

# 妊娠期间胎儿和孕妇身体的变化

## Changes to Your Baby and Your Body During Pregnancy

### 1st Trimester: Conception to Week 16

#### Your Baby

Your baby's traits and sex are set when the sperm meets the egg. During this time:

- The brain, nerves, heart, lungs and bones are forming.
- The heart starts beating between weeks 9 to 12. The heartbeat is 120 to 160 beats per minute.
- Your baby is very sensitive to drugs and alcohol at this time.
- Ears, arms, hands, fingers, legs, feet and toes are formed by the 3rd month.
- The umbilical cord is visible.
- Reflex movements allow your baby's elbows to bend, legs to kick and fingers to form a fist.
- Your baby will be about 2 ¼ inches long and weigh about ¼ pound by week 16.

#### Your Body

During the first three months your monthly menstrual periods have stopped and your body is making hormones. Your Hormone changes effect almost every organ in your body. It is common to:

- Have nausea, called morning sickness, because it is more common in the morning, but it can happen at any time of the day.
- Gain weight of 1 to 2 pounds by week 8 and 2 to 3 more pounds by week 16.

### 前三个月：受孕至第16周 胎儿

精子与卵子相遇时，宝宝的特征和性别即已确定。在这段时期内：

- 大脑、神经、心脏、肺脏和骨骼形成。
- 第9至12周期间，开始有胎心跳动。胎心为每分钟120至160次。
- 胎儿对药物和酒精非常敏感。
- 到第3个月，耳朵、手臂、腿、脚和脚趾已形成。
- 脐带可见。
- 在反射作用下，胎儿会作曲肘、踢腿和握拳动作。
- 到第16周，胎儿大约有2¼吋长，体重大约¼磅。

### 孕妇的身体

在妊娠的前三个月，孕妇的月经已经停止，身体开始产生荷尔蒙。激素变化会影响体内的几乎每个器官。以下为常见现象：

- 恶心，多见于早晨，称为晨吐，但一天的任何时刻均可能发生。
- 到第8周，体重增加1至2磅，到第16周，体重再增加2至3磅。

- Have tender and larger breasts. Your waist size may also increase.
- Urinate more often.
- Be more tired and have less energy.
- Feel more emotional, have mood swings and cry easily.
- Have trouble with gas or constipation until the end of your pregnancy.
- Sweat more.
- Have sore and bleeding gums, nosebleeds and stuffiness. Visit your dentist if you have any concerns.
- Have stomach cramps after exercise or sexual activity.
- 乳房触痛，并变大。此外，腰围也可能增加。
- 排尿次数增加。
- 更容易疲倦，体力下降。
- 更为情绪化，情绪波动不定，容易哭泣。
- 在妊娠结束之前，有胀气或便秘问题。
- 出汗增加。
- 牙龈疼痛出血、流鼻血、鼻塞。如有任何顾虑感和请去看牙医。
- 运动或性行为后出现胃痉挛。

到第三个月末，可能饥饿，体力增强。

By the end of this trimester, you may feel more hunger and have more energy.

## 2nd Trimester: Week 16 to 28

### Your Baby

- Eyebrows, eyelashes and hair begin to grow on the head and a soft hair, called lanugo, on the body.
- Your baby will grow more muscle tissue and bone, forming the skeleton.
- The skin is wrinkled and red and is filling out with fat.
- The kidneys make urine.
- Your baby will begin to move a lot. Your baby can kick, cry, hiccup and respond to outside noises. There will be active and quiet times.
- The heartbeat is easy to hear by the doctor.
- The eyes are almost developed and the eyelids can open and close.

## 中三个月：第16至28周

### 胎儿

- 眉毛、睫毛和头发开始生长，身体上开始长出很软的毛发，称为胎毛。
- 宝宝会生长出更多的肌肉组织和骨骼，形成骨架。
- 皮肤呈褶皱状，为红色，等待填满脂肪。
- 肾已经开始产尿。
- 胎动增加。胎儿会踢、哭、打嗝，并对外界的噪音作出反应。有时活跃，有时安静。
- 医生很容易听到胎心。
- 眼睛几乎发育完全，眼皮可以开合。

- Your baby starts a growth spurt in length and weight. Your baby will be about:
  - 10 inches long and weigh  $\frac{3}{4}$  pound by week 20
  - 12 inches long and weigh  $1\frac{1}{2}$  pounds by week 24
  - 15 inches long and weigh  $2\frac{1}{2}$  pounds by week 28
- 胎儿的身长和体重开始迅速增加。胎儿的身长体重大致如下：
  - 第20周：身长10吋，体重 $\frac{3}{4}$ 磅
  - 第24周：身长12吋，体重 $1\frac{1}{2}$ 磅
  - 第28周：身长15吋，体重 $2\frac{1}{2}$ 磅

## Your Body

- Your pregnancy is beginning to show. You may gain  $\frac{3}{4}$  to 1 pound a week or 3 to 4 pounds per month.
- Your nipples and a line on your stomach may darken.
- You may develop stretch marks on your stomach, hips and breasts.
- Your abdomen, palms or bottoms of feet may feel itchy.
- Your breasts grow larger, softer and the veins start to show. Clear, white fluid, called colostrum, may leak from your breasts.
- Your joints and muscles get softer to prepare for delivery.
- You feel good most of the time and look healthy.
- You may be less tired and have more energy.
- You may have trouble thinking or concentrating.
- Your back may ache at times. Sleep on a firm mattress, wear low or flat-heeled shoes, and avoid lifting or picking up heavy objects.
- You feel hunger more often and you may feel cravings for some foods. You may have heartburn after eating heavy, greasy or spicy food.

## 孕妇的身体

- 从身体外形可以看出怀孕。每周体重可增加 $\frac{3}{4}$ 至1磅，每月增加3至4磅。
- 乳头颜色变深，腹部有一条线颜色变深。
- 腹部、臀部和胸部可能出现妊娠纹。
- 您的腹部、手掌或脚底可能感觉发痒。
- 乳房变大、变软，乳房上的静脉开始显露。乳房可能流出清澈的白色液体，称为初乳。
- 关节和肌肉变软，为分娩作准备。
- 大多数时候心情很好，气色也很健康。
- 可能疲劳感减退，体力增加。
- 可能很难思考问题或集中注意力。
- 后背有时候会疼痛。要睡硬床垫，穿低跟或平跟鞋，避免提举重物。
- 容易饿，可能感到特别想吃某些食物。吃口味重、油腻或辣味食物后，可能有烧心的感觉。

- You may have an increased chance of getting a urinary tract infection. Drink 8 glasses of water each day.
- Your hair may feel thicker and oily.
- You may feel muscles of the uterus tighten and relax. These are called Braxton Hicks contractions and are preparing you for labor. **Call your doctor** if you have 4 or more contractions in 1 hour or if the contractions get stronger and closer together.
- Your sex drive may increase or decrease and change from week to week.
- You feel more involved with the baby growing inside of you. You may think about things that can go wrong with your baby. Most women do.
- 尿道感染的可能性增加。每天饮8杯水。
- 头发可能变厚、变油。
- 可能会感觉到子宫的肌肉收紧和放松，这称为“宫缩”（Braxton Hicks），是在为分娩作准备。如一小时内收缩达到4次或更多，或者宫缩的力度和频率同时增加，**要打电话给医生。**
- 性欲可能增强或减弱，每周都有变化。
- 感到自己与体内胎儿生长之间的关系更加紧密。可能会担心胎儿有缺陷。大多数母亲都会这么想。

### 3rd Trimester: Weeks 28 to 40

#### Your Baby

- The brain and nervous system are growing quickly. The heartbeat may be heard when another person places an ear on your abdomen. The lungs continue to mature.
- Sleeping and waking times are definite. Kicking and stretching movements are often felt.
- Your baby will be about:
  - 16 inches long and weigh 2½ to 3 pounds by week 32
  - 18 inches long and weigh 5½ pounds by week 36
  - 20 inches long and weigh 6½ to 7½ pounds by week 40
- Your baby's eyes are open.
- 大脑和神经系统迅速生长。耳朵贴在孕妇腹部即可听到胎心。肺脏继续发育成熟。
- 入睡和醒来的时间很有规律。经常能感觉到胎儿踢和伸展身体的动作。
- 胎儿的身长体重大致如下：
  - 第32周：身长16吋，体重2½至3磅
  - 第36周：身长18吋，体重5½磅
  - 第40周：身长20吋，体重6½至7½磅
- 胎儿的眼睛已睁开。

### 末三个月：第28至40周

#### 胎儿

- The skin is smooth because fat begins to fill out the wrinkles.
- Your baby is active with patterns of sleep and wakefulness.
- The baby may settle into a head down position. The baby may seem quieter because there is less space to move.

## Your Body

- You gain weight faster the last month.
- You may notice kicking against your ribs. Your stomach can be seen moving as your baby moves.
- You may feel awkward and tire more easily. Light-headedness can occur when you get up.
- Your feet, hands and ankles may swell. You may have back and leg pains.
- Your breasts may leak milk.
- You may have trouble sitting or lying down for long periods of time.
- It is hard to sleep and get comfortable.
- You may feel short of breath when the baby pushes against your lungs.
- You may need to urinate more often, as the baby's head crowds your bladder. You may leak urine.
- You may have hemorrhoids and heartburn.
- You may sweat and begin to tire more easily.
- You may be tired of being pregnant and ready for delivery.

- 脂肪开始填满褶皱处，皮肤光滑。
- 胎儿的睡眠和醒来很有规律。
- 胎儿可能已经进入头向下的体位，由于活动空间减小，可能感觉安静一些。

## 孕妇的身体

- 体重增加比上月快。
- 可能注意到胎儿踢自己的肋骨。胎动时，可见到腹部的起伏。
- 可能感觉不适，容易疲劳。起身时可能感觉头晕。
- 脚、手和踝可能会肿。背和腿可能会痛。
- 乳房可能漏奶。
- 可能很难长时间坐卧。
- 难以入睡，很难找到舒服的感觉。
- 胎儿挤压孕妇的肺脏时，孕妇可能感到气短。
- 胎儿的头挤压孕妇的膀胱，孕妇排尿次数可能增加。孕妇可能会漏尿。
- 可能会有痔疮，有烧心的感觉。
- 可能出汗，开始更容易疲倦。
- 可能对妊娠感到厌倦，希望早些分娩。

- Your uterus lowers as the baby drops toward the birth canal. This is called lightening. You may feel pressure low in your pelvis as the baby settles into position for birth.
- The Braxton Hicks contractions are more frequent. **Call your doctor** if you have 4 or more contractions in one hour or if the contractions get stronger and closer together.
- 胎儿向下运动进入产道，子宫位置降低，这称为分娩前腹轻感。随着胎儿进入娩出位置，可能感到骨盆下方有压力。
- 宫缩（Braxton Hicks）更为频繁。一小时内宫缩达到或超过4次时，或者宫缩的力度和频率同时增加，**打电话给医生**。

**Talk to your doctor or nurse if you have any questions or concerns.**

**如有任何疑问或担心，请向医生或护士提出。**