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BODY CHANGES WHEN PREGNANT

➤ **Backache**

➤ **Breasts: Swelling, tenderness**

➤ **Constipation**

➤ **Contractions**

➤ **Cramps**

➤ **Dizziness**

➤ **Faintness**

➤ **Gum problems: Swelling and bleeding**

➤ **Headaches**

➤ **Heart pounding**

➤ **Heartburn, gas, burping**

➤ **Hemorrhoids**

➤ **Irritability**

➤ **Muscle spasm, cramps; leg Cramps**

➤ **Nausea and vomiting**

➤ **Nosebleeds**

➤ **Pelvic pressure and pain**

➤ **Salivating, too much or dry mouth**

➤ **Shortness of breath**

➤ **Skin changes: rash, bloating; feet,**

➤ **hands, legs**

➤ **Tiredness**

➤ **Vaginal discharge**

➤ **Varicose veins**

➤ **Decreased sex drive**

**THESE SYMPTOMS ARE VERY NORMAL AND COMMON DUE TO THE
HORMONES PRODUCED DURING YOUR PREGNANCY.**

PLEASE LET US KNOW IF ANY OF THESE PROBLEMS ARE PERSISTANT OR SEVERE.