

Pregnancy's Impact on the Body

Pregnancy is something that can affect many parts of the body, both while it's happening and sometimes afterward.

Body Changes Seen/Felt

- The uterus grows as the pregnancy develops
- Body weight and shape change
- Breasts may change
- People may feel more tired than usual (fatigue)
- Nausea (sometimes called morning sickness)

Body Functions (what the body is doing)

- The body is working to support fetal development in the uterus
- The heart pumps more blood
- Hormones change how the body feels and works

Short-Term Challenges

- Feeling very tired
- Changes in appetite
- Discomfort in the back or body
- Needing medical checkups to stay healthy

Long-term or Lasting Effects

- The body may not return to exactly how it was before
- Some people have lasting changes (like stretch marks or changes in strength)
- Pregnancy and birth can affect pelvic muscles
- Some people may have long-term health impacts, while others do not

Additional Information about Reproductive Anatomy & Pregnancy

Sources

Mayo Clinic. (n.d.). Pregnancy week by week. <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/basics/pregnancy-week-by-week/hlv-20049471>

Cleveland Clinic. (2024, April 11). Pregnancy: Signs, symptoms, overview & health tips. <https://my.clevelandclinic.org/health/articles/9691-pregnancy-overview>