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9 month pregnancy twins

PeopleImages / Getty Images It is clear that the main difference between a double pregnancy and a regular pregnancy is the presence of two fetuses. At the end of the twins' pregnancy, the mother gives birth to two children, rather than just one. The experience of twin pregnancies can also be very different for some women. In some cases, women who are pregnant with twins experience increased or increased symptoms of pregnancy, such as nausea, fatigue, or swelling (swelling). While it is not entirely accurate to say that these symptoms are doubled in twin pregnancies, elevated hormone levels worsen them for some women. The body of a woman pregnant with twins adapts to suit two children. This means that a woman pregnant with twins can be expected to grow larger and gain more weight than a woman pregnant with singleton. She will also require more calories and nutrients. In addition, a woman who is pregnant with twins is at greater risk for certain health complications such as premature birth, preeclampsia, gestational hypertension, and gestational diabetes. Because of these risks, women who have twins should consult with their health care provider. They may require closer medical attention, including more frequent visits to offices or other tests. They are encouraged to receive proper medical care, adhere to a healthy diet, take enough fluids and minimize any activity that threatens pregnancy. Researchers are still exploring specific ways that multiple pregnancies are different from one pregnancy. For example, a 2009 study conducted by the University of Edinburgh found that the biological process of preterm birth varied from singleton to multiple births. It is believed that further research to understand the differences will show the way to prevent premature births. Thank you for your feedback! What are your concerns? Verywell Family uses only high-quality resources, including peer-reviewed studies, to support the facts in our articles. Read our editorial process to learn more about how we review facts and keep our content accurate, reliable, and trustworthy. Soma-Pillay P, Nelson-Piercy C, Tolppanen H, Mebazaa A. Physiological changes in pregnancy. *Cardiovasc J Afr.* 2016;27(2):89-94. doi:10.5830/CVJA-2016-021 Lutsiv O, Hulman A, Woolcott C, et al. Examining interim guidelines for weight gain in twin pregnancies: a retrospective cohort study. *BMC Pregnancy Childbirth.* 2017;17(1):330. doi:10.1186/s12884-017-1530-2 Dudenhausen JW, Maier RF. Perinatal problems in multiple births. *Dtsch Arztebl Int.* 2010;107(38):663-668. doi:10.3238/arztebl.2010.0663 Norman JE, Mackenzie F, Owen P, et al. Progesterone for the prevention of premature births in twin pregnancies (STOPPIT): randomised, double-blind, placebo-controlled study and meta-analysis. *Lancet.* 2009;373(9680):2034–2040. Additional reading Norman, J., et al. Progesterone for the prevention of premature births in twin pregnancies. *Lancet*, Volume 373, Number 9680, 2034 - 2040. Employees. Twin pregnancy: What multiples mean to mom. *Mayo Clinic*. What's different about twin pregnancy? Here's what moms-to-be like Beyoncé can expect while carrying two bundles of joy. Amid all the headline-grabbing political news yesterday, Beyoncé stole everyone's attention by announcing she's pregnant-with twins! The singer posted a photo on Instagram of her bulge growing. We would like to share our love and happiness,' the artist wrote. We've been blessed twice. We are extremely grateful that our family will grow by two, and thank you for your wishes. Every mother knows that those nine months of waiting are full of excitement, mood swings, maybe a few cravings and some physical discomfort-and according to Barak Rosenn, M.D., director of obstetrics and maternal-fetal medicine at the Department of Obstetrics and Gynecology at Mount Sinai St. Luke and Mount Sinai West, most moms who find out they're carrying twins are maybe twice as excited. They are usually very excited, so I want to make sure they know the risks, too, says Dr. Rosenn. When you're ready, they're easier to use. What's it like to carry twins, as opposed to one child? Here are some things Beyoncé, and other expectant moms, can expect to be carrying two bundles of joy. According to the American Congress of Obstetricians and Gynecologists (ACOG), it's usually recommended to consume 300 calories per day per child, above the typical calorie intake—so that means about an extra 600 calories for twins. This should equate to an extra 10 to 15 pounds of weight for twin moms of normal BMI, on top of the standard 25 to 35 pounds for an expectant mom of one (roughly 35 to 45 pounds). According to Michael Cackovic, M.D., a mother-of-two medicine physician at Ohio State University Wexner Medical Center, mom-to-be of the two should focus on eating healthy and feeling satisfied in the first place because 600 calories a day feels like more than it is. He also recommends an additional 1 milligram of folic acid for a pre-baby diet. I just had a mother of twins ask if she needs to double her prenatal vitamins, and the answer is no, says Dr. Cakovic. Just extra folic acid, otherwise it should do a regular prenatal vitamin ritual. RELATED: How to eat when you're pregnant with twins, according to RD The biggest risk of a double pregnancy is premature labor, according to Dr. Rosenn, but mothers of twins are also at risk for other conditions. They have about twice the risk of preeclampsia, and a higher risk of gestational diabetes, says Dr. Rosenn. With twins, the pregnant mother should expect more visits to doctors and ultrasounds to monitor the progress of the fetus and the health of the mother. Mother of twins may see more severe symptoms of morning sickness with twins, and earlier in pregnancy Before we had an ultrasound, increased morning sickness was actually one of the first signs that a woman could expect twins, says Dr. Cakovic. According to ACOG, you may also experience more breast tenderness and faster weight gain with twins. Dr. Cakovic says doctors typically measure advancing pregnancies in weeks, and a mother carrying twins may appear the equivalent of six weeks further in her pregnancy at any given time than a mother carrying one. With that extra weight gain and extra load ahead, moms who are expecting twins can feel slower and heavier, and their center of gravity can be more dramatically off-kilter. In addition, Dr. Rosenn says that the volume of blood can increase by up to 70% during the pregnancy of twins. That is, your heart works harder; it almost feels like you're exercising, explains Dr. Rosenn. It's a greater physical burden in more than one direction... Very often, women feel that they can not work so much, and can shorten working hours around six or seven months. The doctor says that mom-to-be can be difficult to climb stairs, fall asleep, and do a number of other tasks, so she has to listen to her body about how much rest she feels justified. Most women do not carry twins to term in an attempt to prevent stillbirths, but the timing of childbirth has never been well established in medical literature. A 2016 meta-analysis looked at birth studies conducted over the past 10 years, including approximately 35,000 twin pregnancies, in an effort to find the best time period for giving birth to two babies with two placentas. Scientists have found that 37 weeks seems to be a sweet spot for twins with two placentas (the most common twin pregnancy); the risk of neonatal death (defined as death up to four weeks after birth) and stillbirth was approximately up to 37 weeks, which is when the risks of pregnancy begin to outweigh the benefits and the mother should consider childbirth. Indeed, Dr. Cakovic says twin moms usually deliver between 36 and 37 weeks if all is well. For pregnancies where twins shared one placenta, the magic number in the study was 36 weeks, but Dr. Cakovic says some doctors can deliver as early as 34 weeks. Overall, it is best for a pregnant woman to make a plan with her own ob/gyn; Delivery timing will vary from mom to mother, type of twin pregnancy, and how babies develop. Subscribe to the Healthy Living newsletter for more useful health reports Even if you might think twins require c-sections, they don't, says Dr. Rosenn, who cites a major 2013 study published in the *New England Journal of Medicine*. Scientists have found that there is no significant difference in the results of planned vaginal deliveries and planned imperial deliveries. You can deliver vaginally if the first child comes with your head down, says Dr Rosenn. But it's best to find a team of doctors who know how to handle a second twin. If the mother of the twin prefers to try vaginal birth via caesarean section, Ask her doctors if they're okay with natural childbirth. So, congratulations to the Carters on the twins! Now all eyes will be on Bey carrying two boys, two girls, or one each. Let the riddles begin. Start.

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