

Chapter 1 : Causes of Neck Pain During Pregnancy | racedaydvl.com

*Many women first learn that they're expecting during the fifth week of pregnancy. By now you have missed your menstrual period, and a pregnancy test should have come back positive. Learn more.*

This is sometimes referred to as round ligament pain. What Are Round Ligaments? The round ligaments are the bands of tough fibrous tissue that support your muscles and organs. They expand and grow to help support your uterus as it gets bigger. As these ligaments stretch, some women find it painful and are concerned. During the third trimester this pain can increase as your uterus grows even bigger and the ligaments have to stretch more to support the weight of the baby, amniotic fluid, placenta and extra blood that your body is carrying in your belly. There are things you can do to reduce the discomfort. How to Ease the Pain Rest – Especially after extensive exercise. Change Positions – If you are sitting when the pain sets in, try standing. If standing already, try bending or stretching. Walking – Walking around after experiencing a ligament pain can also help. Heat – Applying a heating pad on low can also make a difference. A warm bath or shower can have the same effect. Just be careful to not to over do it. Excessive heat is not healthy to your pregnancy and things like hot tubs or extremely hot water should be avoided. Medication – If the pain is so great that you are losing a lot of sleep you may ask your doctor or midwife if Tylenol can be safely taken to reduce the discomfort. Rubbing – Good old fashioned rubbing. We all tend to rub an area we are feeling discomfort in whether dealing with ligament pain or not. Rubbing the tender area can actually help in this case. If instead the discomfort you are experiencing only gets worse and worse, this could be a sign of something more serious. Common things that can at first appear to be ligament pain can actually be: Appendicitis – The pain experienced by appendicitis will originate from your lower right abdomen and is typically followed by fever, nausea, and vomiting. Appendicitis is reported in 1 out of women and should not be taken lightly. If you suspect you have appendicitis seek medical attention immediately. Kidney Stones – If blood turns up in your urine after experiencing abdominal pain you could be passing a kidney stone. Ovarian Cysts or an ectopic pregnancy could be the cause of sharp abdominal pains, but this is more common in the first trimester. Not every woman will experience a large amount of pain. This is normal and to be expected. What methods helped you deal with the discomfort of Round Ligament Pain?

## Chapter 2 : How Long Does It ( the pain) Last?

*Poor u, I'm weeks (I think, if clearblue digital was anything to go by) and its only this week that my cramps stopped. They were quite strong, enough to make you go "ouch" but I was told it prob was where the baby was implanting, now I get the odd mild cramp type pain. However, if you spot.*

They most commonly occur due to repetitive overloading of the foot in sports such as football, tennis, gymnastics and basketball where the foot bones are placed under too much stress. Runners are also commonly affected. It is the repetitive action of the foot striking the floor that leads to foot stress fractures. In many cases the actual fracture may be extremely small, the width of a single hair, but they can also be extremely painful. When treated correctly stress fractures usually heal quickly, but if they are left untreated they can become a serious problem, leading to chronic pain and stiffness. Here we will look at what causes stress fracture foot problems to develop, what symptoms they give, the best treatment options to ensure a quick, full recovery and how to prevent them from coming back. Stress fracture foot problems most commonly occur in people playing sports but can affect anyone. Foot stress fractures develop when the foot is repeatedly over-loaded placing too much force through the foot bones. This commonly happens with activities like running and jumping. Stress fractures of the foot typically affect the metatarsals, calcaneus heel, navicular and fibula outer shin. To find out more, visit the foot bones anatomy section. The most common type is a metatarsal stress fracture, also known as a March Fracture because they commonly occur in soldiers and hikers. This causes two problems: This leads to excessive force going through the bones which can cause a crack in the bone. Old bone is reabsorbed and new bone is formed – this is quite normal. When too much force goes through the bones, the new bone growth is unable to keep up with bone reabsorption leading to small cracks in the bone. Contributing Risk Factors Stress fractures foot problems can affect anyone but there are some factors that make them more likely: Suddenly switching the surface you regularly train on e. This reduces bone strength and density increasing the risk of fracture Stress Fracture Foot Symptoms The most common symptoms of a stress fracture of the foot are: A stress fracture foot problem usually starts off with mild pain and gradually gets worse. The pain tends to come on during exercise and eases off with rest. It might be tender to touch the area of the stress fracture Diagnosing Stress Fractures Stress fracture foot problems can be diagnosed by your doctor. By talking about you activity levels, work and any medications you are on, as well as carrying out a physical examination, your doctor will be able to identify a stress fracture of the foot. Your doctor may send you for an MRI scan or bone scan to confirm the diagnosis. X-rays are rarely done as they tend not to be sensitive enough to detect a foot stress fracture until it has begun to heal and the new bone growth shows up on the x-ray. Treatment Options The goal of treatment for stress fracture foot problems is to reduce the pain and inflammation and allow the bone to fully heal so you can return to activity. Treatment usually consists of: The most important thing to do if you are suffering from stress fracture foot problems is to rest. Failure to do so can lead to a more complex fracture break of the bone. Stop the activity that caused the pain to start in the first place, typically for weeks to allow the fracture to heal. Using ice regularly helps to reduce pain and inflammation. Apply an ice pack wrapped in a towel to the affected area for minutes, every couple of hours. Visit the Ice Treatment section to find out how to safely and effectively use ice. Ice is most helpful in the first couple of weeks. As long as there is swelling, try regularly keeping the foot elevated, ideally above the level of the heart can help to reduce it. You may be advised to wear a special walking shoe or brace to reduce the force going through the foot. In severe cases, you may need a splint or cast. Crutches may be advised to help you keep your weight off the affected foot for a couple of weeks. Usually after this you can start weight bearing again as this actually helps stimulate healing. Your doctor may prescribe drugs like Paracetamol or Tylenol acetaminophen to help relieve pain. These tend to be more appropriate than drugs such as ibuprofen e. Advil or Neurofen or naproxen as there has been some research suggesting that these can actually delay bone healing. Stress fracture foot problems rarely require surgery but if the fracture fails to heal, surgery may be indicated. Avoid the activity that caused the injury for approximately weeks or longer if necessary until you are completely pain-free. Pace yourself when you return to activity. Start slowly and gradually increase the

intensity, duration and frequency. Ideally, start with non-weight bearing activities such as swimming and cycling before starting high-impact activities. If the pain returns, stop immediately. Prevention Strategies As always, prevention is better than cure. The problem frequently recurs with approximately sixty percent of stress fracture foot sufferers having had a previous stress fracture. Here are some top tips on how to prevent them: This allows your body to adapt to the increased expectations on it. Make sure you are wearing comfortable, supportive footwear that fits properly. Stress fracture foot problems are just one cause of pain on the top of the foot. If this is not sounding quite like your problem, visit the top of foot pain section or the foot pain diagnosis section for help working out what is wrong.

**Chapter 3 : Why Does My Tooth Still Hurt After a Root Canal?**

*to getting bug bites and poison ivy working out in my yard so much on weekends. Anyway, I have been out of work for 2 weeks, next Monday will begin wk 3, and \*hope to go back by mid next week.*

How Long Does It the pain Last? I am a female consider myself fairly healthy and am only 52 and feel younger and was exercising everyday. Yet, I have been under extreme constant stress, and recently, emotional stress for a long time. I thought I had pulled a muscle on my left side, initially, as I started waking up in severe pain at night for about 6 days, only the pain internally just continued to get worse. This is beginning week number four, and the pain is now in the daytime too, although not as severe and intense as in the late evening, and then night time. At the start of this "disease" scary thought , I had noticed what I thought was a bug bite, maybe poison ivy. It was an itch, and then a rash where the itch was located and appeared right beneath my left rib cage. I have been sleeping all the time, lots during the day, which is a good thing to heal and rest, and much more than usual, has come very naturally like it would if I was really sick. Just how long should I expect to feel so run down and punk feeling? I know that it varies with everyone. This moderate, to severe internal pain, will that go away in in a few more weeks?? How long have some of you been out from work? I really would appreciate any of your suggestions and comments, as I have no one else to ask? Sign Up or Login to comment. I am 73, an active walker, semi-retired teacher. I wish I could answer all of your questions but the best I can do is describe how my shingles started and what I am going through now. As silly as it sounds, I ran into a door in a dark hallway and ended up on the floor. I felt ok afterwards but the next day my left upper back felt like it was in spasm. I have had problems in my rhomboid region before so I thought that was what it was. The pain was getting worse so I went to a chiropractor. He did a few manipulations and told me I had some knots in the rhomboid muscle. Two days later it hurt when I took a breath. So, I went back to the chiropractor and he said I had two ribs out of position and he put them back in. The next week I experienced an extreme tightness in my stomach and my back still hurt. So I went to a massage therapist who told me I had multiple knots in my rhomboid muscle. So, I accepted that, figuring it would go away eventually. The tightness in my stomach got worse however. I called the chiropractor and he told me I should not be feeling the tightness in my stomach. I started getting shooting pains under my left breast on Friday of that week and I thought it might be shingles but when I looked, there was no rash. Then on Sunday morning at the end of that week I woke with the rash. I was relieved to hear that. Hitting the door might have brought it on. He put me on Valtrex and gave me Tramadol for pain. Within three days the pain became excruciating at night of course. I am in my 3rd week since the rash appeared and it is almost gone but the stomach is still tight and the back pain is still there. The shooting chest pains have pretty much subsided. No other burn anywhere else, just there. The sunburn reeeally was bad, so I barely noticed the itch and then rash, as my burn much hurt worse. Anyway, immediately right after this bad sunburn is when I noticed the itching under my rib cage, then shortly after that, the tell-tale rash. For me now the main concern, is when will the night time internal pain and discomfort will go away?? Does anyone know if this disease is, or can, affect my organs. The pain feels like its coming from my lungs and heart area? Am really trying to think positive thoughts and healing, but its been kind of scary for me. It is so odd, that evening and nights are the worse. Also,has anyone else been out from work longer than 3 weeks, due to the exhaustion, pain, etc?? Thanks again so much for your reply! M don New Member 6 years on site 8 posts Hi again My neighbor told me he was at the beach, got sunburned and his developed right after that. My doctor said that no one knows why it occurs at night. Mine starts to ache about Getting to sleep is sometimes difficult and sleeping the whole night is my goal. I think the nighttime pain is lessening, even though I wake up and feel it. As far as affecting other organs?? Heck, I was beginning to doubt anyone else participates in this forum? I mean, after all, surely there have got to be maany more people in the USA that have been recently diagnosed, who are itching Boo to find out much more info about their symptoms, etc, etc?? The waking up at night is the worse, as I am such a light sleeper anyway, and have been waking up at least twice during the night in pain. Good luck to you, and thanks again for responding. ML don New Member 6 years on site 8 posts Hi.. How did your visit with the doctor go? My daughter is a doctor, sort

of. She completed medical school and decided to go into medical research. That led to her present job working with pharmaceutical companies re: I asked her about the pain pill Tramadol and if there was anything else I could take. She said Tramadol is a 6 hour dose that goes to work within a half hour and that it works pretty well. She also said I could take 3 mg Ibuprofen safely and that it also works well. Do you have a first name? I feel strange talking to ml Don don New Member 6 years on site 8 posts I might add My goal is to get past two days without pain. I was also wondering where all the other people are who have shingles. I have had to research all I know now about shingles via the internet, and by reading peoples comments on the few sites I have found, like this one, that one one seems to be active in, and by discussing my strange internal left pain problem with you. I mentioned t her that last week I felt like I had gotten worse, not better, and had been taking an anti viral drug, and adding some sort of cream she prescribed. I went ahead and bought some anyway today and plan on taking it. This is Not me! What exactly should I expect with this illness? How long can it take to recover? Give me some literature, something? I wish I could find a DR or nurse here who really knows about shingles! Got a very bad sunburn right before I came down with it, and 2. Have a deep internal ache and often stabbing pain, and yet for some weird reason, my pain is the worst at night?? And BTW your right, the pain begins to sharpen and get worse around 10ish in evening or so, although, I now also have during the day constantly, all the time, but its just not as pronounced or severe as at night. This is my week 4 with it. And for me the main thing is to not freak out, think positive, positive, healing thoughts and rest, rest, and try not to stress much over anything!! I will be going back to my position this week, and will make a life change soon with my working hrs. This is needed so I can get my zip back! ML don New Member 6 years on site 8 posts I would ask around re a nice doctor or Nurse Practitioner who is really good and go get a second opinion. I changed doctors and am really glad I did.

**Chapter 4 : Elbow Fractures - What You Need To Know About Broken Elbows**

*Her ankle still pops about once a week and she has a lot of pain to the touch, she can't even tolerate a slight touch on the part of her ankle that has the most pain ðŸ™• Your story is the only one that sounds the most similar to ours.*

Headaches, Increased Urination, and Cramps 1. Spotting and Cramping When It Happens: So if you have a period that is early and much lighter than normal sometimes implantation bleeding is described as just a few drops of blood , you could still be pregnant. This is sometimes a sign that the egg has implanted itself into the uterine wall. How Common Is It: Implantation is when the now-fertilized egg burrows into the uterine wall. It happens one or two days after the embryo gets to the uterus, which is typically about five to seven days after ovulation and fertilization. On average, implantation is nine days after ovulation and fertilization, with a range between six and twelve days. Some light cramping can accompany the bleeding, which can last from three hours up to three days. Breast tenderness can start as early as one or two weeks after conception. In fact, this is often one of the first signs of pregnancy. In addition, the breasts may become larger or feel swollen or heavier. The areola area around the nipple may also darken. Increased blood flow to your breasts makes your boobs swollen and painful to touch. Over the course of your pregnancy, you could gain up to two cup sizes, with the extra bulk coming from milk, extra fatty tissue, and blood. Every woman will experience breast tenderness though the degree and timeline might differ. For some, it might only last a week and for others, it might last the whole first trimester. Some women notice changes in their breasts as soon as a day or two after conception, though this is not common. Changes in size or shape, heaviness, tingling, or soreness are all typical sensations. A distinguishing point from regular PMS tenderness is the darkening of the areola as early as one or two weeks after conception, but especially around the fourth week , and you might start seeing blue veins in your breasts as well. Prickling and tingling are other words that have been used to describe the changes in your breasts. How to Deal With It: Wearing a bra to bed might help ease the pain as well. Though your larger twins might look enticing to your partner, make sure you let them know that they are welcome to look, but touching should be kept to a minimum. Fatigue When It Happens: Fatigue can start as early as one week after conception, though most women really start feeling it after about two weeks. Fatigue is caused by a number of factors. One of them is the change in hormone levels that starts soon after conception. This is one of the most common symptoms of being pregnant, and coincidentally, also one of the most common symptoms of being a parent! Many women feel very tired during pregnancy, especially the first few months. Fatigue can be a symptom of many other things, but if you feel ungodly tired combined with any other signs listed here, you should take a pregnancy test. Rest when you can. Take naps if your body calls for them, and sleep for as long as you need to. Nausea When It Happens: Usually, the symptoms taper off after the first trimester. This is just one of those lovely pregnancy mysteries that we get to experience! Nausea can occur with or without vomiting and is often worse on an empty stomach. However, it can happen at any time of day. If you find yourself sick for no apparent reason, you may be pregnant. This is often the sign movies and television shows use to indicate that a character is pregnant. You can manage morning sickness by eating small meals throughout the day instead of three large ones. Morning sickness tends to be worse on an empty stomach, so eat a couple crackers before bedtime. Also, keep track of what sets off your nausea and what soothes it. When you know what makes you hurl, you can try to avoid it. For some women, ginger ale and saltines work wonders. Many women find that bland, carb-rich foods are safe, like pretzels and crackers. Cold treats like popsicles and watermelon also help. Common wisdom dictates avoiding spicy and fatty foods which do enough to cause trouble even without a baby on the way , but sometimes these are the only foods that spell relief for some women. Missed Period Normally, two weeks after conception, or whenever you were supposed to be getting your period. When an egg is fertilized, however, the body keeps the lining and adds to it! This is another almost universal sign of pregnancy. Most women skip their period, but occasionally rarely , women do have bleeding early in their pregnancy. Continued bleeding, however, is not normal and should be brought up with a doctor. There are many reasons for missing a period, including stress, illness, extreme weight gain, anorexia, or discontinuing use of hormone contraceptives birth control pills, patches, etc. WebMD However, missing

your period is also one of the surest signs that you may be pregnant. Tracking your menstrual cycle is a good way to know when to expect your period.

**Frequent Urination When It Happens:** This helps your waste-disposal system to be more efficient, which unfortunately means more trips to the bathroom. Most women will experience an increased need to go to the bathroom throughout their entire pregnancy, though like everything the scale of the change will depend on the woman. Typically, the need is worse in the first and third trimesters. Long before you start to show, or perhaps even before you know that you are pregnant, your uterus is getting larger. Fluids begin to increase in your body as the womb gets ready to make a comfortable home for the baby. This added burden puts physical pressure on the bladder, plus the extra fluids in the body all have to be processed through the kidneys and bladder. In addition to the hormonal changes described above, this combination makes you need to use the bathroom a lot! If you find that you seem to need to run to the bathroom more frequently than usual, it could be a sign that you are pregnant. You have enough trouble as it is! Some women find that double-voiding is helpful, where you go to the bathroom and empty your bladder, then wait a second, and do it again.

**Bloat When It Happens:** The body has started to produce the hormone progesterone, which helps slow down digestion and allow nutrients from foods you eat more time to enter your bloodstream and reach your baby. Almost every woman experiences some digestive issues during their pregnancy, though not everyone experiences it in the first few weeks. Many women find their pants feel snug early into pregnancy because the waistline can expand quickly with bloating. Of course there are a lot of reasons you may feel bloated, and this is one of those symptoms that you are likely to notice in conjunction with another sign. Gassiness might also be a common theme throughout your pregnancy as hormones slow down the digestive tract and wreak havoc on your body in general. Keep a food diary of the foods you eat and your levels of gas discomfort, then, make some changes if you need to.

**Mood Swings When It Happens:** The rollercoaster can start going up about two weeks after conception around the time of your missed period. You might mistake this for your normal PMS symptoms. Most women, however will probably get more mood swings around the 6th week of pregnancy four weeks after your missed period. Your body is being flooded with hormones that can make you feel unusually emotional or weepy. Mood swings are most noticeable in the first twelve weeks of being pregnant. All throughout pregnancy, but especially at the start, hormone levels will be fluctuating. If you find yourself laughing, crying, and shouting all in the same breath, you may not be crazy. You may just be pregnant. Go easy on yourself. Try to get plenty of sleep and communicate your needs to your social network and your partner. If your body temperature stays elevated about a half degree or so for two weeks after the increase that indicates ovulation, then you could be pregnant. After the release of the egg during ovulation, BBT increases by about half a degree in almost all women. This is caused by progesterone, which is secreted by the ovary after ovulation. The hormone also causes the preparation of a uterine lining for a possible pregnancy. Body temp stays higher about a half of a degree until right before menstruation, when it returns to normal. The rise in body temp is nearly universal. Tracking BBT, however, is a little difficult and is not fool-proof. Increased smell and taste sensitivity can start three or four weeks after conception. At first, however, you could just have an increased appetite. This could also easily be a decreased appetite depending on your level of nausea. Things that used to smell or taste good to you may make you feel nauseous. Some women even experience a metallic taste. The way you relate to smells and tastes can vary from being slightly altered, to being completely changed. If you find that your favorite hair gel suddenly makes you want to vomit, you may be pregnant.

**Chapter 5 : First Trimester Pregnancy Pains: When to Call Your Doctor | WeHaveKids**

*It doesn't come when you realize that you, an upper-level Physics major, is actually explaining a problem that you struggled with to a freshman. It's a culmination of patience, empathy, community, and some pain, as many relationships are.*

This does happen and there are many reasons why your tooth could hurt after a root canal. It can be exquisitely sensitive. Be prepared to answer these questions about the nature of the pain: Each one of these answers can be from a different cause. Your teeth, just like the rest of your body are natural structures full of branches, inclusions and twists. You can also check out this article on some home remedies for root canal pain: Root Canal Home Remedies. Depending on the diagnosis and severity, there are several steps that could occur. Honestly, we are on your side – we dentists want you to be free of pain and happy with our treatment. We hate giving you any more bad news on top of the dental treatment and the bill! Likely, the crack could not be seen during your treatment. My dentist did not see any issues with the root canal that she had done the year before and for whatever reason, this re-do cured the problem. My endodontist is a great doctor and a great friend and this goes to show you that these problems happen to all of us. This also allows the doctor to see exactly what is going on and give you a better idea of the prognosis of the tooth. This entry was posted in FAQ , Musings on by admin. How can I have problems? Rick is a great dentist. He is very personable, maintains his office meticulously and takes great care of my teeth. I highly recommend his services to adults and children alike. Rick, is the best we travel well over 40 minutes to get to his office when we could go 5 minutes down the road. He is so up to date on all dental topics as well as medical that go along with dental work. The best staff also. Dr Liftig always makes me comfortable and relaxed. He is very knowledgeable. He is wonderful about introducing my daughter to the experience of going to the dentist let her sit in the chair and took a picture of her teeth so she could see it. The staff is wonderful also. Liftig is a gentle, courteous, and knowledgeable dentist. He does not rush and is even willing to follow up with a phone call after hours. Phyllis the receptionist is also a gem, was well as all of the hygienists I have had. Liftig is making a 2 hour drive every 6 months for a year and a half. Knows his stuff, and has great communications skills, putting his patients at ease. Rick for well over 27 years. Our family has been going to Dr Rick and before him his dad for 3 generations. He and his staff are the best. He truly makes you feel like a part of his family.

**Chapter 6 : Stress Fracture Foot Problems**

*Development of the Baby at Pregnancy Week 4. After implantation, the blastocyst divides into different cell layers that form the placenta and the embryo (later to turn into the fetus).*

Each of these is explained in detail below. Lower back pain in particular although upper back pain may also happen is typical during pregnancy. In fact, it is another possible early indication of pregnancy. Most lower back pain is caused by strain on the back as the uterus expands to accommodate your growing baby, but there may be some other causes. The standard causes are listed below.

**Implantation Bleeding** When the embryo first attaches to the wall of the uterus, some women report feeling a brief twinge of pain in their uterus or lower back.

**Poor Posture** Your body is working hard to support the added weight of your uterus as it expands yes, even in early pregnancy!

**Constipation** In part because of the high iron content in pre-natal vitamins, constipation is a normal part of early pregnancy, and it can cause back pain.

**Kidney Infection** If a urinary tract infection goes untreated for too long, it may spread into your kidneys and cause a kidney infection.

**Breast pain** may be one of the first signs of pregnancy. During this period, your breasts are beginning to prepare for a big job: Making milk to feed your baby! In addition, the ligaments that support your breasts will begin to relax along with the ligaments in other parts of your body, and this will account for some of the pain. In most cases, breast pain is nothing to worry about, but make sure that you contact your doctor if you experience breast pain with a fever, as this may indicate an infection. As with many pains during pregnancy, these pains are normal.

**Hip pain** may be caused by the sciatic nerve, and you may experience this pain throughout your pregnancy, both as a result of sciatica and because your hips are expanding to make room for your uterus and baby. The warm baths and the use of a body pillow may help.

**Joint pain** is most common in the second trimester. It generally tapers off during the third trimester to be replaced by other discomforts, but it may also happen earlier in pregnancy. This pain is generally caused by the ligaments loosening—one of the less desirable effects associated with this remarkable time in your life. Keep up your activity, but go easy on your body.

**Knees, ankles, and wrists.** Nausea during early pregnancy may be perfectly normal. You may find natural remedies for morning sickness useful for helping to make the first trimester more pleasant. Most nausea ends in the thirteenth week of your pregnancy, but be aware that morning sickness can continue through your pregnancy depending on hormones. There are two main types of abdominal pain that a woman may experience in her first trimester:

**Cramping** It is common to experience cramps that feel like period pain, which are caused by the stretching and relaxing of the ligaments that support the abdomen. One of the biggest concerns that new mothers have is cramping during early pregnancy. While cramping may be an indication of miscarriage, in most cases it is caused by other factors.

**Sharp Pains** While sharp pains can mean anything, at any phase of pregnancy, I recommend visiting your doctor for a urinalysis in case you have contracted a urinary tract infection UTI. This can be dangerous for you and for your baby, and your doctor can prescribe a pregnancy-safe antibiotic. How can you tell the difference between a "normal" abdominal pain and one that signals a problem? If the pain is severe and continues for hours, it is more likely a sign of a problem, but not necessarily. The only way to be sure is to go to your doctor or midwife.

**Strain** is unusual during the first trimester because there is less weight gain. If you experience abdominal pain, it is recommended that you visit your doctor for more information.

**Light spotting** less than a dime-sized amount is not usually a cause for concern, but moderate or heavy vaginal bleeding, especially if accompanied by fever, chills, cramping, or pain, are all reasons to call your doctor immediately. Your doctor will want to know what your temperature is when you call. Any pain which is sharp or which is accompanied by bleeding should prompt a call to your doctor. I also recommend that you read my article on bleeding in early pregnancy, where I go into detail about things to look for in the blood—what color it is, for example, and how much there is. Although leg cramps are most common in the third trimester, many newly-pregnant women report that their thighs, calves, and feet might feel cramped. An expanding uterus can put pressure on certain nerves and blood vessels, causing poor circulation, cramps, or spasms of pain. The growing weight of your uterus might push on the sciatic nerve, sending a jolt of pain down the back of your leg.

**Other Causes of Leg Pain:** The short answer is yes. Mostly,

the pain that you may experience during early pregnancy is natural and comes with the territory, although there are certain kinds of pain that may be concerning. The purpose of this article is to address your concerns about any pain you are experiencing and help you know when you need to see a doctor. Are Headaches Normal in the First Trimester? Headaches are a common complaint during the first trimester, triggered by a surge of hormones and an increase in blood volume.

**Chapter 7 : 14 Early Signs of Pregnancy and How Your Stomach Feels | WeHaveKids**

*Ulcerative colitis involves only the large intestine A ruptured cyst doesn't always cause pain. You might have a few slight cramps about 4 weeks into your pregnancy -- around the time when.*

While morning sickness typically begins during the sixth week of pregnancy, some women experience it earlier. Eating several small meals throughout the day instead of two or three big meals may help to relieve these symptoms. This may be a sign of hyperemesis gravidarum , which is an extreme form of morning sickness. It sometimes requires in-patient treatment within a hospital setting. Lightheadedness Your blood pressure tends to run lower than normal during pregnancy. This can cause dizziness and even fainting. Frequent urination As your uterus expands, it can press against your bladder. This will likely cause you to need to urinate more frequently. Go when you have the urge so that you avoid bladder infections. Drink plenty of fluids. Abdominal cramps You may experience mild cramping or bloating. This can be caused from the egg implanting or from your uterus stretching. Coughing, sneezing, or changing positions can make these cramps more noticeable. Vaginal bleeding Light bleeding, also known as spotting, around the time of your missed period is usually considered implantation bleeding. Some women with healthy pregnancies have spotting for the entire first trimester. Fatigue As your progesterone levels increase, you may find yourself feeling sleepy. Fatigue during pregnancy is most common during the first trimester, but some women will experience fatigue throughout their pregnancy. Breast changes You may experience tender, sore, swollen, or fuller breasts as your hormone levels change. This is one of the earliest symptoms of pregnancy and may appear soon after conception. Food cravings and aversions Your changing hormones can lead to a change in your appetite. You can begin experiencing food cravings and aversions early on in your pregnancy. Constipation Your food will start moving more slowly through your digestive system to give your nutrients more time to be absorbed into your bloodstream and reach your baby. This delayed transit can lead to constipation. Eating more fiber and drinking lots of fluids can help to relieve or eliminate constipation. Increased vaginal discharge Vaginal discharge during pregnancy can be normal. It should be thin, white, milky, and mild smelling. If the discharge is green or yellowish, has a strong smell, or is accompanied by redness or itching, you should contact your doctor. This is likely a sign of a vaginal infection. Mood swings Pregnancy can cause a lot of emotions. Not only can the idea of a new baby cause emotional stress, but the changes in your hormones can also affect your emotions. If these feelings are extreme, or last more than a few days, consult your doctor right away. The most common sign of a miscarriage is vaginal bleeding. The bleeding tends to be heavier than spotting, and it may contain clots. You may also have abdominal or pelvic cramps and back pain. Call your doctor if you experience any bleeding during pregnancy. Symptoms of an ectopic pregnancy include vaginal bleeding, pelvic pain or cramping possibly on one side , shoulder pain, and dizziness or fainting. Call your doctor right away if you have symptoms of an ectopic pregnancy. Going to checkups is a must for a healthy pregnancy. Your doctor will let you know what actions to take to keep your baby healthy for nine months. Take a prenatal vitamin. Prenatal vitamins that contain high levels of folic acid may lower the risk of some birth defects. These nutrients are vital for proper brain and eye development in your baby. They also help your breast milk to be more nutritious. Add healthy foods to your diet like fruits, vegetables, whole grains, lean proteins, beans, nuts, and dairy. Make sure your proteins are fully cooked, and avoid high mercury seafood and unpasteurized dairy to prevent infection in your growing baby. These can harm your baby. Let your doctor know about all medicines, vitamins, supplements, and herbs you take. Weight Gain at Week Five You may have some bloating at week five, which could contribute to a little weight gain. Healthline and our partners may receive a portion of revenues if you make a purchase using a link above.

**Chapter 8 : Back Pain During Pregnancy | What to Expect**

*Hi Kaytee. I have just came by your post by chance. I have not long found out i am pregnant (about weeks) but 3 - 4 weeks ago, prior to knowing i was pegnant i was experiencing annoying, sore pain 9as you describe) on my right side! this is what prompt me to go to doctors and found out i was pregnant.*

Seeing Double Guess what? This sac produces blood and helps to nourish your young embryo. Only 8 months to go! The blastocyst has completed its journey from your fallopian tube to your uterus. As soon as that little ball of cells is settled in your uterus, it will undergo the great divide, splitting into two groups. Development of the Embryo and Amniotic Sac Despite its extremely tiny size – no longer than one millimeter and no bigger than a poppy seed think about that as you eat your morning bagel – your little embryo is busy setting up house. Now no bigger than a poppy seed though a whole lot sweeter, the ball of cells that will become your baby has completed its weeklong voyage down your fallopian tube and has claimed its berth in your uterus by tunneling into the sticky uterine lining. Nestled in your uterine home, this miniature miracle has established the cozy connection that will bind the two of you for the next eight plus months and forever after. In the works is the amniotic sac that your baby will call home sweet home. Though your embryo is only a tiny dot, it has already started to differentiate into three layers, each with its own job assignment. The inner layer, called the endoderm, will become the digestive system, the liver, pancreas, bladder, and thyroid gland. The middle layer – the mesoderm – will grow into the heart, bones, kidneys, muscles, and blood vessels. The outer layer, called the ectoderm, will develop into the brain, nervous system, skin, hair, and eyes.

**Your Body at Week 4**

**The Egg Implants** Just a week after fertilization, baby-making is still in its infancy, so to speak. About 30 percent of the time, implantation bleeding will occur as that bundle of cells burrows its way into the uterine wall. Implantation bleeding, which is usually very scant and either light pink, light red or light brown, occurs earlier than your expected period. You might feel a little pressure in your abdomen nothing to worry about! Within six to 12 days after fertilization, the egg starts to release hCG, or human chorionic gonadotropin – the pregnancy hormone that will very soon turn that line on your pregnancy test pink or blue and your world upside down. HCG alerts the corpus luteum the once-follicle this egg was released from that it needs to stick around and produce progesterone and estrogen to nourish the pregnancy until the placenta takes over about six weeks from now. Doing the math is actually a lot easier than you think even if you slept through high school algebra. Your estimated due date is 40 weeks from the first day of your last period. If you do give birth on that day, your baby will have clocked in only 38 weeks in utero, not Want to set your watch to that due date or at least plan your maternity leave around it? Remember, your estimated due date is just that – an estimate. Most babies are born between 38 and 42 weeks and babies of first-time moms may be more likely to arrive on the later side, while only a handful actually make their debut right on schedule.

**Chapter 9 : What is Round Ligament Pain? | Health & Safety | Babies Online**

*In some ways, the first trimester of pregnancy is the "riskiest." Although it is true that the loss of a pregnancy is most likely during the first three months, I'm here to reassure you that most of the aches and pains you experience are natural and normal.*

Elbows are basically hinge-type joints, like the hinge on a door. The three bones that make up the elbow are the humerus, radius, and ulna. The humerus is the bone of the upper arm – it flares out just before it connects with the elbow joint. The radius and ulna are smaller and sit side-by-side in the elbow joint. Muscles and tendons surround the elbow joint and help it move. The elbow is capable of two main types of movement: Either one of these motions may be stiff or painful after a bad elbow injury. How do elbow fractures happen? Elbows break most commonly after a fall onto a stretched-out hand, when someone tries to break their fall. You can also break your elbow if you land directly on it, or by twisting it severely. Other injuries like sprains, strains, or dislocations can happen at the same time. How do I know my elbow is fractured? You may hear or feel a pop or crack in the elbow during the injury. How do elbow surgeons diagnose elbow fractures? X-rays will show most elbow fractures. A CT scan is a type of x-ray that looks at the elbow bones in very fine detail – much more closely than with plain x-ray. For example, a CT will show a surgeon if the broken elbow is shattered in hundreds of pieces, or broken into a few main fragments – this will be good to know before starting surgery. What does treatment for elbow fractures involve? Elbow fractures are treated either with surgery or without surgery. Usually the right answer depends on how badly the elbow is broken. Is the break in the joint? Does the break involve multiple bones? Is the fracture solid or are there loose fragments in the elbow? Is a nerve or blood vessel damaged? All these questions need to be answered during the decision process. When splints, casts, or braces are used If the pieces are stable and not likely to move out of place, a splint or cast may let them heal. When surgery is used If the bones are broken in multiple places or if the break involves the joint, or the pieces are moved out of place a lot, surgery is usually the right answer. Surgery is used to put the pieces back in the right alignment, solid enough using metal hardware like screws and pins to let you move the elbow after surgery in therapy. If the bone comes through the skin, surgery is needed right away to wash out the cut and prevent infection. How long is the recovery from an elbow fracture? Any fracture takes about six weeks to heal. This is true whether you have surgery or just a splint. Some factors make healing slow down, like smoking or bad circulation. If the pieces of broken bone can be stabilized in surgery or are stable on their own, early motion and therapy can prevent stiffness, but therapy is usually required on top of the bone healing time. Therefore count on about three months of total healing and rehabilitation time to recover from an elbow fracture. Some patients heal faster, some slower. The most common complication after an elbow fracture with or without surgery is stiffness. Was able to get an appointment with Dr. Henley right away and was so very pleased. He is very attentive and kind – started physical therapy within the week of the break. Loved the fact he was so proactive towards my recovery and because of that I was playing golf again at full speed at 10 weeks post injury!! I was referred to Dr. Henley by the Washington Regional ER staff. His staff got me in for an apt very quickly and I had a surgery appointment a week later. Henley has a great bedside manner and makes sure you understand what the problem is and how he is going to fix it. I turn 40 this year, and this is my 1st broken bone and being the active person I am thought this was going to be a breeze. I would waltz out of surgery – do a little therapy – and all would be better. Two things happened at that point that I feel really turned my whole situation around – Dr Henley recommended a manipulation procedure where you go to the outpatient center they put you to sleep and he bends your arm and breaks up the scar tissue. Then my therapist Cindy wonderful person recommended a static progressive splint that had to be rented from an outside source. If anyone in my family is in need of something that Dr Henley can treat, he will definitely be my first choice.