

Outline for Unit 5 -- Risks of Pregnancy

- I. Intro
 - A. Hook:
 - 1. Finding out you are pregnant (or your girlfriend is pregnant) and being really excited about it, you make plans and think you know how the pregnancy, birth, and after birth will go, only to be in a situation you never expected to happen to you
- II. During Pregnancy
 - A. Developing diabetes
 - 1. The most common health problem that occurs during pregnancy is diabetes, being present in “3.3% of all live births” (“Diabetes During Pregnancy”). There are two types:
 - (1) Type 1 Diabetes
 - (a) “requires daily use of insulin” (DDP)
 - (b) Some symptoms include: “increased thirst and urination, constant hunger, weight loss, blurred vision, and extreme fatigue.” (DDP)
 - (c) 5-10% of diabetics in the U.S. have this type (DDP)
 - (2) Type 2 Diabetes
 - (a) Some symptoms include: “bladder or kidney infections that heal slowly, increased thirst and urination, constant hunger and fatigue” (DDP)
 - (b) “often associated with older age, obesity, family history, previous history of gestational diabetes, physical inactivity, and it can be more prevalent in certain ethnic groups” (DDP)
 - (c) Most common with 90-95% of diabetics in the U.S. having Type 2
- III. During Birth
 - A. C-Sections
 - 1. Series of incisions across a woman’s abdomen and womb (“C-Section”)
 - 2. Risks to mother
 - a) Wound infection, blood loss, blood clots, injury to an organ, reactions to medication, and complications during future pregnancies (“C-Section”)
 - B. Ethicality/Moral Problem
 - 1. Unethical because:
 - a) More than half of them are not necessary (“Maternal Mortality”)

- b) More complications occur when multiple C-sections have been performed on the same woman (“Maternal Mortality”)
- c) If a woman has one C-section, she has a 90% chance of having another (“Maternal Mortality”)

2. Ethical for those that need it

IV. After Birth

A. Postpartum Depression

- 1. 1 in 5 new mothers have postpartum depression (“When the Bough Breaks”)
- 2. Between 800,000 and 1,000,000 women suffer from mental illnesses such as Obsessive Compulsive Disorder, Post Traumatic Stress Disorder, Anxiety, and Depression after giving birth (“When the Bough Breaks”)
- 3. Those that have pre-existing mental illness are more likely to have postpartum depression (“When the Bough Breaks”)
- 4. “it is estimated that the real rate of postpartum depression is possibly double what is actually reported and diagnosed” (PPD Screening)

B. Ethicality/Moral Problem

- 1. Lack of screening (“When the Bough Breaks”)
- 2. “postpartum depression screening is still not a standard practice in many hospitals” (PPD Screening)

V. Conclusion

- A. It is unethical that women face added stress and complications that could have been avoided during pregnancy. More research in these areas could prevent these risks.

Bibliography

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