

MATERNAL CHANGES

RESPIRATORY:

- OXYGEN DEMAND ↑
- CHEST SIZE MAY ↑
- RESPIRATORY RATE ↑
- TOTAL LUNG VOLUME ↓

HCG: (STIMULATION)

- ESTROGEN + PROGESTERONE
- MAKES PREGNANCY VIABLE WHILE PLACENTA IS FORMING

PROGESTERONE:

- MAINTAINS UTERUS
- INHIBITS OXYTOXIN CONTRACTIONS
- SUPPORTS LACTATION DEVELOPMENT
- MAINTAINS MUSCLE TONE

CARDIOVASCULAR

- OUTPUT ↑ 30-50%
- BLOOD VOLUME ↑ 40-50%
- HR ↑ AT WEEK 5 AND GROWS UNTIL WEEK 32 WITH 15-20 BPM ↑
- SYSTEMIC VASCULAR RESISTANCE ↓
- BP = SAME OR SLIGHT ↓
- ↑ RISK FOR BLOOD CLOTS

UTERUS:

- ENLARGES AND PLACES PRESSURE ON BLADDER = ↑ URGENCY

MUSCLES:

- LORDOSIS, BACK PAIN, CALF CRAMPS

WEIGHT GAIN:

- FIRST 3 MONTHS = 2-3 LBS
- 4-9 MONTHS = 1LB A WEEK

OXYTOXIN

- CAUSES CONTRACTIONS, INHIBITED BY ↑ PROGESTERONE DURING PREGNANCY
- SUPPORTS MILK DEVELOPMENT FOR BREASTFEEDING

PROLACTIN:

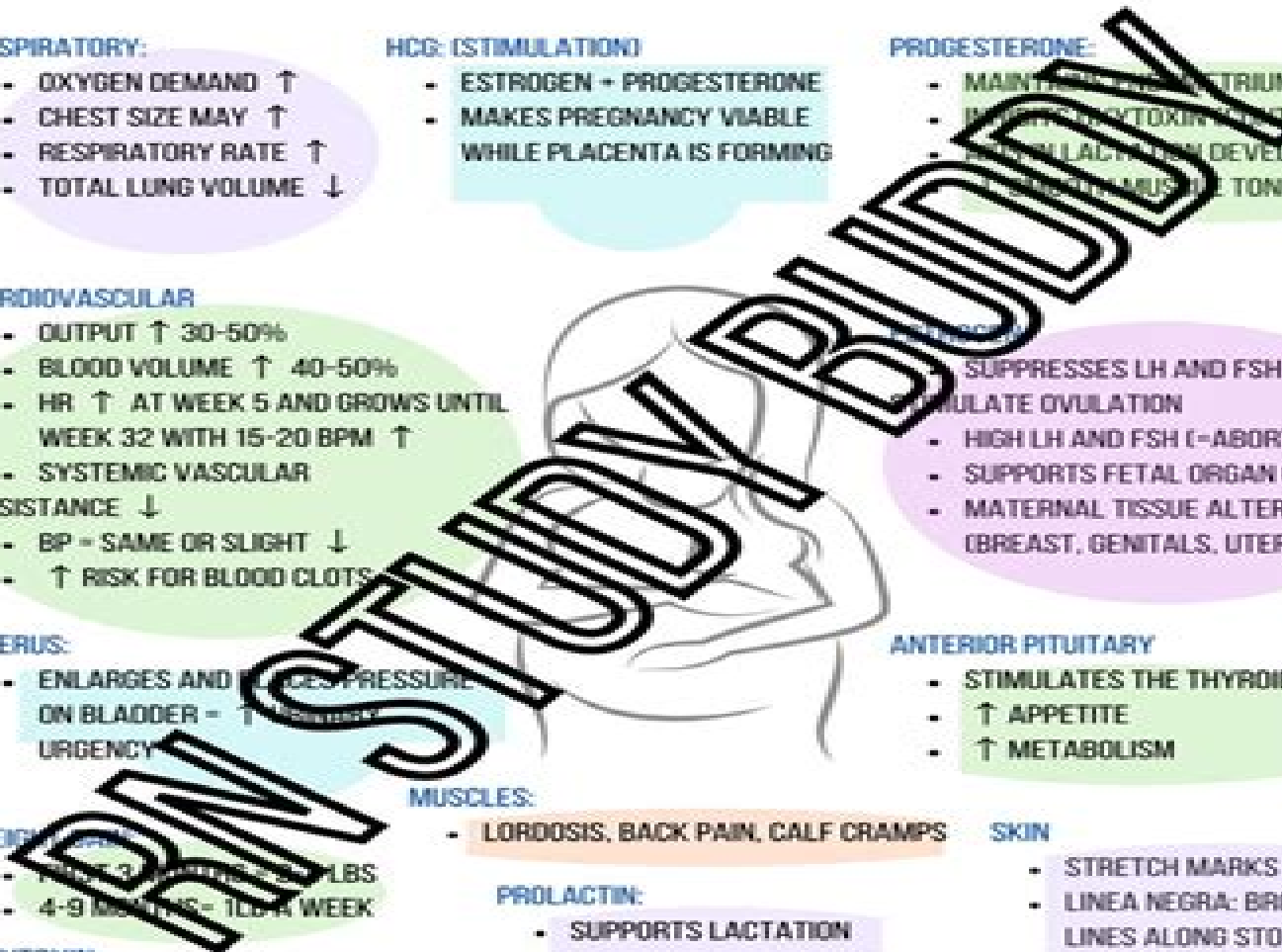
- SUPPORTS LACTATION

ANTERIOR PITUITARY

- STIMULATES THE THYROID
- ↑ APPETITE
- ↑ METABOLISM

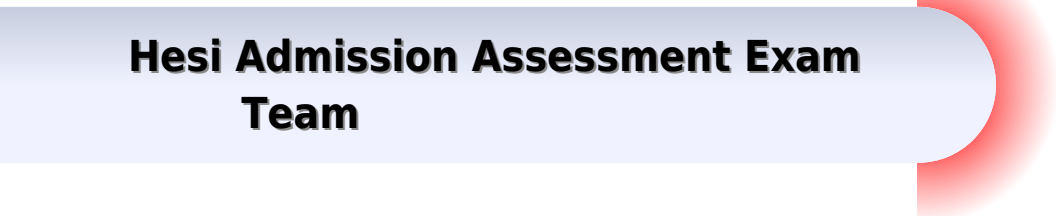
SKIN

- STRETCH MARKS
- LINEA NEGRA: BROWN LINES ALONG STOMACH



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