

Study Guide Answer Key

Learning Activities

1. a, c, h, g, e, d, b, f
2. g, a, c, f, d, b, e
3. b, h, c, e, a, l, g, i, d, j, k, f
4. c, b, d, a
5. a. Human chorionic gonadotropin (hCG)
6. a. b. urine, blood
6. a. i. 7.5 cm x 5 cm x 2.5 cm to a size large enough to house the fetus, placenta, and amniotic fluid
ii. 60 g to 1000 g
iii. 10 mL to 5000 mL
- b. Bluish discoloration, softening; secretion of mucus to form a mucus plug
- c. Do not produce ova; corpus luteum persists and secretes hormones to maintain the pregnancy until the placenta takes over
- d. Blood supply increases; mucosa thickens; rugae become prominent; connective tissue softens; vaginal pH becomes more acidic; secretions have higher amounts of glycogen
7. a. Change to prepare for breastfeeding; darkening of the areolae; secretions of Montgomery's tubercles
- b. Respirations deepen to increase oxygen and carbon dioxide exchange; oxygen intake increases about 15%; upward pressure against the diaphragm (about 4 cm, or 1.6 inches); flaring of the rib cage, increasing chest circumference about 6 cm (2.4 inches); nasal stuffiness, nosebleeds, and a deeper voice
- c. Blood volume increases to about 45% greater than before pregnancy; pseudoc anemia; increased cardiac output; higher pulse rate; prone to supine hypotension and orthostatic hypotension; palpitations
- d. Increased salivary secretions (ptyalism); bleeding of the mouth tissue; increased appetite and thirst; reduced gastric acidity; slowed stomach emptying and intestinal peristalsis; heartburn (pyrosis); tendency to gestational diabetes; pruritus due to increased retention of bile salts
- e. Increased glomerular filtration rate; tendency for glucosuria and proteinuria; water retention; increased ureter diameter and bladder capacity with risk for urinary stasis and urinary tract infection
- f. Skin pigment darkens; striae; increased sweat and sebaceous gland activity; spider nevi; palmar redness; backaches; waddling gait with softening of the joints
8. a. 25 to 35 pounds (11.5 to 16 kilograms)
- b. 28 to 40 pounds (12.5 to 18 kilograms)
- c. 11 to 25 pounds (5 to 11.5 kilograms)
- d. 11 to 20 pounds (5 to 9 kilograms)
9. 300
- 500
10. a. i. 60 g/day (68 g/day for the lactating woman)
ii. Meat, fish, poultry, dairy products, legumes; breads and cereals; seeds and nuts;
- b. i. 1,200 mg/day
ii. Dairy products, enriched cereals, legumes, nuts, dried fruits, broccoli, green leafy vegetables, canned salmon and sardines with bones; calcium supplements for women who do not drink milk or have adequate amounts from other foods
- c. i. 30 mg/day for women with adequate iron stores at beginning of pregnancy
ii. Supplements; red and organ meats, molasses, whole grains, iron-fortified cereals and breads, dark green leafy vegetables, dried fruits
- d. i. 400 mcg (0.4 mg)/day
ii. Liver, kidney and lima beans, peanuts, fresh dark-green leafy vegetables, lean beef, potatoes, whole-wheat bread, dried beans, supplements
11. a. Accept that a teenager's peer group is vitally important to her, that teens typ-

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JE Gale



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