Abstract

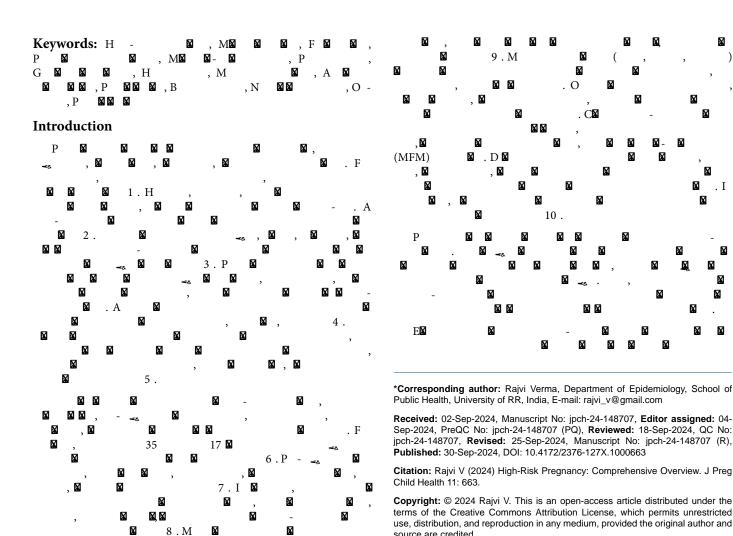
High-risk pregnancy refers to a situation in which the health of the mother, fetus, or both may be at greater risk compared to a typical pregnancy. This condition can arise due to pre-existing health problems, complications during pregnancy, or factors associated with the pregnancy itself. Women with conditions such as hypertension, diabetes, autoimmune diseases, heart disease, obesity, or advanced maternal age (over 35 years old) are considered to be at a higher risk of developing complications during pregnancy. Additionally, pregnancies involving multiple fetuses, preterm labor, placental abnormalities, and previous pregnancy complications also fall into the high-risk category. Monitoring high-risk pregnancies involves frequent prenatal visits, ultrasounds, blood tests, and other diagnostic measures to ensure the well-being of both the mother and the fetus. Medical management often includes tailored care plans, medications, dietary recommendations, and potentially early delivery if the risks become life-threatening. Advances in medical technology and maternal-fetal medicine have significantly improved outcomes in high-risk pregnancies, although they still carry elevated risks of preterm birth, birth defects, and maternal or neonatal morbidity and mortality.

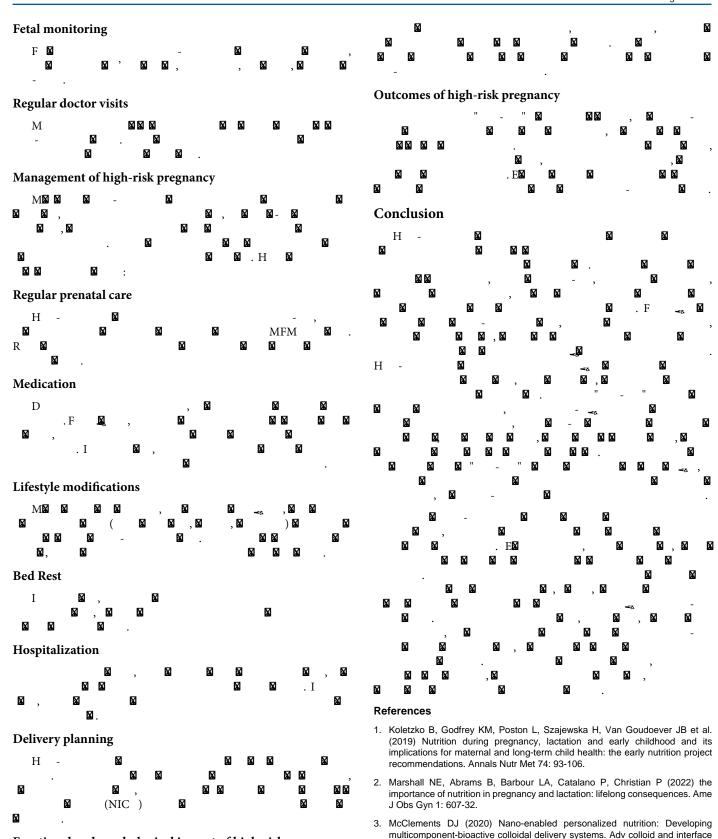
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Emotional and psychological impact of high-risk pregnancy

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