

# Planning Your Pregnancy

## The New Essential Guide to Getting Pregnant



# Essential Guide To Getting Pregnant

**Dr. Kevin Lau**



## **Essential Guide To Getting Pregnant:**

*The Unofficial Guide to Getting Pregnant* Joan Liebmann-Smith, Jacqueline Nardi Egan, John J. Stangel, M.D., 2005-10-13  
The inside scoop for when you want more than the official line Once you decide to start a family you may think pregnancy will occur quickly However it takes the average healthy young couple six months to a year to conceive This guide helps you get in the best possible shape for conceiving discussing conception and misconceptions in depth If pregnancy doesn't happen automatically you're not alone one in six couples have fertility problems The Unofficial Guide to Getting Pregnant provides clear unbiased guidance on the many confusing medical emotional and financial issues related to getting pregnant This book objectively reviews state of the art infertility treatments and procedures including fertility drugs corrective surgery IVF and the other assisted reproductive technologies It also covers third party procedures such as sperm and egg donation and surrogacy Vital Information few resources reveal information that can help you zero in on the most effective economical approach for you Insider Secrets about choosing a specialist potential legal issues with third party procedures and alternative treatments that might work Money Saving Information to help you compare the cost of different treatments decipher state laws on insurance coverage and more Time Saving Tips to avoid delays in diagnosing and treating problems while your biological clock is ticking The Scoop on the newest fertility drugs microsurgical techniques and assisted reproductive technologies

*The Ultimate Guide to Getting Pregnant* MR. BIG WEALTH, 2023-09-05 The Ultimate Guide to Getting Pregnant by Mr BIG WEALTH is your go to resource for all things related to starting a family With years of experience and expertise in the field Mr BIG WEALTH provides you with comprehensive and invaluable advice on fertility conception and preparing for parenthood This guide is designed to empower you with the knowledge and tools you need to increase your chances of getting pregnant and embark on this beautiful journey of creating a family

**An Essential Guide for Scoliosis and a Healthy Pregnancy** Dr. Kevin Lau, 2014-11-01 Complete easy to follow guide for managing your scoliosis during pregnancy An Essential Guide for Scoliosis and a Healthy Pregnancy is a month by month guide on covering everything you need to know about taking care of your spine and your baby The book supports your feelings and empathizes with you throughout your amazing journey towards delivering a healthy baby By reading you gain In depth and up to date information on scoliosis and how it can affect your pregnancy Week by week information on what to expect during your pregnancy Information that is suitable for all types of post operative scoliosis cases and those that to date have not yet been operated on Clear compassionate and comprehensive answers to the common questions about scoliosis and pregnancy Crucial decision making tools decisions for important issues including epidurals birthing procedures changes to the spine due to hormones and more to protect your baby Tips to help you minimize unnecessary weight gain and keep your nutrient intake high The latest nutritional research that debunks pregnancy food myths and uncovers a number of surprising superfood choices Expert advice on staying fit and eating right during each trimester of pregnancy Self care tips for side effects

including nausea and back pain Fun fast and safe scoliosis exercises during the month of pregnancy and postpartum Tips for strengthening your pelvic floor easing back pain and losing belly fat postpartum Relaxation tips to reduce pain and increase your comfort This book provides answers and expert advice for pregnant women suffering from scoliosis Full of information to cope with the physical and emotional upheavals of pregnancy during scoliosis From conception to birth and beyond this guide will hold your hand until you become a happy and proud mother of a healthy newborn baby

**The Ultimate Guide to Pregnancy for Lesbians** Rachel Pepper,2008-09-05 The Ultimate Guide to Pregnancy for Lesbians covers everything you need to make the thrilling and challenging journey to motherhood from choosing a donor to tracking fertility to signing the right papers on the dotted lines Rachel Pepper s lively easy to read guide is the first place to go for up to date information and sage advice on everything from sex in the sixth month to negotiating family roles Why a second edition When the acclaimed first edition appeared the author s daughter was only a few months old This new edition takes into account the parenting know how Pepper has developed over the intervening six years as well as the evolving legal status of lesbian parents and the increasing importance of the Internet for information on fertility sperm banks and donors The resource section is greatly expanded as are the sections on each trimester of pregnancy on childbirth and on life with a newborn And Pepper provides more insight into preconception planning for both single lesbians and couples An indispensable resource The Ultimate Guide to Pregnancy for Lesbians is now bigger and better

**The Mommy Docs' Ultimate Guide to Pregnancy and Birth** Yvonne Bohn,Allison Hill,Alane Park,2011-05-03 From three top ob gyn s the personalities of the television series Deliver Me comes this comprehensive pregnancy resource that s medically reliable and mom to mom relatable

**The Essential Guide to Primary Care Procedures** E. J. Mayeaux,2012-03-28 Featuring over 1 300 full color illustrations this atlas is a comprehensive hands on guide to more than 100 medical procedures most commonly performed in an office setting The book presents step by step instructions and illustrations for each procedure and discusses strategies for avoiding common pitfalls Each chapter includes ordering information for necessary equipment or supplies CPT codes ICD 9 codes global periods and average U S fees for each procedure Some chapters also refer the practitioner to patient education handouts that will appear online A companion Website will offer the fully searchable text over 100 patient education handouts and videos of ten common procedures

*Knock Yourself Up* Louise Sloan,2007 No Marketing Blurb

*Mother and Baby Expert's Ultimate Guide to Pregnancy, Birth and Early Parenthood* Alina Charcinski,2012-10-08 Unleash your inner expert Mother and Baby Expert s Ultimate Guide to Pregnancy Birth and Early Parenthood will empower you with both emotional and practical advice on raising happy families Divided into EXPECTING PREPARING DELIVERING NURTURING ADJUSTING GROWING and LIVING chapters it covers everything from pre conceptions and sex through money saving and healthy living tips to growing baby love care and success at school Don t have your baby without it Avoid many pitfalls that many first time mothers face unnecessary learn how to curb overspending tackle birth fears enjoy shorter labour monitor

your weight gain master breastfeeding become a pro poo detector resolve crying reasons teach your baby to self soothe evade sleep problems defuse toddler tantrums keep them safe and healthy enjoy each moment as they come support teach and mentor your children accomplish a balanced family life and work Discover how to achieve work life balance to be there for your child to love and support them to become happy and contented little independent person ready to conquer the world So go on unleash your inner expert and enjoy the journey and make the best decisions you can along the way The

Essential Guide to Hysterectomy Lauren F. Streicher, M.D.,2012-12-21 In this new updated version of the groundbreaking book gynecologist and leading women s health expert Dr Lauren Streicher who in a direct clear and often humorous way reveals the following What your doctor isn t telling you robotic hysterectomy and why it is becoming so popular new nonsurgical ways to control heavy bleeding the latest on hormone therapy including bioidentical hormones how to decrease your risk of uterine or ovarian cancer without removing your uterus or ovaries new methods for treating fibroids and a comprehensive guide to websites and resources *Acupuncture in Pregnancy and Childbirth* Zita West,2008-01-23

ACUPUNCTURE IN PREGNANCY AND CHILDBIRTH is a concise highly illustrated and practical guide to using acupuncture to treat women throughout their pregnancy and labour Drawing on an unparalleled wealth of experience as a midwife and an acupuncturist the author has produced a book accessible to both acupuncture students and practitioners covering physiology related to pregnancy and childbirth illuminating links between Western knowledge and acupuncture approaches and suggesting points and point combinations for particular stages and actions during pregnancy and labour Highly illustrated with summary boxes and guidelines Covers nutritional aspects of pregnancy Gives practical advice and instruction on the use of acupuncture through the four trimesters of pregnancy and labour Uses case examples to further illustrate the text Covers recent advances in relation to the effects of aspirin and heparin to the immune system and pregnancy Includes IVF pregnancies Glossary and appendix of useful addresses Fully updated and revised throughout to include recent research Nutrition and its effect on the foetus new and developing area of research **The Trying Game** Amy Klein,2020-04-07

From the author of Fertility Diary for the New York Times Motherlode blog comes a reassuring no nonsense guide to both the emotional and practical process of trying to get pregnant written with the smarts warmth and honesty of a woman who has been in the trenches A compassionate often funny well researched and ultimately empowering guide Lori Gottlieb New York Times bestselling author of Maybe You Should Talk to Someone There are so many ways to be Not Pregnant You can be young old partnered or unpartnered Maybe you have endometriosis Maybe you don t have enough eggs or your partner doesn t have enough sperm Or maybe there s nothing wrong except you re Just Not Pregnant Amy Klein has been there Faced with fertility obstacles she quickly became an expert After nine rounds of IVF four miscarriages three acupuncturists two rabbis and one reproductive immunologist she finally became a mother And she wrote about it all for the New York Times Motherlode blog in her Fertility Diary column Now Amy has written the book she wishes she d had when she was

trying to get pregnant With advice from medical experts as well as real women she outlines your options every step of the way from questions you should ask to advice on getting your mother in law to mind her own beeswax In this comprehensive road map to infertility you ll find topics such as whether to freeze your eggs finding and affording a clinic what to expect during your first IVF cycle baby envy aka it s okay to skip your friend s shower whether the alternative route acupuncture herbs supplements is for you helpful tips charts and more Empowering compassionate and down to earth The Trying Game will show you what to expect when you re not expecting with heart and humanity when you need it the most Perfect Hormone Balance for Fertility Robert A. Greene, M.D.,Laurie Tarkan,2008-04-29 FOR THE ONE IN FIVE COUPLES WHO EXPERIENCE DIFFICULTY CONCEIVING You have more than one hundred hormones circulating in your body reproductive hormones pregnancy hormones sex hormones metabolic hormones and stress hormones relaying messages from tissue to tissue organ to organ brain to body and body to brain An equilibrium a perfect balance in both partners often determines your ability to conceive and support a pregnancy When your body is imbalanced conception becomes very difficult Luckily hormonal imbalances can be corrected Drawing on the latest research in this field which links underlying hormonal issues with infertility in men and women Dr Robert Greene fertility specialist ob gyn and reproductive endocrinologist has created the Perfect Balance Fertility Program to help patients attain the optimal hormonal health that is necessary for conception In Dr Robert Greene s Perfect Hormone Balance for Fertility he shares his groundbreaking program so you can Identify and correct the causes of the hormonal issues that affect fertility Use nutrition exercise and stress reduction techniques to achieve a healthy equilibrium through a personalized plan Determine when it s time for basic or advanced reproductive techniques such as IVF and learn how to be your own advocate so you can avoid costly and unnecessary tests and treatments Comprehensive friendly and accessible Dr Robert Greene s Perfect Hormone Balance for Fertility reveals all your best options for achieving the optimal hormonal levels that will positively impact your chances for a successful pregnancy *The Expectant Father: The Ultimate Guide for Dads-to-Be (Fifth Edition) (The New Father)* Armin A. Brott,Jennifer Ash Rudick,2021-05-11 The Expectant Father is the best selling pregnancy guide for men trusted by millions of dads to be and their partners This reassuring month by month overview gives you the tools you need to support your partner prepare for your baby s arrival and take care of yourself during this exciting time It concludes with two special sections one on labor and delivery guiding you through the big day and the other on what comes next covering the first few months after the baby s arrival This new edition of The Expectant Father is updated from cover to cover with the latest information on fertility options delivery options navigating pregnancy in a post COVID 19 world and much more It incorporates the expertise of leading OB GYNs and researchers and the real life experience of hundreds of dads and moms Illustrated throughout with stress relieving cartoons The Expectant Father is a friendly and readable companion for dads to be seeking confidence guidance and joy Moms will love it too *Prevention's Ultimate Guide to Women's Health and Wellness* Elizabeth

Crow,2002-10-18 A guide to women s health draws on the latest medical research to answer questions concerning a wide variety of health issues with sections on how to cope with the problems of aging and a six step plan for healthy exercise

**WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT (TM): GETTING PREGNANT** Raymond Chang,Elena Oumano,2009-06-27 The best of Eastern Western medicine is combined by physician acupuncturist Raymond Chang who offers individualized strategies for the millions of couples who want to improve their odds of conceiving **Beyond**

**Expectation** Jacquelyne Luce,2010-04-02 An in depth study of lesbian bi and queer women s experiences of thinking about and trying to become a parent Beyond Expectation draws on eighty two narrative interviews conducted during the late 1990s in British Columbia Jacquelyne Luce chronicles these women s experiences which took place from 1980 to 2000 during a period that saw significant changes to the governance of assisted reproduction and the status of lesbian gay bisexual and transgender parents and same sex partners Beyond Expectation looks closely at the changing contexts in which women s experiences occurred and draws attention to complex issues such as contracting relationships mediating understandings of biology and genetics and decision making amidst various social legal and medical developments Luce skillfully juxtaposes the stories of her interviewees with the wider public discourses about lesbian bi queer parenting and reproductive technology and highlights gaps in existing legislative reforms Most importantly Beyond Expectation foregrounds the lived experiences of lesbian bi and queer women as they negotiate kinship at the intersection of reproduction technology and politics **How To**

**Take Charge Of Your Fertility** Kaida Grant,2024-08-24 How to Take Charge of Your Fertility is a detailed guide that will help you understand and manage your fertility This book guides you through the intricate journey of conception providing expert advice and real life anecdotes Understanding your menstrual cycle and fertility symptoms is the first step towards gaining control of your fertility This book explores the intricacies of your reproductive system and offers practical advice on how to diagnose and treat underlying fertility concerns You ll learn how nutrition lifestyle and stress management all play a role in achieving optimal fertility as well as natural techniques for increasing fertility and overcoming obstacles For those who require medical intervention this book offers a clear and succinct reference to assisted reproductive technology You ll understand your options including IVF and surrogacy and be able to make informed decisions about your reproductive path However fertility is more than simply a medical process it is also an emotional journey This book provides emotional support and information for developing resilience allowing you to manage with the ups and downs of fertility issues By taking control of your fertility you will obtain the confidence and information necessary to make informed decisions regarding your reproductive health Whether you re trying to conceive having difficulties or simply looking for information this book gives you the tools and support you need to realise your dream of parenthood With How to Take Charge of Your Fertility you ll be able to take charge of your reproductive journey and start the family you want Getting Pregnant Niels H.

Lauersen,Colette Bouchez,2010-06-15 Whether you are young and fertile over 40 and having trouble conceiving or anywhere

in between here is the best resource to help you get pregnant The only must have fertility book Getting Pregnant completely revised and updated not only addresses the needs of those who cannot conceive but serves as the ultimate guide for anyone planning to have a baby now or in the future Addressing the newest state of the art medical treatments for infertility Getting Pregnant gives you all the latest news on eight brand new fertility drugs donor eggs and donor sperm a new 15 minute in office surgery that can double conception odds breakthrough technologies for preventing chronic miscarriage how both sex and lifestyle factors affect fertility including the Nine to Five guide for protecting your reproductive health on the job Getting Pregnant also provides a wealth of practical information about the exercises foods and supplements that encourage a faster healthier conception as well as brand new all natural techniques that influence the gender of your child You ll also find a helpful six month personal pregnancy planner that addresses all of your pre conception health and medical needs Don t miss the new chapters that focus on protecting increasing and extending fertility while new frontiers in both the treatment of male fertility and the science of motherhood are explored Queer Social Work Tyler Arguello, 2019-11-12 This collection of case studies that model LGBTQ affirmative social work practice offers real life scenarios from a range of social work scholars educators and practitioners representing diverse sexualities genders and intersectional identities Together they demonstrate contemporary multilevel queer affirming social work practice with LGBTQ people and communities These fourteen case studies follow social workers across the country on their quest for quality service provision for vulnerable populations Chapters explore issues such as finding trans affirming care for teens methamphetamine abuse among elderly gay men previously exploited teens reentering foster care navigating nonmonogamous relationships and more Each chapter offers concrete comparative case formulation that depicts culturally responsive work with LGBTQ people by LGBTQ social workers These diverse vignettes showcase a range of life experiences and explore how factors like religion age and immigration status affect social work practice The case studies in this volume integrate best practice standards and interventions social work ethics and competencies and clinical and critical theories Queer Social Work is a progressive pedagogical tool that provides a forum for marginalized communities and individuals as well as the committed practitioners who serve them

**Reproductive Losses** Christa Craven, 2019-05-30 Although there are far more opportunities for LGBTQ people to become parents than there were before the 1990s attention to the reproductive challenges LGBTQ families face has not kept pace Reproductive Losses considers LGBTQ people s experiences with miscarriage stillbirth failed adoptions infertility and sterility Drawing on Craven s training as a feminist anthropologist and her experiences as a queer parent who has experienced loss Reproductive Losses includes detailed stories drawn from over fifty interviews with LGBTQ people including those who carried pregnancies non gestational and adoptive parents and families from a broad range of racial ethnic socioeconomic and religious backgrounds to consider how they experience loss grief and mourning The book includes productive suggestions and personal narratives of resiliency commemorative strategies and communal support while also



acknowledging the adversity many LGBTQ people face as they attempt to form families and the heteronormativity of support resources for those who have experienced reproductive loss This is essential reading for scholars and professionals interested in LGBTQ health and family and for individuals in LGBTQ communities who have experienced loss and those who support them See additional material on the companion website [www.lgbtqreproductiveloss.org](http://www.lgbtqreproductiveloss.org)

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