

# MAYO CLINIC

## Guide to a Healthy Pregnancy

**SECOND EDITION**

FULLY  
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UPDATED

Myra J. Wick, M.D., Ph.D.

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Wick**

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## **Synopsis book**

From the childbirth experts at the Mayo Clinic comes the newly revised guide on planning for a healthy pregnancy.

With detailed information about fertility, prenatal care, common pregnancy symptoms, and childbirth, this comprehensive guide will be your go-to source for answering all your ordinary and not so ordinary pregnancy questions. The second edition of Mayo Clinic Guide to a Healthy Pregnancy dives into the nitty-gritty of motherhood by touching on topics like getting pregnant, using medications safely, proper meal planning and exercise, making important pregnancy decisions, and building beneficial lifestyle habits to help protect the health of your little one. The book features a 40-week pregnancy calendar, where moms-to-be can track their baby's progress, as well as find a thorough analysis of weekly changes to expect over the course of their pregnancy. Finally, this collective effort from the obstetrics and gynecology experts at the Mayo Clinic covers new information about

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