women with less bleeding may need to go on bed rest in the hospital. ¹

References

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4. American Pregnancy Association. Incompetent Cervix: Weakened Cervix. <http://www.americanpregnancy.org/pregnancycomplications/incompetentcervix.html>
5. MayoClinic.com Gestational Diabetes. <http://www.mayoclinic.com/health/gestational-diabetes/DS00316>
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