



Mayo Clinic Guide to a Healthy Pregnancy: From Doctors Who Are Parents, Too!

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Any woman looking for accurate, reliable, and authoritative information on pregnancy will appreciate this book from the world-class Mayo Clinic. *The Mayo Clinic Guide to a Healthy Pregnancy* offers hundreds of pages of in-depth information that new parents will find useful and informative. Features include week-by-week updates on baby's growth, month-by-month changes that mom can expect, and a forty-week pregnancy calendar, as well as a symptom guide and a review of important pregnancy decisions.

In this illustrated book you'll also find advice on getting pregnant, meal planning, healthy exercise, and safe medication use, along with general tips on becoming a parent. This pregnancy book is the result of the efforts of a collective team of pregnancy experts who find nothing in medicine more exciting and satisfying than the birth of a healthy child with a healthy mother. *The Mayo Clinic Guide to a Healthy Pregnancy* is an essential pregnancy resource for parents-to-be.

Mayo Clinic Guide to a Healthy Pregnancy: From Doctors Who Are Parents, Too! Details

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From Reader Review Mayo Clinic Guide to a Healthy Pregnancy: From Doctors Who Are Parents, Too! for online ebook

Alisa says

By far the best pregnancy book out there. Much better than the most popular pregnancy book, which I borrowed and read a couple of years ago (you know which one I mean). First thing, this is a resource with academic credentials written by 2 OBs and 1 CNM and endorsed by the Mayo Clinic, v. the "mom" credentials of the other book where the author has no academic credentials. The differences go on from there.

Each month is broken out by explaining what is happening to baby and what's happening to mom. There are checklists and signs of when to address certain issues with your health care provider. The next sections deal with labor, delivery, and all sorts of information about your newborn. There are also important decision-making guides such as choosing yours or your baby's health care providers, managing pain during childbirth, circumcision, etc. A great glossary and index as well. Can't say enough positive things about this resource, which I'm still using almost daily.

Ashima says

This book is written in a easy to read and understand manner. I felt it gave me a good understanding of what to expect and also had some tables that are useful for a quick reference.

Ravioli Rachel says

You know what this means!!!

Physical copy would probably be a bit easier to navigate and flip around to different sections then the e-book was...

Amy says

Very informative and straightforward, particularly for someone like me who has no interest in giving birth anywhere other than a hospital. If you're interested in an alternative birthing arrangement, you won't find much information on that here, but that's probably not surprising, given who puts the book out. Other common pregnancy decisions (amnio or not? pain meds during labor or not? breast or bottle?) are described with a nonjudgmental rundown of the pros and cons of both sides.

Other than that, this guide offered tons of facts in an adult way, without sugarcoating, alarmism, or cutesy language. I didn't want to read about how an angel from heaven is swimming around in my uterus and will soon be a precious, precious bundle in my arms; I wanted to know when the fetus loses its tail and whether I should freak out and call the doctor right away over various symptoms. This book fit the bill.

Speaking of symptoms, there is a nice, long section toward the end that catalogs a wide range of them and what they might mean depending on where you are in your pregnancy, and gives tips on whether you should call a doctor right away or mention it at your next visit, etc. There's also a section about caring for the baby when it first comes home, and another quick chapter of advice for fathers/partners.

As a final note, my husband demands that I point out that, based on the group author photo on the back, the book was written by a bunch of nerds. That only made me trust it more.

Nicoleta says

Bun? pentru un p?rinte încep?tor. Detaliat ?i pe luni la ce s? te a?tep?i, ce s? urm?re?ti.

Rosy says

I eschewed the standard *What to Expect When You Are Expecting* because I am the type of person who thinks the worst case scenario will always happen to her, and after a few pages of *What to Expect* I knew reading it would turn me into a nutcase. The Mayo Clinic Guide is a straightforward, nonjudgmental, scientific reference book for pregnancy. There are no ponies and unicorns, no references to miraculous angels from heaven, no judgment on the normally controversial stuff like nursing versus formula, circumcision or not, etc. There is a section about things that can go wrong, but it's at the end and easily avoidable, and assumes that the pregnancy in question is a normal, healthy one. In the age of the Internet there is simply too much information, and what usually gets lost is common sense... this book has it in spades.

If you want to read one and only one pregnancy book, this is it.

Kristyn says

Incontinence is a serious and common issue affecting millions. People usually keep quiet about this sort of thing...but NOT ANYMORE!

Maria Shuffit says

When I found out that I was pregnant, I check out a ton of pregnancy books from the library before choosing which to get my own copy of. I picked a lot of the big, well-known titles, including *What To Expect When You're Expecting*, and some lesser known titles, but this one came out on top.

What I valued about it over others was simply the layout. While I felt that some of the other pregnancy guides were too heavy and verbose, the Mayo guide broke down the information in fairly brief, basic sections while not shorting the reader on information. The way I used the book, I would read the section for my upcoming week each week so that I would have an idea of what to expect. I found it very helpful. I also really liked the exercises that it presented. One thing that I wish I had done differently was that I wish I'd skimmed ahead a

bit more - there are a lot of really helpful tidbits and "trouble-shooting" type sections further along past the weekly info part of the book that would have been helpful had I realized earlier that they were there.

Overall, great guide, highly recommended!

Sarah says

I haven't read this one cover to cover, but I'm including it here anyway because it is by far my favorite pregnancy book. Most of them try to hold your hand, but then end up making you feel guilty that you're going to ruin your child's life if you don't do things exactly the way they describe in the book.

This one, however, is so clinic that there are no value judgments whatsoever. They explain that there are many different ways for pregnancies to progress and explain the different ways medical professionals deal with all of them, without even hinting that any particular pregnancy is better or worse.

This book not only covers pregnancy, but beginning newborn care. The first section of the book covers pregnancy, labor, delivery, and your first days at home with your infant chronologically, giving a solid overview of what you can expect. Then in later chapters they go into greater details on some of the problems and issues that can come up along the way. Throughout explanations are thorough and easy to understand.

Because the book is so long, it's not really a read straight through kind of book, but more a valuable resource that you'll find yourself going back to time and time again as questions come up. If you want a book that is "just the facts" and full of tons of them, then is the pregnancy guide for you.

Rebecca says

The very savvy marketing people make sure to note conspicuously on the cover that this book was written by doctors who are also parents. And you know what? That's a pretty useful thing to know. I'm not one of those people who believe that "one mom's simple trick to losing a belly" is automatically a smart diet plan or that a schoolteacher is likely to invent a cold prevention drug that the pharmaceutical companies couldn't. I prefer to leave my medicine to people who have actually been trained and practice it, thank you. But at the same time, there's a huge emotional component to pregnancy, and knowing the authors went through this themselves is actually reassuring.

And it's a good reflection of the book--this is an excellent balance between solid medical information (it tracks well with information I've obtained from other sources, including other books and websites as well as anecdotally) and reassurances that these things are normal, this too shall pass, and what is and isn't a legitimate concern.

I'd heard a lot of horror stories about the venerable *What to Expect When You're Expecting*, enough to scare me off. I worry too much already, I don't need to be given a good dose of hypochondria on top. I was relieved to find that the Mayo Clinic, while blunt, is not particularly prone to scare-mongering. There are the endless lists of symptoms, of course--pregnancy involves some truly horrifying symptoms, even the relatively benign ones, that go way beyond the stereotypical craving pickles thing. And they don't want you to freak out and think you're abnormal and going to die when your feet change size or your eyes stop

focusing or various parts of your anatomy abruptly change color. But they're very soothing about it all--they explain how likely various things are to happen, why they happen, what it means, what to do about it, and when to actually consider it a problem. Oh, and for most of the symptoms, assure you it's temporary and tell you when it's going to go away.

I think the part that finally really won me was the chapter on serious complications. Which they flat out tell you at the beginning of the chapter not to read unless you actually develop one of the conditions, because they're all extremely unlikely and reading this would just freak you out.

Like most of the rest so far, I took their advice.

And how has that been going for me? Pretty well so far. They've been mostly right, and following along with the pictures and week-by-week explanations is fun. There are some minor disagreements between the book and my doctor, so I'm taking the most conservative advice. And they missed one really big symptom for me, but it's apparently relatively rare except within a certain subset of people. Since the reason *What to Expect* has gotten so bloated and scary is that they try to include every possibility, no matter how unlikely, I can't complain too much about them not mentioning something that's benign, untreatable, and only affects people who have previously broken their tailbones. (Turns out, that comes back to haunt you. Curse you, sixth-grade me!)

Check back next year, I suppose, but so far so good.

Talia says

I chose this book as my "pregnancy reference guide" in lieu of "*What to Expect...*" due to its negative reviews. Fortunately, this book has the goods to back it up. Authoritative, objective, and grounded, this book omits the gushy "mommy" tones that I find in most pregnancy books and leave only the facts, including lots of statistics and outside additional sources to consider. This book also includes a lot of information on pre-pregnancy, labor, and post-pregnancy, which is nice. The middle of the book is chunked up by the month, with a nice page at the end of each section that tells you when to call your doctor and when to leave your doctor alone because you're fine and worrying about nothing. I also like the large reference section on pregnancy grievances. This is a definite must-have for general pregnancy reference without the fluff.

While I'm thinking about this, realize that I consider this book to be a reference book. Meaning, it's not meant to be read cover to cover. You wouldn't "read" a dictionary, would you? You read the section that's pertinent to you, and then you close the book for later. Because this is a reference book that covers a wide berth of topics, many are not going to be applicable to you and will probably just give you bad ideas. For example, don't read the section of possible-but-unlikely birth defects or infant maladies if you don't need to.

Sarah says

I loved the monthly illustrations that show how big the baby is.

Jo says

This is the perfect balance of information and clarity. It is exciting to read the weekly changes for the baby.

Whitney says

Okay, so I didn't technically read this book cover to cover, but 1. that's not how reference books are generally supposed to be read, and 2. I think I've earned the right to count this as "read," since I went into preterm labor and basically skipped my third trimester, rendering much of the book irrelevant. This is probably the best pregnancy book available, as it gives you practical information without being fear-mongering (as many pregnancy books are wont to be). In fact, it mostly lumps all the scary stuff into one chapter on complications.

Jennifer Ochoa says

The worst part about my first trimester is that nausea kept me from reading. (Only 2 books read the whole month of September! ARGH!) I spent most of the last month in bed watching a marathon of Curb Your Enthusiasm, because only Larry David could make me feel better through his discomfort, haha. I did consult this reference guide a number of times in my misery (primarily to find out WHEN DOES THIS CRAP STOP?) and found it to be a good, scientific source of information. I detest anything cutesy, so it fit the bill. Better than the pregnancy app I have on my phone (What to Expect). Nothing super-enlightening or surprising I thought, but after spending a month on an online pregnancy forum, I think it should be required reading for anyone to be allowed to get pregnant...there are some really clueless women out there procreating. For anyone with an ounce of education and intellectual curiosity, this book won't blow your mind, but it will be a nice reference for looking up stuff and having an organized timeline.
