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Call the office if you experience any of the following changes. They do not necessarily indicate a problem; nevertheless, we might wish to offer some direction or treatment to reduce the risk of potential difficulty.

Bloody discharge or bright red bleeding from the vagina. Bleeding in pregnancy is very frightening. **B**leeding, **a**nd possibly an ultrasound, we might determine the cause of the bleeding. We may or may not be able to stop the bleeding but, whatever the case, by calling you will be reassured to know that everything that can be done will be done.

- Severe nausea and vomiting ("severe" meaning several times within an hour).
- Chills and fever over 100½°F.
- Continued abdominal pain that is not relieved by a bowel movement.
- A sudden gush of water or fluid from the vagina.
- Frequent burning urination.
- Severe or persistent headache.
- Swelling of the hands and face (some swelling during the last months of pregnancy is normal).
- Blurring vision.
- Many other concerns arise from pregnancy. If you are uncertain about the seriousness of your symptoms, please call. The only mistake you can make is not calling.

Some emotional changes may occur during pregnancy and, if unexpected, could cause



















been reported by researchers. Complications may include large birth weight babies, post delivery low blood sugar for babies and blood chemical imbalance. Children of gestational diabetic mothers may be at greater risk for obesity and development of glucose intolerance later in life.

Sometimes gestational diabetes does not show up until later, somewhere around the 32nd week of pregnancy. If after an elevated gestational diabetes screen, the three-hour glucose tolerance test has only one elevated blood sugar level, care options will be individualized.

An important component of the plan of care is exercise.

Walking after a meal can work to decrease blood sugar levels.

Other good forms of exercising are swimming, prenatal

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# DIVINE

Ultrasound is a diagnostic technique using high frequency sound waves to take pictures of your baby. Ultrasound may be used at any time during your pregnancy. The technique used is known as realtime ultrasound. This procedure produces a black and white motion picture that is viewed on a small TV monitor

There are many reason for using ultrasound. The





