



# Your Pregnancy and Childbirth: Month to Month, Sixth Edition

*American College of Obstetricians and Gynecologists*

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Based on ACOG guidelines and written by the experts in women's health care, this new edition of Your Pregnancy and Childbirth: Month to Month gives your patients the most accurate information available about pregnancy, childbirth, labor and delivery, breastfeeding, and the postpartum period. Key features include the following: Practical, straightforward advice about diet, exercise, prenatal visits and tests, and handling the discomforts of pregnancy Evidence-based guidance in making important decisions about issues such as pain management during labor, VBAC, and circumcision Separate sections on special concerns and complications, including obesity during pregnancy, diabetes, preterm labor, and preeclampsia Comprehensive, easy-to-understand coverage of the latest prenatal genetic screening and testing options, including risks and limitations New chapters on preconception care, reducing the risk of birth defects, and medical and non-medical pain relief options during labor



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