

Topic/Objective: The Surprising Effects of Pregnancy  <a href="https://www.ted.com/talks/ted_ed_the_surprising_effects_of_pregnancy">https://www.ted.com/talks/ted_ed_the_surprising_effects_of_pregnancy</a>	Name: Brigitte Desjardins
	Class/Period:
	Date: November 2nd, 2023

Essential Question: What are the effects of pregnancy on the woman's body?

<p>Questions:</p> <ul style="list-style-type: none"> <li>-Immune system interactions with the embryo.</li> <li>-Hormones: relaxin, progesterone, HCG.</li> <li>-Symptoms: reflux, constipation, morning sickness.</li> <li>-Increases: breaths, blood (50%), fluid.</li> <li>-Decreased nutrients to mother.</li> <li>-Impacts to heart, blood pressure and brain.</li> <li>-Not enough research done on the effects of pregnancy on the mother.</li> </ul>	<p>Notes:</p> <ul style="list-style-type: none"> <li>-hormone changes impact organs.</li> <li>-DNA of embryo doesn't match the mother's and the immune system would attempt to remove the embryo if not for the various types of antibodies that interact to protect the fetus.</li> <li>-Other changes include the uterus expanding and the mucus plug to block the cervix.</li> <li>-Hormones (relaxin and progesterone) loosen muscles to allow for the growing fetus and displacing of organs. These hormones also slow down digestion which can lead to constipation, reflux and increase morning sickness.</li> <li>-The mother's breaths are faster with less lung capacity (caused by progesterone) which is why the mother can be out of breath.</li> <li>-Red blood cells increase by 50%.</li> <li>-The mother receives less iron and nutrients from food since they are absorbed by the fetus.</li> <li>-Impacts to the heart and blood pressure.</li> <li>-Increased fluid though there is a reversal before the birth when the baby drops (breathing is slightly easier as well as there is more room for the lungs).</li> <li>-The extra fluid is lost with labour.</li> <li>-Pregnancy affects the brain though there isn't a lot of research into the impacts of pregnancy on the mother-more so on the fetus. It seems the changes are adaptive (reading facial cues).</li> </ul>
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Summary: There are several impacts to the mother during pregnancy. Hormone changes to allow for the growing uterus can cause reflux, constipation and can worsen morning sickness. Due to lower lung capacity, the mother's breaths become quicker and there is a 50% increase in blood production. Iron and nutrients are sent to the fetus which can impact the mother (iron deficiency, etc.). There is less research on the impacts of pregnancy on the mother (heart health, blood pressure and changes to the brain) than there is about the fetus.