

My 7-8 Week Pregnancy

Total Women's Health of Baltimore



Development

The embryo measures $\frac{1}{2}$ cm at 7 weeks and has doubled in size since last week, now the size of a blueberry. By the end of week 8, it will be the size of a raspberry. From 7 to 7 $\frac{1}{2}$ weeks, tendons attach leg muscles to bones, and knee joints appear. Also, by 7 $\frac{1}{2}$ weeks the hands can be brought together, as can the feet. The embryo also kicks and will jump if startled. By 7 to 7 $\frac{1}{2}$ weeks, nephrons, the basic filtration units in the kidneys, begin to form. The kidneys begin to produce urine, which is then released into the amniotic fluid. In the male infant, developing testes begin to produce and release testosterone. By 8 weeks, peristalsis (movement) begins in the embryo's large intestines, a process which will continue throughout life. Although your baby is not eating anything and receives its energy through glucose from the placenta, the alternating contraction and relaxation of the gastrointestinal tract releases its contents into the amniotic fluid. By 8 weeks, the brain is highly developed and makes up approximately 43% of the embryo's total body weight. Squinting, jaw movements, grasping motions, toe pointing and temperature regulation start. The upper and lower eyelids grow rapidly and begin to fuse together with eyes sealed closed by 8 weeks. The earliest signs of right and left handedness begin at 8 weeks. The skin develops two layers and the fetus is no longer transparent. 8 weeks marks the end of the embryonic period. During this time the embryo has grown from a single cell into nearly one billion cells. Forming over 4,000 distinct anatomic structures. The embryo now possesses more than 90% of the structures found in the adult!

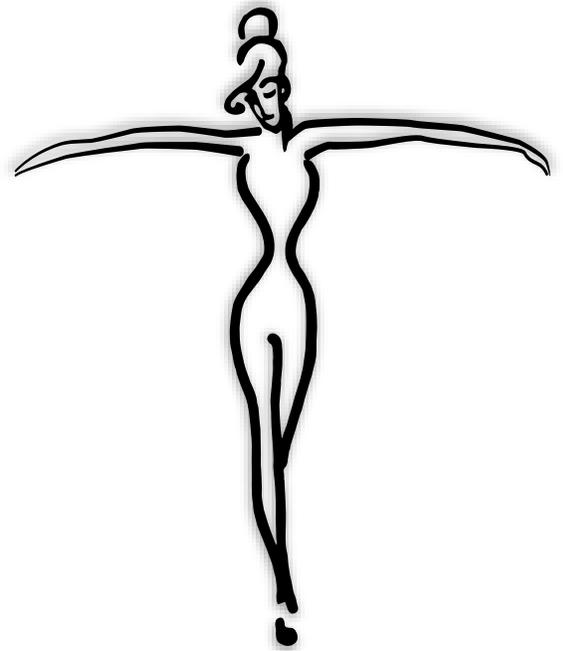
My Body & My Symptoms

Sore breasts, fatigue, constipation, morning sickness, heightened sense of smell, cramping and weird dreams as well as spotting are common symptoms. Your hormones are doing some wild things!

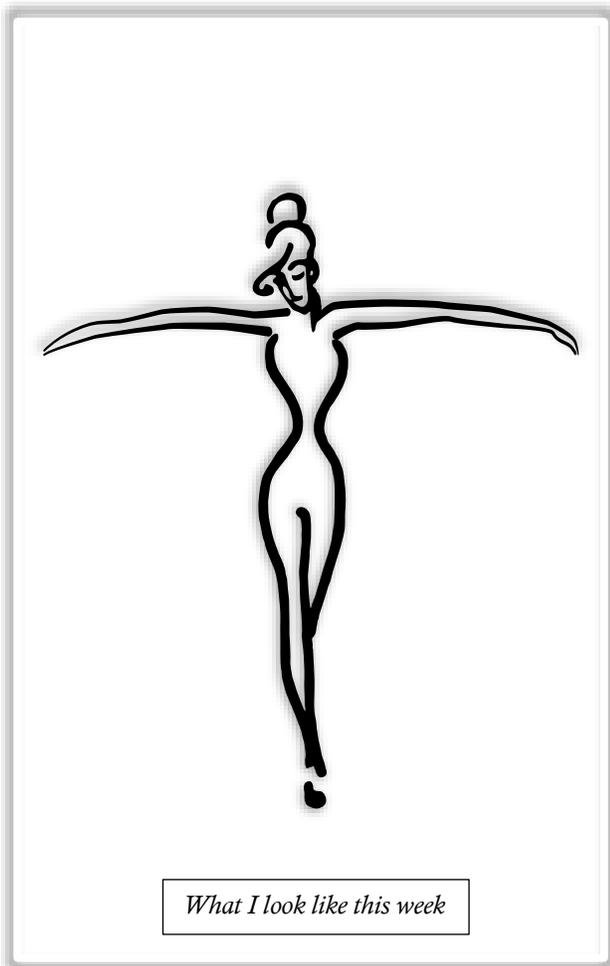
Spotting, in particular can be alarming, because, yes, blood can be a sign of miscarriage. But there are some other causes of spotting in the first trimester, including sex (since your cervix may be more sensitive these days).

Things To Consider

Schedule allotted time off for visits. Once the pregnancy has been established and if there are no complications, you will be seen every 4 weeks until you are 28 weeks.



Add your 7-8 week ultrasound picture



My To-Do List

- Don't eat raw meat or seafood and avoid deli meats and raw eggs
- Exercise- at least 150 minutes per week of moderate intensity aerobic activity
- Get plenty of sleep
- Listen to your doctor
- Go with the flow
- Don't believe everything you read

Date of Visit:

Weight:

Memories & Milestones

Foods I've been craving:

Foods that make me queasy:

How I'm feeling physically:

How I'm feeling emotionally: