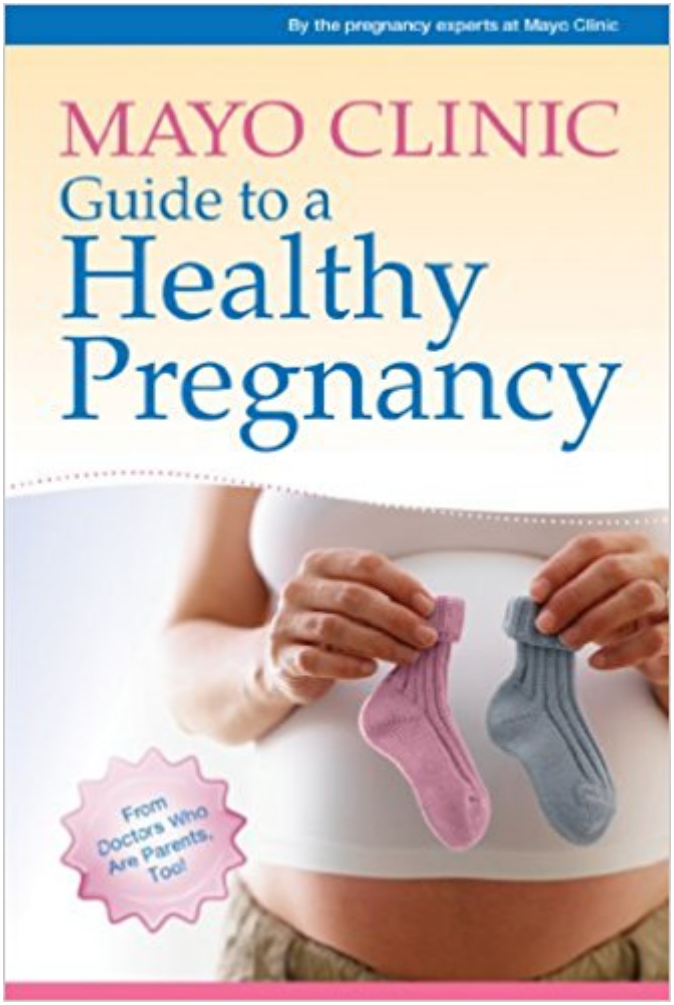
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Mayo Clinic Guide To A Healthy Pregnancy: From Doctors Who Are Parents, Too!



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Synopsis

Women looking for authoritative, accurate information from a reputable source will appreciate this pregnancy book from the world-class Mayo Clinic. It provides hundreds of pages of helpful information parents can use. Features include week-by-week updates on babyÃ¢â ¬â„¢s growth and month-by-month changes for mom, a 40-week pregnancy calendar, a symptoms guide, and a review of important pregnancy decisions. In this illustrated book youÃ¢â ¬â„¢ll also receive advice on how to get pregnant, meal planning, exercise, medication use and parenthood. Plus, youÃ¢â ¬â„¢ll find answers to difficult or embarrassing questions. This pregnancy book is the work of a team of pregnancy experts who find nothing in medicine more exciting and satisfying to experience than the birth of a child. Mayo Clinic Guide to a Healthy Pregnancy is an essential pregnancy resource for parents-to-be.

Book Information

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Customer Reviews

Would-be mothers looking for precise, accurate information from a reputable source will appreciate this mammoth pregnancy guide from the celebrated Mayo Clinic. The volume actually provides much more information than most parents will need: week by week accounts of the baby’s development, entries on how pregnancy can be affected by dozens of previous health conditions (such as HIV and diabetes), self-care tips for side effects like nausea and back pain, sidebars that explain the difference between identical and fraternal twins, etc. But the book contains at least one feature that most pregnant women will find indispensable: charts that indicate how to handle

"troublesome signs and symptoms" during each three week period. For example, if a woman has slight spotting during the first four weeks of pregnancy, the chart tells her to notify a doctor during her next hospital visit. But if she has any bleeding at all during weeks 29 to 32, the chart indicates that she should tell her doctor immediately. Another stellar feature is the book’s even-handed series of "decision guides," which help parents make those hard (and even guilt-inducing) choices about breastfeeding, circumcision and whether or not to go back to work. Some parents may find the book’s cool, no-nonsense tone intimidating, or even scary, but when deciding what to do about mid-term cramps or pain, most readers will find great reassurance this volume’s carefully vetted facts. Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

...clear and compassionate answers to many of the questions and decisions that parents often encounter. (Total Health) --This text refers to an out of print or unavailable edition of this title.

Seriously - this is the only pregnancy book you need. I received a few others as gifts, and I never liked the tone, style, or presentation in the other books. Whether it’s the "hey, girlfriend - let’s talk about being prego over a cup of decaf Starbucks and shoe-shopping!" (yuck) or a condescending/patronizing tone as though I’m a knocked-up idiot, I found myself quickly donating all other books except for this one. The Mayo Clinic Guide is to-the-point but friendly enough with excellent pictures and descriptions of each stage, and the doctors’ tone doesn’t question your intelligence or know-how. I appreciate that the source material is valid as this is a peer-reviewed effort including many doctors in the field listed as contributors (I’m a PhD/professor who teaches source evaluation, so yeah - it’s important to me), and I like the logical organization of the chapters. There’s isn’t too much information stuffed onto one page, and the layout makes it easy to skim to the parts you’re most interested in at the time of reading. I also greatly appreciate that the book doesn’t get preachy, doesn’t sway from trying to remain objective, offers different birthing options without judgment, and includes helpful charts and lists along the way. I found everything spot-on (I’m now entering my 7th month of pregnancy), and it helped me to know what to expect with each ob appointment, what questions I should ask, and when to start planning for things such as interviewing pediatricians, filling out hospital forms, etc (each of these are included as reminders for each month of pregnancy, so it’s not like you’re bombarded by information up front that you’ll have to remember throughout all 9 and 1/2 months of pregnancy). I have found it most useful to skim through the book in its entirety upon first perusal, and then follow along as each month

progresses.My only suggestion is that for those of us who like to check references or refer to them ourselves, it would have been helpful to have a bibliographic list of sources used in the book. For example: ob doctors often frighten women away from all forms of vitamin A because of one study that was done in the 1990s, but vitamin A as beta carotene hasn't been shown to cause birth defects like vitamin A in the form of retinol has, which is stored in fat cells, and vitamin A as beta carotene is necessary for fetal eye development (this is based on newer data I've found through my research). I had to argue with my ob about this when I told her I wouldn't take prescription prenatals and preferred my own vitamin mix - well, it was for many reasons, including the synthetic junk and dyes in most prescription prenatals (boy, I've got some stories about pharmaceutical reps pushing those things and their reasons why they include dyes in them that have been linked to birth defects, one of which included an old man making the statement that "pregnant women don't want to take ugly brown pills; they want to take pretty blue ones!" I kid you not. Apparently we women are that dumb and shallow, according to pharmaceutical reps), but a scholarly article would have been nice to give to her in my defense of taking a holistic vitamin cocktail that included vitamin A as beta carotene, a vitamin that is flushed from the system once the body has taken what it needs. I do realize that many readers wouldn't care about this kind of information, but it wouldn't hurt to include a "works cited" or "bibliography" page at the end with helpful, legitimate scholarly articles and information about various studies, and maybe some parenthetical citations throughout that could lead us active readers to the biblio reference. More work? Sure, the editors would have a good bit more work to do gathering this information, but it would make this book absolute perfection!Anyway, I do highly recommend this book for those of you who want medical advice from medical professionals, delivered in an approachable yet no-nonsense way that keeps you happy and motivated without the saccharine pandering often found in pregnancy guides.

After searching through a lot of different options in terms of a tangible baby book, as we found out we are expecting, I was hesitant at first to purchase this book, however, seeing some of the other reviews put my mind at ease. The book is very informative and easy to understand. You can easily use this as a reference or read through the book to get some knowledge about what to expect. This book even has facts and interesting information on what you may think are "trivial" or "weird" questions. The book answers a lot of those "I feel stupid for asking this.." type questions, which is helpful when you do not know what to expect. I would definitely recommend this book for the first time parents out there, looking for something to supplement knowledge or use as a reference.

One of the best things I could have gotten myself while pregnant. Anything and Everything was in it, I wish what happens to your body after birth was included more throughtout the book because I read it only week by week and then was totally blind sided with being sore from stitches, not being able to walk, depression, etc.

Well written, highly informative, information packed book! The guide is designed for front to back reading in one session if you so choose or you can easily search for topics of interested or follow along through out each trimester as the content applies to you. I will buy this book for any new mom as it was very helpful.

Very informative book. The information is presented in a clear, organized way, easy to navigate. Open minded and written from a mostly neutral point of view. Some parts need some updating as medicine has evolved since the book was published and some procedures are different or no longer in use but most of the information is very relevant and important to know for expecting parents.

This book helped me a lot throughout my pregnancy. It answered a lot of questions I had when I wasn't around my doctor. It made me feel a lot better about some choices I made, and at ease with some of the things and symptoms I went through while pregnant. I definitely recommend this book as it covers everything from trying to conceive, week by week of your pregnancy, and even a little after the birth. I loved that it told me how my baby was developing and what to expect.

We bought this book early in first pregnancy to give us an idea of what's going on. It was a great source for knowing what to expect at different stages, and it saved us a few panicked calls to her doctor because it offers clear guides about what symptoms and feelings are normal and which are not. Definitely a great resource to have on hand, especially because the information comes from a trustworthy source.

I'm really loving the book so far! It goes through the baby's development and what is happening with your body month by month. Then it talks about newborn care and taking the baby home and a bunch of very useful things! There have been several things that my mommy friends have mentioned about newborn care that I had no clue about and I always thought 'how am I supposed to learn all of this?!', well the book is starting to talk about all of these things! Also, a lot of pregnancy books make having a child sound so negative and daunting but this one doesn't! It is more scientific

but not too scientific that it’s boring or hard to understand. I would highly recommend it!

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