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Review on high risk in pregnancy

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Abstract

A high-risk pregnancy is one in which there are more health hazards to the expectant mother, the developing fetus, or both. Pregnancy can be high risk if you have certain health issues and are over 35 or under 17 when you become pregnant. Close observation is necessary during these pregnancies to lower the risk of problems. Pregnancy is risky in every case. A pregnancy is considered "high-risk" if there are greater health concerns for the expectant mother, the developing fetus, or both. Individuals who are expecting a high-risk child may require more attention before, during, and after birth. This lessens the likelihood of difficulties. That being said, a high-risk pregnancy does not guarantee difficulties for either you or the fetus. Despite having unique healthcare demands, many people go through healthy pregnancies and have typical labour and delivery.

Keywords: Hypertension, preeclampsia, gestational diabetes, preterm labor, placenta previa

Introduction

When a woman is considered to be "high-risk" throughout her pregnancy, it indicates that she or her unborn child are more likely to experience health issues or an early or premature birth. Pregnancy may be deemed high risk for a woman if she is 17 years of age or younger. is 35 years of age or older

A high-risk pregnancy is one in which there is an increased likelihood of complications for both the mother and the foetus. These risks could result from pregnancy-related variables or from previous medical disorders in the mother, like diabetes, lupus, or cancer.

Pregnancy is risky in every case. A pregnancy is considered "high-risk" if there are greater health concerns for the expectant mother, the developing foetus, or both. Individuals who are expecting a high-risk child may require more attention before, during, and after the birth. This lessens the likelihood of difficulties.

That being said, a high-risk pregnancy does not guarantee difficulties for either you or the foetus. Despite having unique healthcare demands, many people have healthy pregnancies and have typical labour and delivery. Pregnancy risk and problems during pregnancy and childbirth are increased by maternal and medical hazards. Here, we provide the current rate of high-risk pregnancies among Indian women, as determined by a number of variables including maternal, lifestyle, medical, and current health risk factors, as well as unfavourable delivery outcomes. That being said, a high-risk pregnancy does not guarantee difficulties for either you or the foetus. Despite having unique healthcare demands, many people go through healthy pregnancies and have typical labour and delivery.

Signs and symptoms

There are common signs and symptoms of a high-risk pregnancy that could indicate an underlying health condition or potential pregnancy complications, which may include:

- Abdominal pain (ongoing)
- Chest pain
- Decreased or no fetus movement
- Extreme fatigue
- Fainting or lightheaded
- Heart palpitations
- Nausea and vomiting
- Trouble breathing

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- Severe headache
- Swelling, redness, pain in limbs
- Vaginal bleeding and discharge

Diagnosis

It is imperative to receive comprehensive and early prenatal care. It is the most effective method for identifying and treating high-risk pregnancies. Make sure your healthcare professional is aware of all your medical history, including any prior pregnancies. In the event that your pregnancy is high-risk, you can require close observation all along the way.

Testing for genetic disorders or specific congenital diseases (birth defects) using blood and urine.

Ultrasonography is a diagnostic tool for congenital disorders that creates images of the foetus using sound waves.

Monitoring techniques used to make sure the fetus is getting enough oxygen include a non-stress test that measures the heart rate and a biophysical profile that uses ultrasonography to track the fetus breathing, movements, and amniotic fluid.

Management and treatment

Management for a high-risk pregnancy will depend on your specific risk factors. Your care plan may include:

- Closer follow-up with your obstetrician.
- Consultation with a maternal fetus medicine (high-risk pregnancy) specialist.
- Consultation with other medical specialists
- More ultrasounds and closer fetus evaluation.
- Home blood pressure monitoring.
- Careful monitoring of medications used to manage pre-existing conditions.
- If your health or the health of the fetus is in danger, your healthcare provider may recommend labour induction or a C-section.

Prevention

You can reduce your risk of pregnancy complications by:

- Avoiding drugs and alcohol.
- Identifying potential health risks before getting pregnant. Tell your doctor about your familial and personal medical history
- Maintaining a healthy body weight before pregnancy.
- Managing any pre-existing health conditions, you may have.
- Making sure any long-term medications are safe to take during pregnancy.
- Quitting smoking.
- Planning pregnancies between the ages of 18 and 34.
- Practicing safe sex.

Conflict of Interest

Not available

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