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ASSIGNMENT

Elucidate the physiological adaptation of the female to pregnancy?

Physiological changes are made to the woman body during pregnancy as a result of the hormones produced by the placenta during pregnancy and the growing uterus.

- Endocrine changes
 - Placenta hormones- human chorionic gonadotropin mimics the function of the luteinizing hormone and stimulates/increase production of oestrogen and progesterone from the placenta.
 - High level of oestrogen and progesterone in pregnancy causes a negative feedback on the production of FSH and LH from the anterior pituitary gland. The inhibition of this hormones prevents ovulation during pregnancy
 - Some endocrine glands are enlarged during pregnancy i.e. the pituitary gland, thyroid gland, adrenal gland and the parathyroid gland.
 - Increased secretion of erythropoietin
 - Increased insulin and cortisol could make pregnancy a diabetogenic stage.
- Cardiovascular changes
 - Increased production of progesterone being a hormone that brings about vascular relaxation brings about reduction in
 - Progesterone also causes an increase in urinary excretion of sodium this brings about the activation of the renin and geotesine system which causes increase in RAS as a result there is about 50 percent

increase in plasma volume and there is about 40 percent increase in cardiac output.

- Heart rate is increased and blood pressure is slightly decreased especially diastolic blood pressure. Due to low diastolic blood pressure there could be supine hypotension in late gestation as the uterus falls backwards onto the inferior vena cava and reduce venous return.