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### **YOUR GUIDE TO Healthy Pregnancy - Cleveland Clinic**

10th To 12th Week Of Pregnancy. Lab Tests Many Lab Tests Are Ordered In Your First Trimester, Including: • Complete Blood Count (CBC) Screens For Blood Problems, Such As Anemia (low Iron). • Hepatitis C. • RPR Screens For Syphilis (a Sexually Transmitted Disease). Jan 17th, 2024

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Regular Appointments With Your Health Care Provider Throughout Your Pregnancy Are Important To Ensure The Health Of  
You And Your Baby. In Addition To Medical Care, Prenatal Care Includes Education On Pregnancy And Childbirth, Plus  
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• Avoid Lifting Anything Heavier Than Your Newborn Until Your Postpartum Visit With Your Care Provider. Call Your Doctor If  
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A Fever Of 100.4 F Or Greater • Flu-like Symptoms (chills, Body Ache, Fatigue Or Headache) May 15th, 2024

### **A Guide For Your Pregnancy - NorthShore**

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Pregnancy Is A Time Of Many Changes, Which Can Be Both Exciting And Intimidating. As Your Care Team, We Want To Help  
You Know What To Expect So You'll Feel Comfortable And Informed. Below Is A Brief Outline Of What To Anticipate Jun 5th,  
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An AHS Childbirth Educator Joins The Group Of Parents Discussing The Topics Of Pregnancy, Nutrition, Labour And Birth,  
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