

NEBO KENECHUKWU FAVOUR

18/mhso2/117

200lvl

Nursing science

Physiology

Topic: physiology adaptation of female pregnancy

Maternal physiological changes in pregnancy are the adaptation during pregnancy that a woman's body undergoes to accommodate the growing embryo and foetus . This physiological changes are entirely Normal, and include behavioral (brain,), cardiovascular (heart and blood vessels), haematology (blood) , metabolic,renal (kidney) ,posture ,and respiratory (breathing) changes . Increases blood sugar , breathing,and cardiac output are all expected changes that allow a pregnant woman body to facilitate a proper growth and development of the embryo or foetus during pregnancy. The pregnant woman and the placenta also produce other hormone that have board range of effect during the pregnancy.

* HORMONAL

Pregnant woman experience numerous adjustment in the endocrine system that helps support the developing foetus . The fertile placenta until secret steroid hormones and proteins that ulter the function of various maternal endocrine glands . Sometimes, the changes in setting hormone levels and there effect on there target organs can lead to gestational diabetes and gestational hypertension.

*BREAST SIZE

A woman's breast grow during pregnancy usually grow 1-2 cup sizes and potentially 7 cup sizes. A woman who wore C cup bra period to her pregnancy may need to buy F cup of larger bra while nursing.

* CARDIOVASCULAR

The heart adapts to the increase cardiac demand that occurs during pregnancy in many ways.

1:cardiac input (lit./min.): 6.26

2:stroke volume (mi.):75

3:heart rate (per min.):85

4:blood pressure: unaffected.

Cardiac output increases throughout early pregnancy, and peaks in the third trimester, usually to 30_50% above base line . Extrogen mediates this ride in cardiac output by increasing the preload and stroke volume mainly via a higher over all blood volume

(which increase by 40-50%). All of this cardiovascular adaptation can lead to common complaint such as partitions, decreased exercise, tolerance and dizziness.

* immune tolerance

The fetus inside a pregnant woman maybe viewed as unusual unsuccessful allograft since it genetically differs from the woman. In the same way, many cases of spontaneous abortion maybe describe in the same way as maternal transplant rejection.