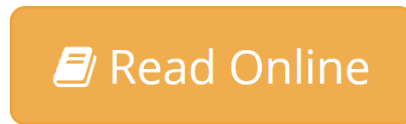


The Pregnancy Bible: Your Complete Guide to Pregnancy and Early Parenthood

From Firefly Books



The Pregnancy Bible: Your Complete Guide to Pregnancy and Early Parenthood From Firefly Books

The Pregnancy Bible, with 300,000 copies sold, is the most attractive and complete guide to this important event in parents' lives.

This updated edition includes authoritative information about the latest developments on a number of significant issues affecting the well-being of an expectant mother and her baby. Specifically, these include:

- Revisions to the FDA/USDA food pyramid
- New CDC recommendations about mercury and fish
- Update on nuchal translucency screening
- Update on screening for genetic disorders (in particular in the Ashkenazi Jewish population)
- Updated information about loss rates after amniocentesis
- The availability of ancillary testing when undergoing CVS/ amnio (like aneuploidy FISH and microdeletion FISH)
- New information about 3D/4D ultrasound
- A new emphasis on the importance of reporting domestic violence
- Recent trends in cesarean delivery "on demand"
- The importance of keeping vaccinations up to date
- Updated information on teeth whitening
- An updated section on the "breech" position
- Update on Down syndrome screening.

The Pregnancy Bible covers the complete sequence of fetal development in utero week by week. Each stage is illustrated with full color photography. Many photos are life-size and reproduced from state-of-the-art ultrasound images. The book also uses step-by-step illustrations, sidebars, practical suggestions, topics to discuss, checklist charts, quick-reference gatefold spreads, check-up calendars, a directory and other easy-to-access information and advice to guide expectant parents through the pregnancy, birth and early infancy.

American Reference Books Annual praised **The Pregnancy Bible** for its "easy-to-understand style that will especially appeal to first-time parents." It is an essential addition to public and consumer health library collections and one that customers will request by name.

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Bibliography

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Editorial Review

Review

This sourcebook for expectant parents combines advice from gynecologists, obstetricians, fetal medicine physicians, midwives, psychologists, dieticians, geneticists, pediatricians, and teachers from North America and the UK. It covers what happens during pregnancy and labor, prenatal care, healthy eating and exercise, managing emotions and intimacy, fatherhood, and childbirth classes and labor choices. Stone and Eddleman (obstetrics, gynecology, and reproductive science, Mount Sinai School of Medicine) then provide chapters on the newborn, taking care of the baby and oneself, and overcoming problems. Reference pages on genetic counseling, pregnancy, complications, emergencies, miscarriage, newborn medical problems, birth abnormalities, and other topics are included. Many color illustrations are incorporated throughout. There is no bibliography. (*Book News*)

[Review of earlier edition:] Easy-to-read, full color sourcebook. (*Parents Express*)

[Review of earlier edition:] Complete guide... well-organized and inviting-to-read book, crammed with color photographs, does a wonderful job of informing expectant parent(s). (*Georgia Family*)

[Review of earlier edition:] Offers everything both parents will ever need to know, presented clearly and with keen up-to-the-minute information. (Susan Brooke Day *Nashville Parent Magazine*)

[Review of earlier edition:] An excellent resource for expecting parents... practical information in an easy to follow format... comprehensive, well written, informative, and timely. (Lise L. Hackett *E-Streams*)

[Review of earlier edition:] A comprehensive guide that addresses both the medical and emotional aspects of pregnancy... aesthetically pleasing layout and design allow readers easy access to a wealth of information... the new have-to-have pregnancy book. (Sue Fast *Island Parent*)

[Review of earlier edition:] Well-designed and the text is easy to understand... enhanced by color photography... lots of good practical advice. (Linda Hutchinson *San Gabriel Valley Tribune* 2003-10-20)

[Review of earlier edition:] Walks moms- and dads-to-be through all aspects of having a baby... detailed medical information and has two doctors serving as consulting editors. (Mariko Thompson *Los Angeles Daily News* 2003-10-28)

[Review of earlier edition:] Written in an easy-to-understand style that will especially appeal to first-time parents... Throughout the well-written text are sidebars with relevant information, charts and diagrams, and color photographs... highly recommended for public and consumer health library collections. (Shannon Hysell *American Reference Books Annual, Volume 35*)

About the Author

Joanne Stone, MD, and Keith Eddleman, MD, are associate professors of Obstetrics, Gynecology and Reproductive Science at Mount Sinai School of Medicine, New York.

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Introduction

Since it was first published in 2003, *The Pregnancy Bible* has proved to be invaluable to the expectant mothers and fathers who acquired a copy. Pregnancy is a unique experience and one that you will want to enjoy while doing what's best for your baby. Today, a great deal more is known about the risks to a baby's normal development, and also what a woman needs to do to successfully meet the challenges of pregnancy, labor, and delivery than was possible in the past. However, all the information that is now available, particularly relating to situations that may be, even remotely, out of the ordinary, is rarely known in total to a single physician, no matter how well trained and experienced he or she is. That is why, to produce a thoroughly researched book, *The Pregnancy Bible* was created with a team of experts in every related field including genetics, midwifery, gynecology, and obstetrics, pregnancy nutrition and exercise, psychology, fetology, and pediatrics. Additionally, teachers in natural childbirth techniques, breastfeeding, and baby care were consulted. Five years on, we've gone back to the experts to ensure that the information is thoroughly up to date.

This revised edition of *The Pregnancy Bible* continues to cover every aspect of pregnancy, birth, and new parenthood. Although it cannot replace the care and attention that you'll receive from your healthcare providers, who'll know you as an individual, it can supplement that advice, explain procedures, give handy hints, and answer many questions that you may not have thought of asking.

It also contains many special features such as life-size illustrations, color photography, and the very latest 3-D images, which allow you to see how your baby develops week by week. Special gatefold pages give you an at-a-glance guide to what you can expect in each of the three trimesters.

Comprehensive sections on nutrition, exercise, and what you should do to maintain good health will help you achieve a healthy pregnancy and prepare for the birth that you want. There is also advice on the emotional aspects of pregnancy for both you and your partner. Once your baby is born, further chapters contain information on how to take care of yourself and how to respond to, bond with, and feed, bath, change, dress, and carry your newborn.

Two reference sections form an in-depth guide to the tests and procedures that may be used during your pregnancy and to the treatment of the medical complaints and problems that can affect you or your newborn.

Most importantly, *The Pregnancy Bible* has been designed to help you achieve a positive attitude, which has been shown to be one of the most significant factors in a rewarding birth experience. With knowledge and understanding, you can take on pregnancy and parenthood with confidence.

Joanne Stone, MD and Keith Eddleman, MD

Users Review

From reader reviews:

Mary Richie:

As people who live in the actual modest era should be update about what going on or info even knowledge to make these people keep up with the era which can be always change and make progress. Some of you maybe may update themselves by looking at books. It is a good choice for yourself but the problems coming to you actually is you don't know which one you should start with. This *The Pregnancy Bible: Your Complete*

Guide to Pregnancy and Early Parenthood is our recommendation so you keep up with the world. Why, because this book serves what you want and want in this era.

Lindsay Washington:

A lot of people always spent their very own free time to vacation or go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. In order to try to find a new activity here is look different you can read the book. It is really fun for you. If you enjoy the book that you simply read you can spent 24 hours a day to reading a e-book. The book The Pregnancy Bible: Your Complete Guide to Pregnancy and Early Parenthood it is rather good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. In the event you did not have enough space to bring this book you can buy the e-book. You can m0ore easily to read this book from your smart phone. The price is not to fund but this book has high quality.

Bruce Harrison:

Is it you who having spare time in that case spend it whole day by simply watching television programs or just lying down on the bed? Do you need something totally new? This The Pregnancy Bible: Your Complete Guide to Pregnancy and Early Parenthood can be the solution, oh how comes? A fresh book you know. You are consequently out of date, spending your time by reading in this brand new era is common not a geek activity. So what these publications have than the others?

Heather Garcia:

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