



Mayo Clinic Guide to a Healthy Pregnancy

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This new Mayo Clinic book on pregnancy provides you with practical information and reassurance on pregnancy and childbirth. Compiled by Mayo Clinic experts in obstetrics, it offers a clear, thorough and reliable reference for this exciting and sometimes unpredictable journey. This comprehensive book includes:

- A month-by-month look at mom and baby
- In-depth "Decision Guides" to help you make informed decisions on topics such as how to select a health care provider, prenatal testing options, pain relief for childbirth, and many others
- An easy-to-use reference guide that covers topics such as morning sickness, heartburn, back pain, headaches and yeast infections, among others
- Information on pregnancy health concerns, including preterm labor, gestational diabetes and preeclampsia, along with an overview on being pregnant when you have pre-existing health conditions such as asthma, diabetes or hyperthyroidism

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