

Human Pregnancy: A Complex Process

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Pregnancy, also known as gestation, is the period during which a woman's body develops one or more babies. Multiple pregnancies, such as twins, result in more than one child. Pregnancy is most commonly caused via sexual activity; however it can also be caused by assisted reproductive technology methods. A live birth, a spontaneous miscarriage, an induced abortion, or a still birth is all possible outcomes of a pregnancy. Childbirth usually takes place around 40 weeks after the Last Menstrual Period began (LMP). It's just been a little more than nine months (gestational age). The length is around 38 weeks when using fertilization age. During the first eight weeks after fertilization (ten weeks' gestational age), an embryo is the developing progeny; after that, the term fetus is used until birth. Missed periods, sensitive breasts, morning sickness (nausea and vomiting), hunger, and frequent urination are all signs and symptoms of early pregnancy. A pregnancy test can be used to confirm your pregnancy [1].

Pregnancy is divided into three trimesters, each lasting around three months. Conception occurs during the first trimester, when the sperm fertilizes the egg. After fertilization, the fertilized egg goes through the Fallopian tube and into the uterus, where it begins to create the embryo and placenta. The risk of miscarriage (the natural death of an embryo or baby) is highest during the first trimester. Fetal movement can be felt towards the middle of the second trimester. If given high-quality medical care at 28 weeks, more than 90% of newborns can live outside the uterus, while kids born at this time are more likely to have major health concerns such as cardiac and lung disorders, as well as long-term intellectual and developmental problems [2-4].

Prenatal care raises the chances of a healthy pregnancy. Extra folic acid, avoiding drugs, tobacco smoking, and alcohol, regular exercise, blood tests, and frequent physical examinations are all examples of prenatal care. High blood pressure, gestational diabetes, iron deficiency anemia, and severe nausea and vomiting are all possible pregnancy complications. When a woman is "at term," labor starts on its own in the perfect situation. Babies born before 37 weeks are considered "preterm" and are more likely to develop health issues such as cerebral palsy. Those born between weeks 37 and 39 are referred to as "early term," whereas babies born between weeks 39 and 41 are referred to as "full term." Babies born between weeks 41 and 42 are referred to as "late term," while those born after 42 weeks are referred to as "post term." Labor induction or caesarean section before 39 weeks is not indicated unless there are other medical grounds [5].

Prenatal care improves pregnancy outcomes. Prenatal care may include taking extra folic acid, avoiding drugs, tobacco smoking, and alcohol, taking regular exercise, having blood tests, and regular physical examinations. Complications of pregnancy may include disorders of high blood pressure, gestational diabetes, iron-deficiency anemia, and severe nausea and vomiting. In the ideal childbirth labor begins on its own when a woman is "at term". Babies born before 37 weeks are "preterm" and at higher risk of health problems such as cerebral palsy. Babies born between weeks 37 and 39 are considered "early term" while those born between weeks 39 and 41 are considered "full term". Babies born between weeks 41 and 42 weeks are considered "late term" while after 42 weeks they are considered "post term". Delivery before 39 weeks by labor induction or caesarean section is not recommended

unless required for other medical reasons [6, 7].

About 213 million pregnancies occurred in 2012, of which, 190 million (89%) were in the developing world and 23 million (11%) were in the developed world. The number of pregnancies in women aged between 15 and 44 is 133 per 1,000 women. About 10% to 15% of recognized pregnancies end in miscarriage. In 2016, complications of pregnancy resulted in 230,600 maternal deaths, down from 377,000 deaths in 1990. Common causes include bleeding, infections, and hypertensive diseases of pregnancy, obstructed labor, miscarriage, abortion, or ectopic pregnancy. Globally, 44% of pregnancies are unplanned. Over half (56%) of unplanned pregnancies are aborted. Among unintended pregnancies in the United States, 60% of the women used birth control to some extent during the month pregnancy began [8].

In 2012, there were approximately 213 million pregnancies, with 190 million (89%) occurring in the poor world and 23 million (11%) occurring in the developed world. Pregnancies among women aged 15 to 44 account for 133 per 1,000 women. Miscarriage occurs in about 10% to 15% of all recognized pregnancies. In 2016, 230,600 women died as a result of pregnancy problems, down from 377,000 in 1990. Bleeding, infections, hypertensive illnesses of pregnancy, obstructed labor, miscarriage, abortion, or ectopic pregnancy are all common causes. Unplanned pregnancies account for 44% of all pregnancies worldwide. Over half of unintended pregnancies (56%) are aborted. Sixty percent of women in unexpected pregnancies in the United States used birth control to some extent during the month before the pregnancy began [9, 10].

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