

HEALTH EDUCATION
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more information on this subject:
Ask the Librarian : Free Answers to any
Health Questions !!

<http://www.healthlibrary.com/information.htm>

For More Info: ASK A LIBRARIAN



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Pregnancy Complications



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Understanding Pregnancy Problems

Complications of pregnancy are health problems that occur during pregnancy. They can involve the mother's health, the baby's health, or both. Some women have health problems before they become pregnant that could lead to complications. Other problems arise during the pregnancy. Keep in mind that whether a complication is common or rare, there are ways to manage problems that come up during pregnancy.

Pregnancy Related Problems:



If you have an ongoing health problem, make sure to talk to your doctor before pregnancy. Your doctor might want to change the way your health problem is managed. Some medicines used to treat health problems could be harmful if taken during pregnancy. At the same time, stopping medicines that you need could be more harmful than the risks posed should

you become pregnant. Be assured that you are likely to have a normal, healthy baby when health problems are under control and you get good prenatal care.

Infections During Pregnancy



During pregnancy, your baby is protected from many illnesses, like the common cold or a passing stomach bug. But some infections can be harmful to your pregnancy, your baby, or both. Easy steps, such as hand washing, practicing safe sex, and avoiding certain foods, can help protect you from some infections.

When to Call the Doctor

When you are pregnant don't wait to call your doctor or midwife if something is bothering or worrying you. Sometimes physical changes can be signs of a problem.



Call your doctor or midwife as soon as you can if you: are bleeding or leaking fluid from the vagina, have sudden or severe swelling in the face, hands, or fingers, get severe or long-lasting headaches, have

discomfort, pain, or cramping in the lower abdomen, have a fever or chills, are vomiting or having persistent nausea, feel discomfort, pain, or burning with urination, have problems seeing or blurred vision, feel dizzy, suspect your baby is moving less than normal after 28 weeks of pregnancy (if you count less than 10 movements within 2 hours), have thoughts of harming yourself or your baby.



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