

## First Trimester Pregnancy

The first trimester spans from conception up to the 12th week of pregnancy. There are an assortment of ways that your body is changing throughout early pregnancy and adapting to the embryo that is growing inside.

The most common symptom of early pregnancy is that your periods will cease completely or may become remarkably light. This menstruation cessation is normally the sign that most women take to mean that they are in the stages of early pregnancy.

The notorious morning sickness is another symptom that many women experience during early pregnancy. The term 'morning sickness' is actually a bit misleading because many women feel nauseous or experience vomiting at various times throughout the day during their early pregnancy, not just in the morning. One method of alleviating this nausea is to eat small meals throughout the day, snack on crackers or dry toast, or drink juice or lemonade during your early pregnancy. Ginger and ginger ale are also beneficial in soothing this uncomfortable part of early pregnancy.

Many women notice that their breasts swell and may be tender during early pregnancy. It is also normal that the nipples and the area around the nipples, known as the areola, get darker and broader.

More frequent urination is a symptom of early pregnancy as well. Unfortunately, this is likely to get worse as the pregnancy progresses due to the pressure that the growing fetus exerts on your bladder. There is nothing you can do about this symptom except knowing the location of your nearest toilet facilities.

Fatigue affects the majority of women at any stage during their pregnancy. It is important to regard this sign and get as much rest as possible. You should take particular care of yourself during your early pregnancy due to the heightened risk of miscarriage if you over-exert yourself.

Another symptom that many women have to experience during early pregnancy is constipation. Heartburn can also be a problem during early pregnancy and it is necessary to adapt your diet to help alleviate your symptoms. You should always make sure that your diet in early pregnancy and throughout the nine months is a healthy and balanced one. A healthy diet will benefit both you and your unborn child. Mood swings are also common symptoms and you should talk with a health professional if you are concerned that these are too much for you to handle.

There are a number of remedies available to help decrease the discomforts of pregnancy but it is important to make sure that you do not take anything that may affect your baby, particularly during the formative period of early pregnancy, so always consult your doctor first before buying any over-the-counter medicines.