



Centre for
Women's
Health and Wellness

The Centre for Women's Health & Wellness at SRM Global Hospitals is your trusted partner in every step of your journey through pregnancy, childbirth, and motherhood. Our dedicated team of specialists, state-of-the-art facilities, and holistic approach ensure that you receive comprehensive care tailored to your unique needs. We are committed to empowering women with knowledge, care, and confidence as they embrace this transformative journey. Explore our services and join a community that prioritizes your health and well-being.



Reach us



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**DEALING WITH
EVERY TRIMESTER**



EMPOWERING
WOMEN'S Health,
Lives

WHAT IS IT?

Pregnancy is an incredible journey divided into three trimesters, each with its unique experiences, milestones, and challenges. These stages guide the baby's growth and development while bringing significant physical and emotional changes to the mother. Understanding these phases helps expectant mothers and their families prepare for what lies ahead, ensuring a smoother, more confident journey to childbirth.

WHAT HAPPENS?

- **First Trimester (Weeks 1-12):** This is a period of immense change. The baby's vital organs, neural tube, and structures such as the heart and limbs begin forming. Mothers often experience morning sickness, heightened fatigue, mood swings, and sensitivity to smells. Hormonal surges, particularly HCG and progesterone, play a significant role in these early adjustments.

- **Second Trimester (Weeks 13-27):** Often referred to as the "golden trimester," mothers may notice an increase in energy levels and feel the baby's first movements, known as quickening. Visible physical changes, like a growing belly, become more apparent. This stage is also marked by the development of the baby's senses, hair, and the ability to hear sounds.

- **Third Trimester (Weeks 28-40):** The final stretch involves rapid fetal growth and preparation for delivery. Mothers may experience backaches, Braxton Hicks contractions, swelling, and sleep difficulties. Meanwhile, the baby positions itself for birth and gains weight steadily.

HOW TO DEAL WITH IT & EXPERT GUIDANCE

Successfully navigating pregnancy requires awareness, adaptability, and expert support. Here's how:

- **Regular Checkups:** Routine prenatal visits are crucial for tracking the baby's development and addressing potential issues early. SRM Global provides comprehensive trimester-specific screening and diagnostic services.

- **Nutritional Balance:** Adopt a diet rich in essential nutrients such as folic acid, iron, calcium, and protein. Avoid harmful substances like alcohol, caffeine, and undercooked foods.

- **Exercise and Rest:** Engage in light exercises like prenatal yoga or walking to enhance circulation and alleviate discomforts. Ensure adequate rest to manage fatigue and promote overall well-being.

- **Educational Resources:** Join trimester-specific workshops at SRM Global to understand fetal development, recognize warning signs, and prepare for labor.

Our multidisciplinary team of obstetricians, dietitians, and mental health professionals is here to guide you through every trimester, ensuring both mother and baby receive personalized care at every stage.

