

## Teen Pregnancy- The Tell-Tale Signs Of Teen Pregnancy!

While the very earliest signs of teen pregnancy are the same as any other woman, the vital difference is often the reaction a teen may have to the news of pregnancy. It is common for teens to overlook the earliest signs of pregnancy because of denial or simply because they are not aware of the signs. It is essential that at the first moment pregnancy is suspected, a pregnancy test is taken to be sure. It is also important to note that tests can give false positives, so if symptoms persist, see a doctor. The earlier a fetus can get prenatal care, the better off both mother and baby will be. Some of the earliest signs of teen pregnancy can include:

- A Missing Period** This is often the first sign that alerts many women to a possible pregnancy. It's important to know though, that a period can be missed due to other factors, such as stress or a medical condition; if pregnancy is suspected, take a pregnancy test as soon as possible.
- Swollen Breasts** Another early sign of teen pregnancy is swollen or tender breasts. The breasts undergo drastic changes in the first few months of pregnancy to prepare for breastfeeding by increasing the levels of the hormones estrogen and progesterone.
- Fatigue** This is often a common symptom throughout pregnancy and is due to the body working harder to support the fetus. The heart is pumping faster than normal giving nutrients to the growing fetus; increased levels of progesterone are also the culprit for sleepiness. Another cause common particularly in teen pregnancy is the high levels of stress associated with the pregnancy.
- Spotting and Cramping** Some woman may also see spots of blood in their panties in the early stages of pregnancy. This is from the implantation of the egg on the uterine lining that occurs ten to fourteen days after conception. Cramping can also occur due to the expansion of the uterus to make room for the growing fetus.
- Morning Sickness** Despite the name, nausea and/or vomiting associated with pregnancy can occur at any time of the day and can even be brought on by certain scents or other triggers; a drastic rise in estrogen is the culprit of these nauseated feelings and is experienced most often from weeks two through eight.
- Frequent Urination** Throughout pregnancy women will feel the urge to urinate much more often than normal. This occurs in the first trimester due to the growing uterus putting pressure on the bladder.

Some women may experience other signs of early pregnancy, and some may experience virtually none; every pregnancy is different. Most often symptoms will not occur until about two weeks after the missed period. If pregnancy is suspected there are many at-home tests available that can detect pregnancy as early as five days before the missed period.

### About the Author

Abhishek has seen many childbirths in his huge family! Visit his website <http://www.Childbirth-Guru.com> and download his FREE Childbirth Report. If you are an expecting mother you can get some very valuable information about Pregnancy and Childbirth. But hurry, only limited Free copies available!

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