

## Pregnancy - 10 Sure-shot Signs Indicative Of A Positive Pregnancy

Should you ask any married woman what brings an ultimate sense of fulfillment, she would probably reply, "carrying one's developing child within one's womb"! But there is a big "BUT" to this desire too - the timing has to be exactly right for a pregnancy! Just one missed monthly period may create a feeling of panic about untimely motherhood in some women, while regular monthly cycles may worry others who are desirous of having a baby. So, how does a woman find a surefire answer to her question - "Am I going to have a baby?" Well, experts on such matters have narrowed down the 'signs of pregnancy' to about 10. The woman who is 'feeling that she is going to be a mother' can check for any of them. A note of warning - it is possible that in rare cases, a woman may not be able to find any of these signs at all. Also, the various signs differ from one woman to another.

- (1) The first question put forth by any gynecologist is, "Have you missed your period?" Now this will bring a positive answer from those females who have been having regular menses all their life. What about those women whose cycles have never been regular? It is definitely hard for them to distinguish between an irregular cycle and a missed period.
- (2) Some women experience such regularity in their menstrual cycles that they are faultlessly correct to the date every month. So they can consider a 'urine pregnancy test' even if their cycle is delayed by one day. This test is so accurate that a positive result can be expected within a fortnight after fertilization! More accurate is the 'blood pregnancy test', which indicates a result within a week and a half after fertilization.
- (3) If a woman has conceived, she is going to feel 'nauseous' for no reason at all and even have 'vomiting spells' one week after conceiving.
- (4) The 'basal body temperature' does come down before the menstrual cycle actually begins, but rises once ovulation takes place. If the temperature does not come back to normal after the cycle, the woman is enceinte.
- (5) Different hormones are released in high quantities, tending to cause the intestines to relax and bring about 'constipation' effects.
- (6) If fertilization has taken place, the newly-formed embryo settles against the uterine wall roughly a week to 10 days later. So 'spotting' can take place. The color is light pink, unlike regular menstrual bleeding. And as the uterus is getting itself readied into the correct position to accommodate the growing fetus, the mother-to-be begins to experience 'cramping'.
- (7) The 'areolar areas' (the rings of color around the nipples) tend to become larger and darker, indicating positive pregnancy. The minute bumps present here and there in these areas may also become larger in size and their number may increase.
- (8) Three weeks into pregnancy, the 'breasts and nipples' begin to feel tender.
- (9) Carrying the weight of a baby that is growing day by day, as well as managing all the bodily changes is not an easy task for the woman with child. The first 2 to 2-1/2 months can be quite 'wearisome'.
- (10) Lastly, pregnancy brings about 'urinary urgency'. The reasons attributed to this are the pressure being exerted on the bladder by an enlarging uterus, as well as more blood (somewhere around 35% to 60%) being sent to the kidneys on account of hormonal secretions, dilating blood vessels and pressure of blood flow.

### About the Author

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