

In this Topic Area you have covered:

- 1.1 Factors affecting pre-conception health for women and men
- 1.2 Other factors affecting the pre-conception health for women
- 1.3 Types of contraception methods and their advantages and disadvantages
- 1.4 The structure and function of the reproductive systems
- 1.5 How reproduction takes place
- 1.6 The signs and symptoms of pregnancy

Pre-conception health is the health and lifestyle of the mother and father are important factors before becoming pregnant:

Diet: Eat a healthy balanced diet to give all the vitamins and minerals needed to help the baby grow and develop well.

Exercise: Being fit will help a woman carry the extra weight during pregnancy and help the birth go well.

Healthy weight: it can stop her getting pregnant the midwife might be able to monitor the baby properly cause the woman to have high blood pressure.

Smoking: affects the fertility of women and reduces the sperm count in men.

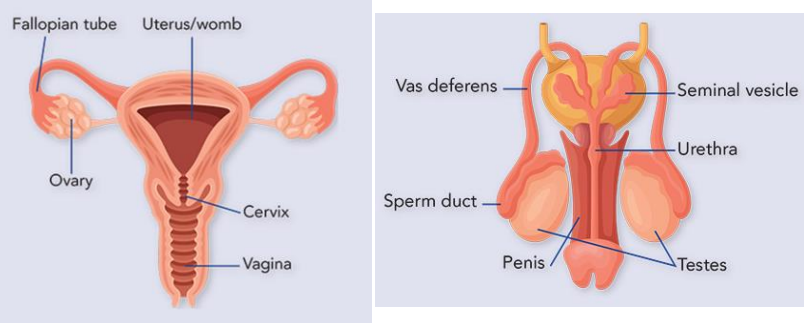
Alcohol: Too much alcohol can reduce the amount of sperm produced by men and disrupt the menstrual cycle of women. during pregnancy can cause FAS: Foetal Alcohol Syndrome, **Recreational Drug taking:** reduces both men and woman's fertility. In women drugs cause hormones to be unbalanced preventing ovulation and causing birth defects.

Parental Age: Fertility for both Men and Women is affected by their age. This is due to the reduction in the quality of the sperm and eggs

Folic Acid—Vitamin B9: is needed by the woman to help make the central nervous system in an embryo, stopping birth defect such as: spina bifida.

Up to date Immunisations: The baby can be at risk if the mother becomes ill with whopping cough or German measles (rubella).

TA1: Pre-conceptual health
and reproduction



Development of the embryo and foetus

Once fertilisation of the egg has occurred it is called a **Zygote**, It then continues to divide into a solid ball of cells called a **Morula**. After about 5-6 days it is now called a **Blastocyst**

Umbilical cord: Passes nutrients from the placenta to the foetus throughout the rest of pregnancy

Placenta: Starts developing from the embryo straight after implantation and holds the embryo in place as well as providing nutrients and oxygen from the mother and removing carbon dioxide.

Foetus is the name of the developing baby from 8 weeks until birth By week 12 the placenta is fully developed.



Nausea



Passing Urine frequently

Signs and symptoms during pregnancy

Tiredness



Missed Period

Breast Changes

