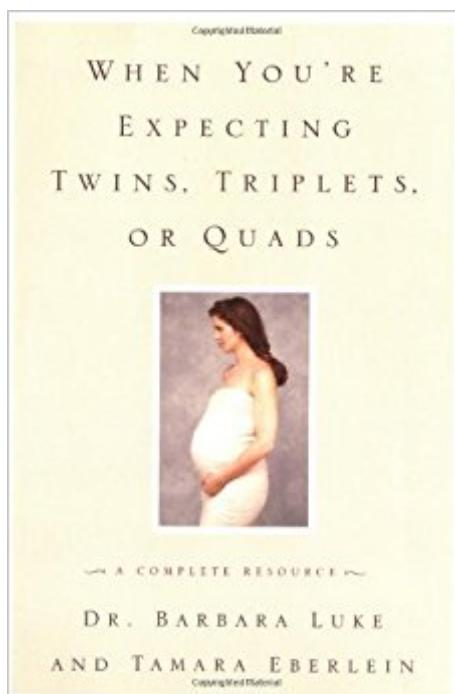


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# When You're Expecting Twins, Triplets, Or Quads: A Complete Resource (Harperresource Books)



## **Synopsis**

You're expecting more than one baby? Congratulations! Like all mothers-to-be, you're experiencing the full spectrum of human emotions: joy, fear, confusion, and excitement; maybe all at once. As a woman pregnant with more than one baby, you're feeling all these things...only more so! In *When You're Expecting Twins, Triplets, or Quads*, Dr. Barbara Luke, a renowned expert on the prenatal care of multiples, outlines a practical, nutrition-based program to keep you and your babies healthy and offers a comprehensive tour of what you can expect during your unique pregnancy and childbirth experience. Women who follow this program experience significantly fewer complications during pregnancy -- and their babies are born weighing 20 to 35 percent more than the average twin, triplet, or quad! Included is crucial information on: finding a qualified maternal/fetal medicine specialist; dietary guidelines for maximizing birth weight; safe limits on exercise and physical activity; taking a leave from work and negotiating your best deal; reducing your risk for pregnancy complications; recognizing signs of preterm labor and what to do about it. Effective, encouraging, and up-to-date, *When You're Expecting Twins, Triplets, or Quads* is essential for you and your babies.

## **Book Information**

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## **Customer Reviews**

I thought this book was the single most useful book I read during my twin pregnancy. I have not found such a clear, concise and well-organized source of information on such topics as how much weight is necessary and healthy for an expectant MOM (mother of multiples) to gain, what a NICU

is, who works there and what they do, premature babies and the problems they might have, EXACTLY what to expect if you have a surgical delivery, and most importantly, the special precautions that expectant MOMs should take throughout their pregnancies. Reading this book helped me take the best possible care of my unborn babies and myself, not to mention making the most of my prenatal appointments, by educating me in detail on topics that other twin books only brushed across. When complications occurred I was prepared for them, I knew what was going on, and so I didn't panic. I did develop some potentially serious problems, gestational diabetes for me and IUGR for one of my sons (and no, I didn't develop diabetes from eating junk food; I have a family history of Type II diabetes). Despite these difficulties, I carried my identical twin sons to 37 weeks, and they weighed 5 pounds 5 ounces and 7 pounds 3 ounces at birth. My doctor later told me that overall, I had one of the healthiest twin pregnancies she had ever seen-normal blood pressure, no anemia, very few preterm contractions, no bed rest, and two healthy babies who were discharged to go home with me. I think the crash course in high-risk obstetrics that I got from reading this book is one of the chief reasons why. I have read two major criticisms of this book from fellow reviewers. The first is that the tone is unnecessarily frightening. The second criticism was that the book offers advice on diet that is not, shall we say, orthodox.

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