

What are the symptoms of pregnancy? When do pregnancy symptoms start?

Some changes begin to occur in the body from the first days of pregnancy. Although these changes are noticed in some expectant mothers, they may not be noticed in some people. Although pregnancy symptoms vary week by week, the same symptoms may not occur in every woman. "Am I pregnant?", "How many weeks pregnant am I?" It is necessary to consult a doctor to examine the body's reactions and to have a healthy pregnancy process in order to reach the correct answer to such questions. It should be noted that although there are common symptoms of pregnancy, these may differ from person to person, and what is seen as pregnancy symptoms may be related to something else.



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What are the symptoms of pregnancy?

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Factors such as changes in the body, hormones secreted due to pregnancy, growth of the uterus, and feeding patterns differentiate pregnancy symptoms on a weekly and monthly basis. Among the first signs of pregnancy is an increase in estrogen and progesterone hormones. With the increase in the body level of these hormones; At the same time, the formation of more tenderness and enlargement of the breasts, which are also menstrual symptoms, stand out. However, these should not be considered as definitive signs of pregnancy and pregnancy tests should be done to be sure. must be done. Although the symptoms that indicate pregnancy are not very evident in the first weeks, hormonal changes caused by pregnancy begin to manifest rapidly in the body. In some people, early pregnancy symptoms may begin to appear in the first week, while some people may not have these symptoms at all. Pregnancy symptoms can be listed as follows:

Menstrual delay

Menstrual delay is one of the first signs of pregnancy. However, not every menstrual delay is a definite sign of pregnancy. When menstrual delay occurs due to the absence of menstrual bleeding during pregnancy, women may see this as an early pregnancy symptom. Menstrual delay may be a sign of pregnancy or other gynecological diseases. In addition, stress and eating disorders can also cause menstrual delay.

Chest pain and breast tenderness

Early pregnancy symptoms include 'breast changes'. Hormonal changes (secretion of estrogen, prolactin and progesterone hormones) caused by pregnancy can cause pain in the breasts. Since chest pain is also one of the menstrual symptoms, it alone is not enough to be a definitive pregnancy symptom. Pregnancy symptoms may also include enlargement and darkening of the area around the nipples. These situations, which are seen as signs of pregnancy, can occur immediately after fertilization or in later periods of pregnancy. These conditions, which are seen as breast tenderness at the beginning of pregnancy, continue with growth in the later stages of pregnancy. Dark nipples are another early sign of pregnancy .Darkening of the nipple is caused by pregnancy hormones that affect the cells in the nipples or melanocytes that control color. Nipples may become more prominent during pregnancy, and milk ducts in the nipples begin to open during pregnancy.

Bleeding (discharge)

In some cases, pregnancy symptoms may manifest as discharge. During pregnancy, bleeding is in the form of light spotting and can be a harbinger of the beginning of pregnancy. These bleeds are different from menstrual bleeding and are among the early signs of pregnancy as they can signal the onset of pregnancy. At the same time, as bleeding can be a sign of ectopic pregnancy, a doctor should be checked.

Dizziness

During pregnancy, dizziness can be seen due to metabolic changes. In this process, metabolic monitoring is extremely important.

Tiredness and desire to sleep

Increasing progesterone hormone in the body can cause the desire to sleep. For this reason, the first 3 months of pregnancy symptoms can be a constant desire to sleep and fatigue. This symptom decreases after the third month of pregnancy.

Stomach and digestive problems

Stomach and digestive system problems can be among the symptoms of pregnancy. Progesterone hormone secreted due to pregnancy causes food to move more slowly than the esophagus. In this case, digestion of food and emptying of the stomach may be delayed.

Skin problems

Brown spots in some parts of the body can be a sign of pregnancy. Pregnancy spots can usually be seen around the nipples, groin, abdomen and belly. Although it is not known exactly what causes these spots, it is thought to be due to the estrogen hormone secreted during pregnancy. Pigmentary changes in skin color during pregnancy are known as pregnancy mask. This situation can be seen in 70-90% of expectant mothers. Pregnancy skin spots can increase even more when exposed to sunlight or other UV rays.

Acne during pregnancy can be seen after the eighth week due to hormonal changes. In rare cases, there may be a reduction in the existing pimples.

In the last 3 months of pregnancy, pregnancy cracks may begin to form. These cracks can be seen especially in the abdomen, arms and legs. Genetic factors also affect the formation of stretch marks during pregnancy and it is not possible to prevent them completely.

Constipation

Digestive system slowness, which is among the symptoms of pregnancy, can cause constipation. The reason for this is that the growing uterus puts pressure on the last part of the intestines. Those with suspected pregnancy should not use laxatives and similar drugs for constipation without consulting a doctor.

Headache

Women who have migraine problems before pregnancy may experience headaches during pregnancy. Women who do not have a migraine problem may also experience headaches more often than normal in the first 3 months of pregnancy. Headaches during pregnancy are usually tension headaches and may arise from hormonal changes, anxiety and stress. Pain relievers are generally not recommended for headaches in the first 3 months of pregnancy. Using medication during pregnancy can be risky in terms of fetal development. If there are headaches, high blood pressure, edema in hands and feet that cannot be diagnosed during pregnancy, a doctor should be consulted immediately. Headaches during pregnancy can be alleviated after the third month of pregnancy.

Nausea

Although it is among the most common symptoms of pregnancy, not every nausea may be a sign of pregnancy. Stress, vertigo, hepatitis, pancreatic diseases, tense stomach, stomach hernia, strained intestine, reflux, stomach irritation, irritation of the intestinal lining, kidney disease, gallbladder disease, viral constipation, menstrual etc. In cases, nausea and vomiting can often be seen.

The common complaint of 3 out of 4 women during their first pregnancy is known as nausea and develops due to physiological reasons. The answer to the question of what causes nausea during pregnancy is related to the increased estrogen and Beta HCG hormones . **The complaint of nausea seen in most of the pregnant women causes vomiting from time to time.** Nausea and vomiting can differ from person to person and can be seen in the early or mid-pregnancy period.

Nausea during pregnancy can be quite difficult for expectant mothers during the first 3 months. This condition, known as morning sickness, may sometimes be accompanied by dizziness. Changes in carbohydrate metabolism and vitamin B6 deficiency can cause nausea. Since morning sickness can cause dehydration in the body, it is necessary to pay attention to nutrition during this period.

Odor sensitivity

Odor sensitivity that occurs during pregnancy also triggers nausea. Especially cigarette, perfume, food and heavy sweat smells can cause nausea and vomiting by activating the gag reflex. It has been determined that the odor sensitivity is caused by the estrogen hormone during pregnancy.

Frequent urination

Frequent urination is one of the most common symptoms in later pregnancy. Frequent urination, which is a sign of pregnancy, begins to decrease after the 4th month, but may increase again towards the end of pregnancy when the baby's head presses on the bladder. If frequent urination is accompanied by burning and stinging, the risk of urinary tract infection should be considered. In order to have a healthy pregnancy, this condition must first be diagnosed by a doctor and then treated.

Groin pains

Groin pain can be seen between the 4th and 5th weeks of pregnancy symptoms. The reason for this is that the embryo is placed in the inner wall of the uterus. Groin pain during pregnancy is an expected condition, but also vaginal bleeding can present a risky situation. If there is bleeding with groin pain, a doctor should be checked. Groin pain during pregnancy is not severe enough to affect the ability of pregnant women to walk or move.

Other pregnancy signs and symptoms that may be less common than the items above include:

Moodiness

The hormones in the body in early pregnancy can make the person unusually emotional and tearful. Nervousness-moodiness is quite natural in the early stages of pregnancy. Because the factor that causes this mood is the change in hormone levels.

Swelling

Hormonal changes in early pregnancy can cause bloating, as felt at the beginning of the menstrual period. As a matter of fact, conditions such as indigestion and bloating are among the symptoms of pregnancy. Those who are suspected of pregnancy should see a doctor before using medication for indigestion and bloating.

Stuffy nose

Increased hormone levels and blood production can cause mucous membranes in the nose to swell, dry and bleed easily. This may cause nasal congestion and / or runny nose.

Metallic taste in the mouth

Many women report that they get a metallic taste in their mouth early in pregnancy. This flavor gives the effect of having a pile of coins in the mouth. This can occur when certain foods are consumed or at a random time frame throughout the day.

Bleeding gums

Hormonal changes that occur during pregnancy can make the gums more vulnerable to plaque, leading to inflammation and bleeding. Due to the increase in hormones, the possibility of inflammation and bleeding increases when the gums are brushed or flossed.

Vaginitis

Vaginitis is an inflammation of the vagina. It is more common during pregnancy. Some causes of vaginitis include vaginal thrush, bacterial vaginosis, trichomoniasis, and chlamydia. You should see your doctor for diagnosis and treatment.

Carpal Tunnel Syndrome

Carpal tunnel syndrome, ie tingling and numbness in the hands, affects 60 percent of women during pregnancy. Frequent occurrence of carpal tunnel syndrome during pregnancy is caused by compression of the median nerve due to the increase in tissue fluids during pregnancy. Carpal tunnel syndrome; It may be mild, intermittently painful or severe, and this may cause partial paralysis or loss of sensation of the thumb. These symptoms usually resolve spontaneously after birth. If you feel tingling and numbness in your hands, you should inform your doctor about this.

When do pregnancy (pregnancy) symptoms begin? When do pregnancy symptoms occur?

Pregnancy symptoms can start in the body from the first week. Since the feeling of these symptoms may vary from person to person, not everyone may have the same symptoms. Women often experience pregnancy symptoms about five to eight weeks after conception. In some cases, some symptoms caused by pregnancy can be noticed even a week after conception. The American Pregnancy Association (APA) conducted a survey on the first signs of pregnancy, with 29 percent of women surveyed reporting menstrual delay and 25 percent nausea as the first symptoms of pregnancy.

How is pregnancy understood?

Although pregnancy begins to manifest itself with various symptoms, the final result is achieved after the pregnancy test (ovulation test). A home pregnancy test (urine test) or pregnancy blood test can be used to find out whether a pregnancy has occurred. Home pregnancy tests are usually very reliable. The home pregnancy test involves urinating on a small test strip and then waiting for a symbol to appear in the result window. This window will usually show a test image (sometimes this is a single straight line).

When is a pregnancy test done?

There are pregnancy tests with urine and blood. People who want to take a home pregnancy test can take a urine test, taking into account the menstrual calendar. To get a definite result from the urine test, it will be healthy to repeat the test every 1-2 weeks. Blood tests should be done in hospitals to get faster and clearer results. The process is as follows: After an egg is fertilized, it goes to the uterus and implants itself in the uterine wall. At this stage, small amounts of the pregnancy hormone hCG begin to appear in the urine. hCG levels rise rapidly in early pregnancy. Expectant mothers will have enough hCG after 7 to 10 days.

How to calculate pregnancy?

The gestational week calculation is usually made according to the menstrual calendar. For a healthy pregnancy calculation process, it is important to follow your period. If you keep the pregnancy calendar during the period when you are planning to get pregnant, you will not have difficulty in pregnancy tracking. It is possible to encounter a different symptom every week during pregnancy. A healthy pregnancy period can be spent by following the weeks of pregnancy and which symptoms are encountered during this period.

What are the suggestions for common problems during pregnancy?

What is good for nausea during pregnancy?

Expectant mothers who experience nausea during pregnancy should have plenty of rest and should be fed 5 meals a day, mainly protein (without oil and spices). Liquid food consumption should be preferred between snacks and not during meals. It may be good to consume foods such as crackers, breadcrumbs and roasted chickpeas for morning sickness (it will be more effective if consumed 15 minutes before getting out of bed).

Another condition that causes nausea during pregnancy is the bacterium known as *h.pylori*, which causes stomach ulcers. Women who use birth control pills before getting pregnant and experience nausea due to this pill have a high rate of nausea during pregnancy. Likewise, women with motion sickness may feel more sick during pregnancy.

The psychological problems of the expectant mother, changes in the gastrointestinal system, vitamin B6 deficiency, and the work of the thyroid gland more than normal can also increase pregnancy nausea. If vomiting is very severe during this period, poor nutrition and weight loss can be seen.

What precautions can be taken against headache during pregnancy?

With the increase of estrogen hormone during pregnancy, the bumpy conditions seen in other hormones trigger metabolic changes. Situations such as increase in blood flow and vasodilation cause increased migraine pain. If a planned pregnancy is to be achieved, botox treatment can be applied to the expectant mother with migraine, which gives positive results to relieve pain.

What should be done to avoid constipation during pregnancy?

If there is constipation problem during pregnancy, fiber-rich foods should be consumed with plenty of fluids.

What precautions can be taken against skin spots and cracks during pregnancy?

Those who have spotting complaints during pregnancy should be careful when going out to sunlight and should definitely use sunscreen. Although it is not possible to completely prevent the formation of cracks, a moisturizer suitable for the skin type should be used to take measures to reduce it.

What can be done to reduce chest pain during pregnancy?

In order to reduce the complaints of chest pain during pregnancy, excessive stimulation of the nipples should be avoided and pressure should not be applied.

What should be done in varicose veins and leg edema complaints during pregnancy?

Varicose veins in the legs are very common in pregnancy due to a combination of factors such as increased circulating blood volume during pregnancy and the pressure of the pregnant uterus on the large vessels. This increased pressure on the veins; It can cause swelling (edema) of the legs, which can cause pain, a feeling of heaviness, cramps (especially at night) and other unusual sensations.

The following may be recommended for people with varicose veins during pregnancy.

- Wear support socks.
- Avoid standing for long periods of time.
- Exercise gently and regularly (such as walking, swimming).
- Whenever possible, rest with your feet elevated.
- Try to massage your legs.

What can be done for sudden weight gain during pregnancy?

Weight gain of more than 3-5 pounds per week may be an indicator of preeclampsia. Damaged blood vessels cause more water to leak into your body's tissue and stay there and not pass through the kidneys to be excreted.

During pregnancy, you should not try to lose weight without consulting a doctor or a dietician. A healthy and balanced diet that includes fresh raw fruit and vegetable consumption, prenatal vitamins and folic acid supplements are important for all pregnancies. Also, excessive salt should be avoided during pregnancy.

How should dental care during pregnancy be?

Pregnancy does not cause tooth decay, but it causes existing caries to progress faster. Problems such as bleeding gums, inflammation, swelling and itching can be common during pregnancy. It disappears after birth. The idea that dental care and treatment will not be done during pregnancy is wrong.

Can hair be dyed during pregnancy? What should be considered in hair care?

Although it has been shown in studies that dyeing hair while pregnant does not cause any problems on the baby, it is not recommended in the first 12th week, which is the formation process of the fetus, due to the chemicals in the dye. After this week, herbal products should be preferred. It is okay to use hair moisturizer, hair care shampoo, hair gel, foam and hair spray.

How should skin care be during pregnancy?

During pregnancy, dark skin and spots appear on the face and in various parts of the body in general (breasts and external genitalia). In addition, a vertical line is formed in the abdominal area. These spots disappear or fade after birth. Many creams applied to the skin do not prevent these blemishes, but they can reduce their severity. In this case, it is recommended to apply a good moisturizing cream or oil on the skin like massaging it.

What can be done about stretch marks during pregnancy?

While some expectant mothers do not apply any care, cracks do not occur, and some cannot prevent cracks despite regular care. However, performing regular maintenance greatly reduces the risk. You can use oils and creams prepared for stretch marks. Almond milk or almond oil are also easy to apply solutions. In order not to crack the body, plenty of water should be consumed and excessive weight gain should be avoided.