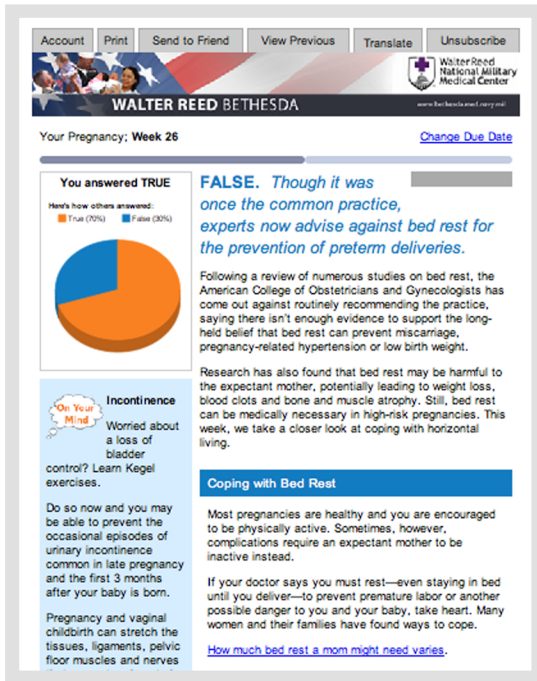


Expectant and New Parents

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WALTER REED BETHESDA

Your Pregnancy: **Week 26** [Change Due Date](#)

You answered TRUE

Here's how others answered:
■ True (70%) ■ False (30%)

FALSE. *Though it was once the common practice, experts now advise against bed rest for the prevention of preterm deliveries.*

Following a review of numerous studies on bed rest, the American College of Obstetricians and Gynecologists has come out against routinely recommending the practice, saying there isn't enough evidence to support the long-held belief that bed rest can prevent miscarriage, pregnancy-related hypertension or low birth weight.

Research has also found that bed rest may be harmful to the expectant mother, potentially leading to weight loss, blood clots and bone and muscle atrophy. Still, bed rest can be medically necessary in high-risk pregnancies. This week, we take a closer look at coping with horizontal living.

Coping with Bed Rest

Most pregnancies are healthy and you are encouraged to be physically active. Sometimes, however, complications require an expectant mother to be inactive instead.

If your doctor says you must rest—even staying in bed until you deliver—to prevent premature labor or another possible danger to you and your baby, take heart. Many women and their families have found ways to cope.

[How much bed rest a mom might need varies.](#)

Incontinence

On Your Mind
 Worried about a loss of bladder control? Learn Kegel exercises.

Do so now and you may be able to prevent the occasional episodes of urinary incontinence common in late pregnancy and the first 3 months after your baby is born.

Pregnancy and vaginal childbirth can stretch the tissues, ligaments, pelvic floor muscles and nerves

- ▶ Weekly support, tips, and advice from us
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- ▶ Great resources to support you
- ▶ Your baby's developmental milestones, week by week



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