Chapter 6

Special Circumstances of Pregnancy
6.1 Special Medical Concerns of Pregnancy
Objectives

After studying this lesson, you will be able to

• describe three of the most common ART procedures.
• recognize possible drawbacks of fertility treatments.
• compare and contrast the three different types of multiple pregnancies.
• explain two complications of pregnancy and three congenital conditions.
Infertility and Sterility

• **Infertility**—inability to conceive after trying for one year
• **Sterility**—being permanently unable to conceive
• **Caused by:**
  - reproductive diseases or problems
  - other diseases (diabetes, high blood pressure)
  - exposure to drugs, chemicals, or radiation
  - lifestyle factors (smoking and being under or overweight)
Treating Infertility

• **Fertility counseling**—medical evaluation to determine the reasons for fertility problems and explore available treatment options

• **Assisted reproductive technologies (ARTs)** — methods to help couples conceive and/or bear a child
Types of ART Procedures

- Artificial insemination
- Hormone therapy
- Microsurgery
- In vitro fertilization (IVF)
- Gamete intrafallopian transfer (GIFT)
- Surrogate mother
Drawbacks of Fertility Treatments

• Treatments may be emotionally painful for couples.
• Only about 50 percent conceive on the first try.
• Treatments are expensive.
Multiple Pregnancies

• **Multiple pregnancy**—when two or more babies develop during a single pregnancy

• Types of multiple pregnancies:
  - **fraternal births**—twins developing from two or more ova
  - **identical births**—twins developing from a single ovum and single sperm
  - **higher-multiple births**—three or more babies developing during a single pregnancy
High-Risk Pregnancies

- *High-risk pregnancies* have a greater chance of complications.
- Risks are increased for
  - teen mothers
  - older mothers
  - multiple births
  - mothers not in good health
Pregnancy Complications

- **Congenital conditions**—disabilities or diseases present at birth; may be inherited, environmental, or both (Chart on pg. 161)
- **Preterm birth**—birth before 39 weeks
- **Miscarriage**—loss of baby before 20 weeks
- **Stillbirth**—loss of baby after 20 weeks
Section 1 Review

1. What is *infertility* and *sterility*?
2. List some of the most common ART procedures.
3. What are the drawbacks of fertility treatments?
4. List the types of multiple pregnancies.
5. Name the complications of pregnancy.
6.2 Teen Pregnancy
Objectives

After studying this lesson, you will be able to

• determine risks of a sexual relationship.
• describe the negative impacts of teen pregnancy.
• assess support systems available for teen parents.
• evaluate teen pregnancy prevention programs available to teens.
Risks of Sexual Relationships

- *Abstinence*, refusal to engage in a sexual relationship, is the only guaranteed way to avoid unwanted pregnancy and STIs.
Did You Know?

- One in ten new mothers in the U.S. is a teenager.
- U.S. teen pregnancy rates are higher than in many other countries.
Health Risks Related to Teen Pregnancy

- Teens are still growing and developing themselves.
- 7% of teen mothers do not receive prenatal care.
- Teens have a high risk of postpartum depression.
- Children of teen mothers have a higher mortality rate.
Educational Impact of Teen Pregnancy

• Teen pregnancy is the leading factor in limiting education.

• Over 2/3 of teen mothers never graduate from high school
Lifestyle Changes Following Teen Pregnancy

• Teens may be adapting to a new marriage.
• Teens may socialize less with friends.
• Teens may be living with parents or other family.
• Teens may have to seek additional employment.
Support Systems for Teen Parents

• There are health-care, educational, and financial resources available for teen mothers.

• Teen pregnancy prevention focuses on
  – helping teens cope with sexual peer pressure
  – promoting awareness of the medical and social consequences of pregnancy and STIs
Financial Support

• **Temporary Assistance for Needy Families (TANF)**—provides assistance to low income teen parents who are in school

• **Supplemental Nutrition Assistance Program (SNAP)**—provides food items for qualifying households

• **Special Supplemental Nutrition Program for Women, Infants and Children (WIC)**—serves pregnant, postpartum, and nursing mothers and their children
Section 2 Review

1. The only guaranteed way to avoid unwanted pregnancies and STI is _________________.
2. What lifestyle changes accompany teen pregnancy and parenthood?
3. Name some possible resources that are available for teen mothers?