

# MATERNAL CHANGES + HORMONES

## WEIGHT GAIN

- > in general, 2-4lbs in the first 3 months  
THINK: 2-3-4
- > 1lb a week during rest of pregnancy

Also used  
in pregnancy  
test?

**HCG** - stimulate  
estrogen + progesterone  
production via corpus  
luteum to maintain  
pregnancy before placenta  
is formed!

## ANTERIOR PITUITARY

- > stimulates thyroid gland  
↳ ↑ mom's metabolic rate
- > ↑ appetite  
↑ metabolism

## CIRCULATORY

- > ↑ blood volume by  
1-2 Liters for baby
- > ↓ in BP and HR ↑
- > growing uterus + baby  
compress pelvic blood vessels  
= varicose veins

## SKIN

- > striae (stretch marks)
- > linea nigra (brown  
pigmentation line along  
stomach)

## OXYTOCIN

- > CAUSES CONTRACTIONS but is inhibited by progesterone  
during pregnancy
- > aids in milk ejection during breastfeeding

## PROGESTERONE

- > maintains endometrium
- > inhibits contractions → GOOD!
- > aids in duct development for lactation
- > ↓ smooth muscle tone = constipation,  
heartburn, varicose veins

## ESTROGEN

- > suppress FSH + LH → these two  
hormones stimulate ovulation  
and we don't need that
- > aids in growth of fetal organs
- > maternal tissue growth  
- uterus, breasts, genitals

## RESPIRATORY

- > lungs are working twice as hard  
to oxygenate all the extra blood
- > uterus pushes up on diaphragm  
- SOB in later trimester
- > uterus also pushes on stomach  
- Gastric reflux or ulcers

**PROLACTIN** - prepares  
breast for lactation  
THINK: "Lactate"

- > uterus puts pressure on bladder  
- ↑ urinary frequency



# Development And Pregnancy Study Guide

**Osama Naga**



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