



# Mayo Clinic Guide to a Healthy Pregnancy

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## Mayo Clinic Guide to a Healthy Pregnancy Mayo Clinic

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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