

FROM THE BACK COVER:

YOUR HIGH RISK PREGNANCY: A PRACTICAL AND SUPPORTIVE GUIDE

by Diana M. Raab, MFA, RN
with Errol Norwitz, MD

More pregnancies are considered high-risk than ever before. As many as 30% fall into this category due to factors including

- Difficulty conceiving
- Pregnancy after age 35
- Genetic testing
- Multiples
- Hypertension or diabetes before or during pregnancy

Despite the high number of mothers experiencing such issues, a complex pregnancy can be not only stressful, but also profoundly lonely.

You are not alone.

Written by a nurse who has carried three high-risk pregnancies to term, and a physician who has devoted his career to high-risk pregnancy care, this is the expertise and empathy that women, their partners, and their caregivers need.

Raab and Norwitz believe in the power of sound, straightforward knowledge to build confidence, minimize stress, and maximize good decision-making. Along with the numerous real-world mothers and partners who share their experiences throughout the book, the authors begin at the beginning, with conception (including conception via ART and IVF.) They then move through the course of a pregnancy, explaining the variety of possible risk factors, describing month-by-month testing and procedures, demystifying labor and delivery, and thoroughly addressing postpartum issues.

Readers learn to

- Obtain top-notch care and choose appropriate specialists
- Understand test results
- Consider birth methods and medication options
- Build a solid support system
- Soothe emotions through journaling, communication, and self-care
- Cope with pregnancy loss and premies

Also included are insightful discussions of bed rest periods, same-sex couples, single parenting, sex while expecting, exercise, nutrition, and alternative or complimentary health care. A glossary of terms and appendices providing a wealth of online and in-person support

options throughout North America make this a uniquely comprehensive, caring, and wise companion to the challenges – and joys – of your pregnancy.

“High-risk is not synonymous with bad outcome....But a high-risk designation does mean that you need to be more vigilant....Knowledge is power.” – Dr. Errol Norwitz, from the book

Diana Raab is a nurse, memoirist, and essayist. Her pioneering *Getting Pregnant and Staying Pregnant* was begun when she was on bed rest while expecting.

Errol Norwitz is an obstetrical physician. He practices and teaches at Yale-New Haven Hospital and trained at Oxford, Harvard, and Yale universities.