

Medical Edge Radio from Mayo Clinic

Pregnancy & Fatigue

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	MORNING SICKNESS... IRRESISTABLE CRAVINGS... WEIGHT GAIN. THEY'RE ALL PART OF BEING PREGNANT. ANOTHER IS FATIGUE.
Mary Murry, Certified Nurse Midwife	"IT GOES BEYOND NORMAL, EVERYDAY TIREDNESS. IT GOES TO, 'QUICK FIND ME A COUCH I'M GOING TO SLEEP RIGHT NOW.' FATIGUE IS VERY NORMAL, EXPECIALLY IN THE FIRST TRIMESTER. "
	MARY MURRY IS A CERTIFIED NURSE MIDWIFE, AND ASSOCIATE MEDICAL EDITOR OF THE "MAYO

	<p>CLINIC GUIDE TO A HEALTHY PREGNANCY.” SHE SAYS FATIGUE IS ONE OF THE HALLMARK SYMPTOMS OF PREGNANCY. BUT GENERALLY, BY THE SECOND TRIMESTER YOUR ENERGY LEVEL SHOULD START TO RETURN. IF IT DOESN'T ...</p>
<p>Mary Murry</p>	<p>“IT MIGHT BE THAT THEY’RE ANEMIC, AND THEY NEED TO INCREASE THEIR IRON. IT COULD BE THAT THEY REALLY AREN’T SLEEPING WELL. THERE’S A TYPE OF INSOMNIA THAT OCCURS IN PREGNANCY.”</p>
	<p>MURRY SAYS IF FATIGUE AFFECTS YOUR FUNCTIONING, IT’S TIME TO TALK WITH YOUR CAR PROVIDER, BECAUSE THERE ARE NO SILLLY QUESTIONS ABOUT PREGNANCY.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MEDICALEDGE.ORG. I’M VIVIEN</p>

	WILLIAMS.