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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

## **Crohns And Pregnancy**

**By Sharon Dobson**

Pregnancy is a trying time for all women. The added stress, the complicated health issues and the additional weight can be overwhelming for many. But when you add in severe health problems like Crohn's disease, the stress levels can reach unhealthy levels. So, what effects does Crohn's disease have on pregnancy and what does this mean for the health of the baby?

Studies have shown that most women or couples who have an active case of Crohn's (they regularly get flare-ups) may have trouble even conceiving. A common drug used to treat Crohn's called sulfasalazine may render men temporarily infertile. There are less common medications available for men who are looking to conceive so consult your doctor to get switched to a treatment that won't damage your sperm count.

Most women who have Crohn's are able to carry their baby to a full-term pregnancy and have a healthy boy or girl, but there are some direct links between Crohn's disease and problems which could potentially crop up. Since Crohn's is responsible for causing ulcers and abscesses in the body, women who may have these in the birth canal or in the vagina may need to have a caesarean section birth. Crohn's has been linked to a higher rate of miscarriage, stillbirth or premature birth at a rate of two to three times. There are also links between a worsening of symptoms directly after becoming pregnant and during the first trimester. Some women also experience a severe flare-up immediately after giving birth. The one thing to keep in mind is that every case of Crohn's is different and every pregnancy is different, as well. There is no link at this time that says if you have severe Crohn's related symptoms during one pregnancy that you'll have them during your next one, too.

One of the most important aspects to having a healthy baby is eating a proper diet. As everyone knows, a woman's diet changes dramatically during pregnancy, but diet can be a main trigger to Crohn's flare-ups. So how to rectify the two? The best thing to do is to consult your doctors and remember, if you are treating your Crohn's with sulfasalazine, take folic acid to help prevent birth defects. Most likely, your doctor and obstetrician will recommend a few special foods and an increased vitamin and mineral supplement plan.

## Crohns And Pregnancy

There is a debated genetic link associated with Crohn's. Some studies have shown no real link, while others have shown that if someone in your family has Crohn's, there is a 10 times greater chance of developing it, and if that person is a brother or a sister, the risk jumps to 30 times. Targeting the actual genes that cause it has been extremely challenging since it appears that more than one gene affects Crohn's disease. The main consensus on this controversial area is that there may be some genetic link, but it's all about the environmental risk factors associated with it. Don't smoke, try to eat right and keep the stress down and you don't have to worry about passing Crohn's disease onto your newborn baby.

Sharon Dobson has an interest in Crohn's Disease. For further information on Crohn's Disease please visit

<http://www.natural-crohns-disease-relief.com/crohnsdisease.html>

or

<http://www.natural-crohns-disease-relief.com/blog/2006/10/03/crohns-and-pregnancy/>

### **Pregnancy Guide Selection Tips**

**By Mandy Robinson**

>From the moment you find out that you are pregnant, expecting mothers immediately begin to worry about planning for a successful pregnancy and in addition for their bundles of joy. Planning is perhaps the most important thing you can do during your pregnancy, so finding a quality guide is of the utmost importance to helping you organize for success. You may be issued with some kind of brochures from your doctor at your first medical check-up where your pregnancy is officially confirmed, or you may be given something by friends who have already had babies. Read through the guide you are given, and see if it matches your ideal pregnancy in your mind.

#### 1. Pregnancy Guides In A Nutshell

– Pregnancy follows a set pattern of development – What to expect with your body during each of the three trimesters – Hints on how to prepare for the actual birth of the baby – Diet advice – Exercise advice

#### 2. Generic Pregnancy Guides

For many women, a generic pregnancy guide is sufficient to give them the information they require. Of course, depending on your personality you may want to explore other books to see if they are better suited to you. For example, do you want a pregnancy guide that not only informs but also encourages you to use the book as a record of your pregnancy by having space for you to write in your weight at the various stages?

### 3. Teen Pregnancy

If you are a teen mother– to– be, or this is not your first child, then you may prefer a pregnancy guide that speaks to you and offers more specific advice. It could be that you prefer to know all the symptoms of the various complications of pregnancy so that you are prepared, or perhaps you prefer a book that doesn't give you nightmares.

### 4. Diabetes Also, Other Conditions

For those with diabetes or other specific conditions, there are pregnancy guides that will apply specifically to you and can help you to plan on adjusting your dietary intake for your condition.

For more great pregnancy related articles and resources check out

<http://fab-pregnancy.info>



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