

## **MS02 VT00 Early Pregnancy Symptoms**

[Music]

Early pregnancy can be a challenging time for many women. While dealing with symptoms like fatigue and nausea, there's also a lot of information gathering that needs to be done. Let's see what some experts have to say about managing during these first few weeks, and then I'll be back to talk to a mom about her own experience.

When you are early pregnant, often you will have different signs letting you know that your body is changing.

So, starting around five weeks, you'll start to feel pregnancy symptoms.

The most common signs of pregnancy are fatigue, really crazy, crazy fatigue.

Nausea, breast tenderness, perhaps needing to urinate more frequently.

You might be very crabby or tired or moody. The biggest thing is to pay attention to eating a healthy diet.

Try to incorporate leafy green vegetables. Whatever you can consume during

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those first 13 weeks of the pregnancy are vital to the healthy development of the fetus.

I lost more weight in my first trimester than I gained. And so, I lost probably 10 pounds.

From being sick?

Just from being sick. I couldn't eat that much when I was pregnant. I don't know why. I wasn't aiming for that.

Right.

And in the office, everyone eats their lunch at their desk, so 11:30 rolls around and you'll start smelling spaghetti heated up on one end, and someone has Chinese food on the other, and I lived in the bathroom about three hours a day. It wasn't easy. And half the time, you're not telling anyone you're pregnant.

Right, exactly. You don't want everybody to know in that first three months.

Yeah, exactly.

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And after the first three months, did it go away?

Totally fine.

See, you're lucky.

Yeah, yeah, totally fine.

With a deeper knowledge of the changes that pregnancy brings to your body, you'll feel more relaxed and confident during these weeks.

And remember that your provider is always just a phone call away.

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