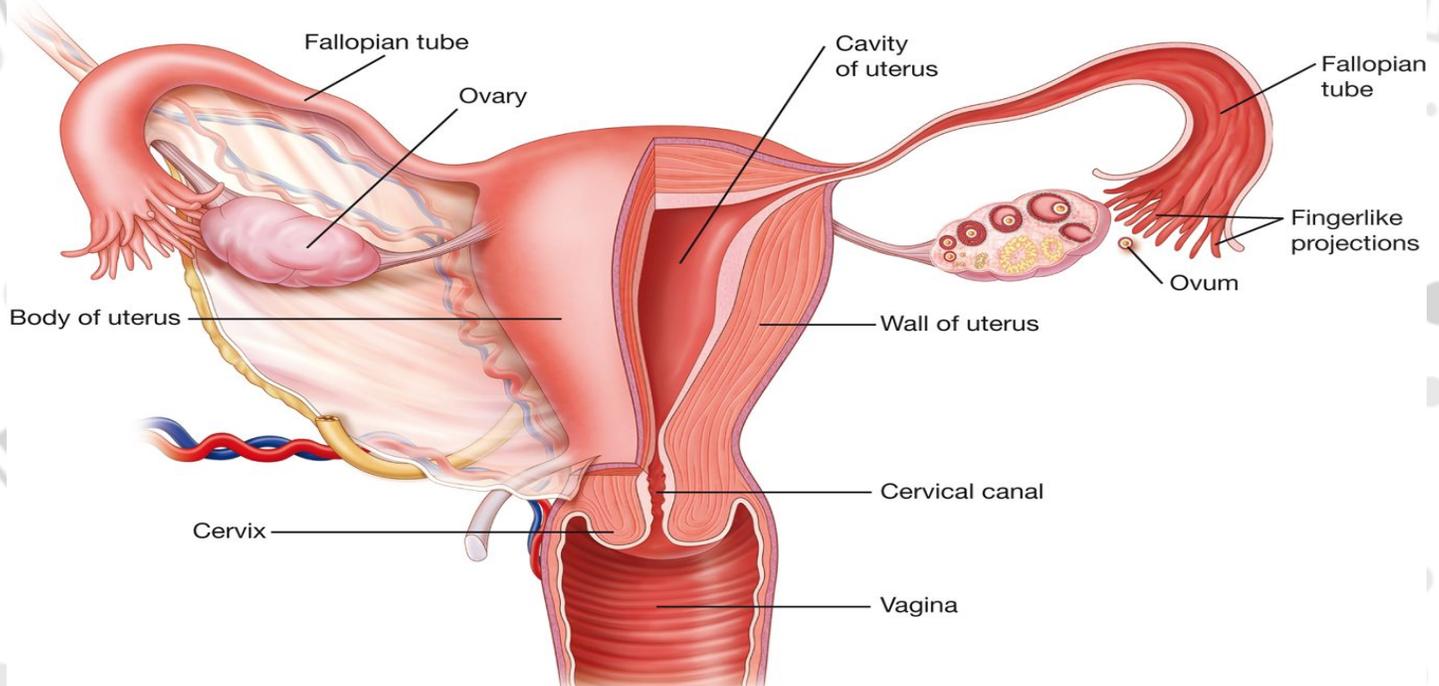


PLAYER TIPS

UNIT 5: PREGNANCY

Chapter 5 The Female's Role in Conception pg 115



1. Fallopian tubes are two hollow _____ that extend from the right and left sides of the uterus.
2. One end of each fallopian tube is connected to the _____.
3. The other end of each fallopian tube has fingerlike _____.
4. The _____ is the organ in which the baby develops and is protected until birth.
5. The _____ the lower, narrow portion of the uterus that connects the uterus to the vagina or birth canal.
6. Before her own birth, the female produces and stores ova(eggs) in her _____ which are her female reproductive glands.
7. Inside the ovary, the _____ is stored in a small sac called a follicle.
8. The release of the ovum from the ovary is called _____.
9. The projections from the fallopian tube help gather the _____ as it emerges from the ovary.
10. The ovum has a short lifespan of only _____ hours after ovulation.
11. Once inside the fallopian tube, the _____ moves very slowly down the tube.
12. Here the ovum is ready and available to be joined by a _____.

The Male's Role in Conception pg 115

13. A male does not produce _____ until the body is capable of reproduction.
14. The _____ are a male's reproductive gland.
15. _____ continues throughout a male's lifetime.
16. Semen contains over _____ million sperm.
17. The sperm leaves the male's _____ and enters the female's vagina during intercourse.
18. The sperm travels from the vagina to the _____ and through the uterus to reach the fallopian tubes.

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UNIT 5: PREGNANCY

Chapter 5 The Male's Role in Conception pg 115

19. The sperm's journey to the _____ lasts only minutes and many sperm do not survive.
20. Only 300 to _____ sperm reach the fallopian tube.
21. The _____ approach the ovum and try to break through its surface.
22. Only one sperm successfully enters or _____ the egg.
23. Once one sperm is accepted, no other sperm can enter the _____.
24. Conception usually occurs when the ovum is less than _____ - _____ of the way down the fallopian tube.
25. Conception has occurred and the _____ is formed when one sperm has entered ovum.

Stage of Prenatal Development pg 116

26. Period of Gestation lasts _____ months and are the changes that happen between _____ conception and birth.
27. A _____ is a period of 3 months. Pregnancy has 3 trimesters.
28. Prenatal Development is divided into _____ stages:
 - A) _____ Stage is the first 2 weeks after conception.
 - B) Embryonic Stage lasts _____ weeks
 - C) Fetal Stage is from 9 weeks after conception until _____ of the baby.

Germinal Stage pg 116

29. _____ marks the beginning of the first stage of prenatal development.
30. This stage covers the first _____ weeks of the pregnancy.
31. Once conception occurs, the fertilized egg or _____ remains a single cell for about 30 hours before it starts to divide.
32. On the third day, the zygote forms a solid ball of cells, which is called a _____.
33. By the fourth day, a fluid-filled cavity forms within the ball of cells, which is now called a _____.
34. The _____ enters the uterus where cells continue to divide for about 3 more days.
35. During this time, the blastocyst floats freely in the _____.
36. Then the blastocyst begins to embed or attach to the wall of the uterus where the cells continue to divide for several more days until _____ is complete.
37. After _____, the blastocyst will remain in the uterus until delivery.

Embryonic Stage pg 117

38. Second stage of prenatal development is the embryonic stage which lasts _____ weeks.
39. During this stage the baby is called an _____.
40. As the _____ develops against the wall of the uterus it will nourish the baby, remove the baby's wastes and exchange gases between mother and baby and provide baby with needed hormones.
41. The umbilical cord grows out from the baby at the site of the future _____ and connects _____
With the placenta.

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UNIT 5: PREGNANCY

Embryonic Stage pg 117

42. Experts say the Embryonic stage is the most _____ stage of prenatal development because almost all of the baby's body systems develop during this time.
43. Because the baby's body parts are developing so quickly, passing harmful substances to the child can affect them for _____.
44. The mother's _____ habits are very important during this stage.

Fetal Stage pg 118

45. The fetal stage of prenatal development begins _____ weeks after conception.
46. From this point until birth, a baby is medically known as a _____.
47. During the fetal stage, all parts of the unborn baby's body mature and overall _____ increases.
48. By the fourth month, the fetus has usually grown enough to give the mother's growing abdomen a _____ look.
49. The doctor can hear the heartbeat around 16 weeks through a _____.
50. _____ is when the mom can feel the baby's movements around 18-20 weeks for first baby or 15-17 for second baby.
51. The age of _____ is 23 weeks and is when a baby can survive if born early.

Genetic Factors pg 124

52. Genetic factors are a person's _____ traits passed to them through the parents' genes at conception.
53. Genome is the genetic _____ that guides growth and development.
54. Epigenome is what turns _____ on or off, impacting their function.

Heredity and Genetics pg 124

55. _____ is the center of each cell that contains genetic material.
56. The _____ code are the instructions to develop a human being and are stored in the DNA.
57. Chromosomes are chemical compounds that carry _____.
58. There are _____ chromosome from each parent for a total of 46 chromosomes.
59. Dominant traits are always _____ if inherited like blood type A is dominant and blood type O is recessive.
60. _____ traits are not typically expressed unless both genes for the trait are inherited.
61. A person who inherits only one recessive gene for a trait becomes a _____ of that trait.
62. _____ chromosomes determine a person's gender.
63. Females have the _____ chromosome pair.
64. Males have the _____ chromosome pair.
65. Sex-linked traits determine traits depending on the unmatched _____ leg of the male's X chromosome.

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UNIT 5: PREGNANCY

Genetic and Chromosomal Disorders pg 127

66. Genetic disorder is a _____ caused by one or more abnormalities in the genome like in Huntington's disease.
67. Some defects are due to _____ and some inherited from parents.
68. Chromosomal disorders are _____ in the chromosomes.
69. Down syndrome is caused by changes in the _____ chromosomes or by the structural abnormality such as deletion or duplication of part of a chromosome.

Environmental Factors pg 128

70. The prenatal environment is the mother's _____.
71. Any substance _____ by the mother also reaches the developing baby.
72. Food, beverages, drugs and environmental _____ such as lead, pesticides and herbicides can negatively impact the developing fetus.
73. Environmental factors include:
- A) parents' ages with the ideal time for woman being ages _____ to 28 years.
 - B) mother's physical health which includes getting enough _____ and exercise.
 - C) mother's emotional health which include positive thoughts & _____.

Mother's Physical Health pg 130

74. Illnesses and diseases—including diabetes, pregnancy-induced hypertension (PIH), Rh factor, _____ transmitted infections, and rubella.
75. Drugs and alcohol including _____, alcohol, medications, and illegal drugs
76. Pregnancy-induced hypertension is high blood pressure caused by pregnancy which is also called _____ or toxemia.
77. Rubella, formerly called German Measles, is a virus that can cross the _____ and affect the baby during the first 3 months of pregnancy.
78. Diabetes is a disorder caused by the body's inability to use _____ properly.
79. Gestational Diabetes appears in _____% of women. Women then have a 35 to 60% chance to get diabetes later in life.
80. Pregnant women should avoid _____ exposure during pregnancy by not having X-rays.
81. Fetal Alcohol Spectrum Disorders (FASDs) is a group of symptoms that occurs in babies whose mothers _____ during pregnancy.

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UNIT 5: PREGNANCY

Alcohol and Drugs pg 133

82. Fetal Alcohol Syndrome (FAS) is at the _____ end of the spectrum. These babies have abnormal facial features, brain disorders and growth problems with problems learning.
83. Alcohol-Related Birth Defects (ARBD) are when the baby has problems with one or more of the following: heart, kidneys, _____ or hearing.
84. Alcohol-Related Neurodevelopmental Disorder or ARND is when babies may have learning and _____ problems like poor judgment and impulse control near school-age.
84. A growing number of babies are born to mothers using cocaine, crack, _____, ecstasy marijuana and other hallucinogens.
85. Effects of drugs on babies includes early birth or _____ before birth, withdrawal symptoms, damage to brain or eyes.

Health Habits Prior to Pregnancy pg 136

86. There are 7 healthy habits a woman should do _____ to pregnancy.
- A) _____ medical exams B) _____ activity C) _____ food choices
- D) a healthy _____ E) minimal _____ F) plenty of _____
- G) avoiding high-risk behaviors such as smoking, _____, or abusing drugs

Presumptive Signs of Pregnancy pg 139

87. Presumptive signs of pregnancy can be signs of pregnancy or a _____ condition.
88. There are _____ presumptive signs of pregnancy.
89. Amenorrhea or menstruation stopping if the woman is usually regular in her menstrual cycle, with a delay or _____ or more days is a sign.
90. _____ is present in about $\frac{1}{2}$ to $\frac{2}{3}$ of all pregnancies.
91. Because nausea often occurs in the morning hours, it is called _____ sickness.
92. _____ may happen at any time of the day
93. Nausea occurring at the same time daily from weeks 4 to _____ is a sign.
94. Many women feel extremely _____ during the first few months of pregnancy
95. Frequency of _____ due to the growing uterus which puts pressure on the bladder.
96. _____ may also cause more frequent urination.
96. Swelling and _____ of the breasts is often the first sign women notice.
97. Skin discoloration or _____ marks may be seen as the breasts and abdomen enlarge.

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UNIT 5: PREGNANCY

Presumptive and Positive Signs of Pregnancy pg 139

98. Darkening of skin may occur on the _____ and nipples.
99. Doctors often note softening of the _____ which is called Goodell's sign.
100. There may also be a softening of the lower part of the _____ which is called Hegar's sign.
101. A bluish tinge to the vagina and cervix due to circulatory congestion is called _____ sign.
102. When the _____ is also enlarged with irregular areas of firmness and softness is called Piskacek's sign.
103. Other signs of pregnancy include backache, groin pains, _____, abdominal swelling, leg cramps, varicose veins and indigestion.
104. There are _____ positive signs of pregnancy a woman can experience.
105. _____ or Human Chorionic Gonadotrophin is a hormone found in the blood and urine of pregnant women.
106. Lab tests done at home or in the doctor's office can detect the hormone's presence toward the end of the _____ week of pregnancy.
107. Over-the-counter home pregnancy tests provide _____ and fast results but may yield inaccurate results due to testing too early (before a missed period) or not following directions exactly.
108. When HCG tests are done by doctors, the _____ can be detected sooner, more accurately, and can result in other findings, such as the week of the pregnancy and possible multiple children.
109. The baby's _____ can be heard through a special device at 12 weeks and through a stethoscope at 16 weeks.
110. Spontaneous _____ of the baby begins at 11 weeks, but is not felt until 16 to 18 weeks.
111. The baby's _____ may be seen with ultrasound scanning.
116. The baby's _____ may be felt through the abdominal wall.
117. A doctor may note uterine contractions which are _____.

Health Habits During Pregnancy pg 138

118. There are _____ health habits pregnant women should do during pregnancy.
- A) Medical care B) Nutrition C) _____ gain
- D) Physical activity and exercise E) _____ practices F) _____ and sleep

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UNIT 5: PREGNANCY

Types of Nutrients pg 138

119. There are 6 _____ a pregnant woman should make sure she gets every day.
- A) _____ supply energy to the body consistently and on short notice.
 - B) _____ build and maintain the body's cells and tissues
 - C) _____ supply energy to the body when food is unavailable and cushion internal organs.
 - D) _____ help regulate various body processes.
 - E) _____ help promote normal growth.
 - F) _____ helps regulate body temperature.

Medical Care During Pregnancy

120. A doctor who specializes in pregnancy and birth is called an _____.
121. Initial and follow-up appointments with your _____ are needed.
122. Prenatal testing including A) _____ tests
- B) _____ is a test where sound waves bounce off fetus
 - C) chorionic villus sampling (CVS) used ___to 12 weeks of pregnancy to detect problems
 - D) Amniocentesis is when a medical specialist inserts a _____ through the abdominal wall into uterus.

Weight Gain During Pregnancy pg 145

123. _____ women should gain 28 to 40 pounds during pregnancy.
124. Healthy-weight women should gain 25 to _____ pounds during pregnancy.
125. Overweight women should gain _____ to 25 pounds during pregnancy.
126. Obese women should gain only 11 to _____ pounds during pregnancy.

Chapter 6 Medical Concerns of Pregnancy pg 153

127. _____ is the inability to conceive after trying for one year.
128. _____ is being permanently unable to conceive.
129. Infertility and sterility can be caused by reproductive diseases or problems; other diseases; exposure to drugs, chemicals, or _____; and lifestyle factors, such as smoking and weight.
130. Fertility counseling is medical evaluation to determine the reasons for _____ problems and explore available treatment options
131. Assisted reproductive technologies (ARTs) are methods to help couples _____ and/or bear a child.

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UNIT 5: PREGNANCY

Chapter 6 Treating Infertility pg 153

132. Assisted Reproductive Technologies include 6 methods.

- A) _____ insemination B) _____ therapy C) Microsurgery
D) In vitro fertilization (IVF) E) Gamete intrafallopian transfer (GIFT)
F) _____ mother

6 Drawbacks of Fertility Treatments pg 154

133. Treatments may be _____ painful for couples.

134. Couples may feel their privacy is _____ during treatments.

135. The partner with a problem may feel _____ and defective.

136. Only about _____ percent conceive on the first try.

137. _____ are expensive.

138. _____ issues may arise.

Multiple Pregnancies pg 155

139. Multiple pregnancy is when two or more babies develop during a _____ pregnancy.

140. Types of multiple pregnancies include:

A) fraternal births are twins developing from two or more _____.

B) identical births are twins developing from a single _____ and single sperm.

C) higher-multiple births are _____ or more babies developing during a single pregnancy.

D) low birthweight is under _____ pounds for single baby or under 3.3 pounds per baby in a multiple birth.

141. _____-risk pregnancies have a greater chance of complications.

142. Risks are increased for teen mothers, older mothers, _____ births and mothers not in good health.

143. Pregnancy complications include the 4 below:

A) _____ conditions are disabilities or diseases present at birth; may be inherited, environmental, or both.

B) _____ birth which is birth of baby before 39 weeks.

C) _____ which is loss of baby before 20 weeks.

D) _____ which is loss of baby after 20 weeks

NOTES: