



Changes in the Pregnant Body
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| <p>Integumentary Changes Your skin may change- Become oily or dryer. You may experience pigmentation changes and stretch marks. Areola may darken as may skin on the face.</p> | <p>Skeletal Changes You will be absorbing more calcium during pregnancy, so now is a great time to consume more for the future.</p> | <p>Muscular System Your ligaments and tendons will be extra relaxed so keep that in mind while doing regular exercise. Walking and swimming are great ways to stay healthy.</p> |
| <p>The Senses Towards the end of pregnancy you produce less tears. You may also find a lessened ability to taste as your taste dulls. You may though find yourself more interested in touch and find touch more pleasurable and heightened. Try getting a pregnancy massage.</p> |  | <p>Endocrine Estrogen and progesterone production increases. Prolactin, Prostaglandin and Oxytocin are also produced. Oxytocin is called the hormone of love.</p> |
| <p>Circulatory System Make sure you get enough iron and prevent anemia. Your blood volume will increase up to 40% while pregnant. Rest, relaxation and diet can help keep blood pressure in hand.</p> | <p>Immune System The immune system protects women from diseases and they are not more vulnerable to viruses and disease when pregnant overall.</p> | <p>Respiratory System As the baby grows you may possibly experience shortness of breath. Women will take in more air when breathing but they do not breath more, deeper breathing may be noticed.</p> |
| <p>Digestive System You may experience constipation, heartburn and more gas than usual. You may also find yourself craving "odd" food combinations. Gums soften and may bleed, this may also indicate the need for more Vitamin C, so have an orange!</p> |  | <p>Urinary System Frequent urination does occur. Some women experience incontinence. Make sure you get enough water, this is not only great for you and your baby but your kidneys.</p> |