

Download Healthy Pregnancy Over 35

If you're over 35, are you automatically a "high risk" pregnancy? Many doctors I spoke with for this article were quick to discount the belief that age 35 draws a line between a healthy ...Weight gain during pregnancy helps your baby grow. Gaining weight at a steady rate within recommended boundaries can also lower your chances of having hemorrhoids, varicose veins, stretch marks, backache, fatigue, indigestion, and shortness of breath during pregnancy. Advanced maternal age. Pregnancy risks are higher for mothers older than age 35. Lifestyle choices. Smoking cigarettes, drinking alcohol and using illegal drugs can put a pregnancy at risk. Eating a nutritious diet during pregnancy is linked to good fetal brain development, a healthy birth weight, and it reduces the risk of many birth defects., Healthy Pregnancy Over 35.

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