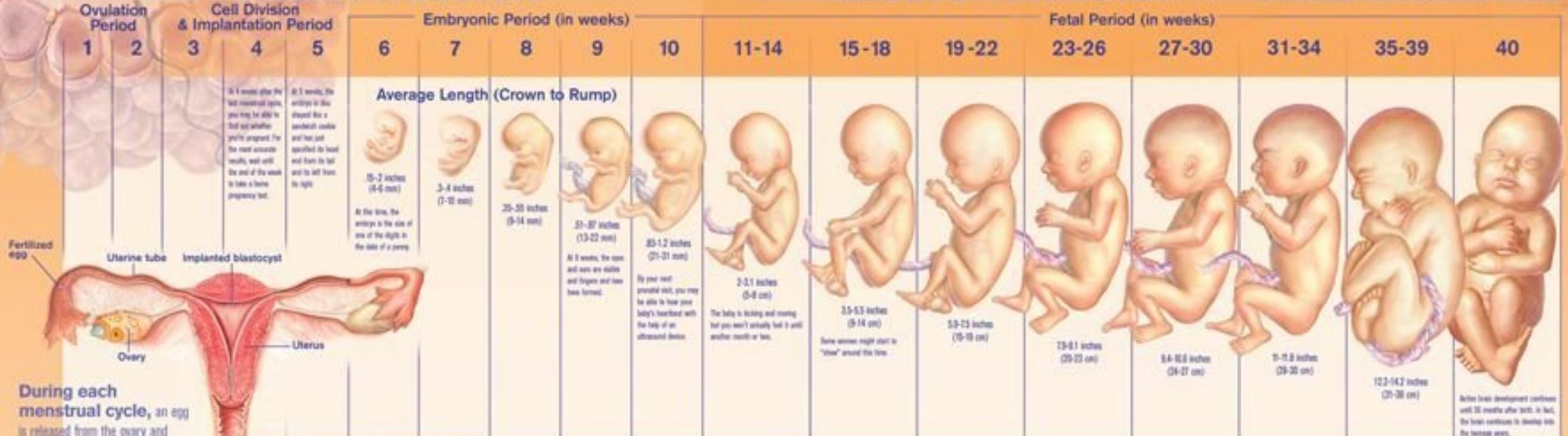


Prenatal Development

FIRST TRIMESTER

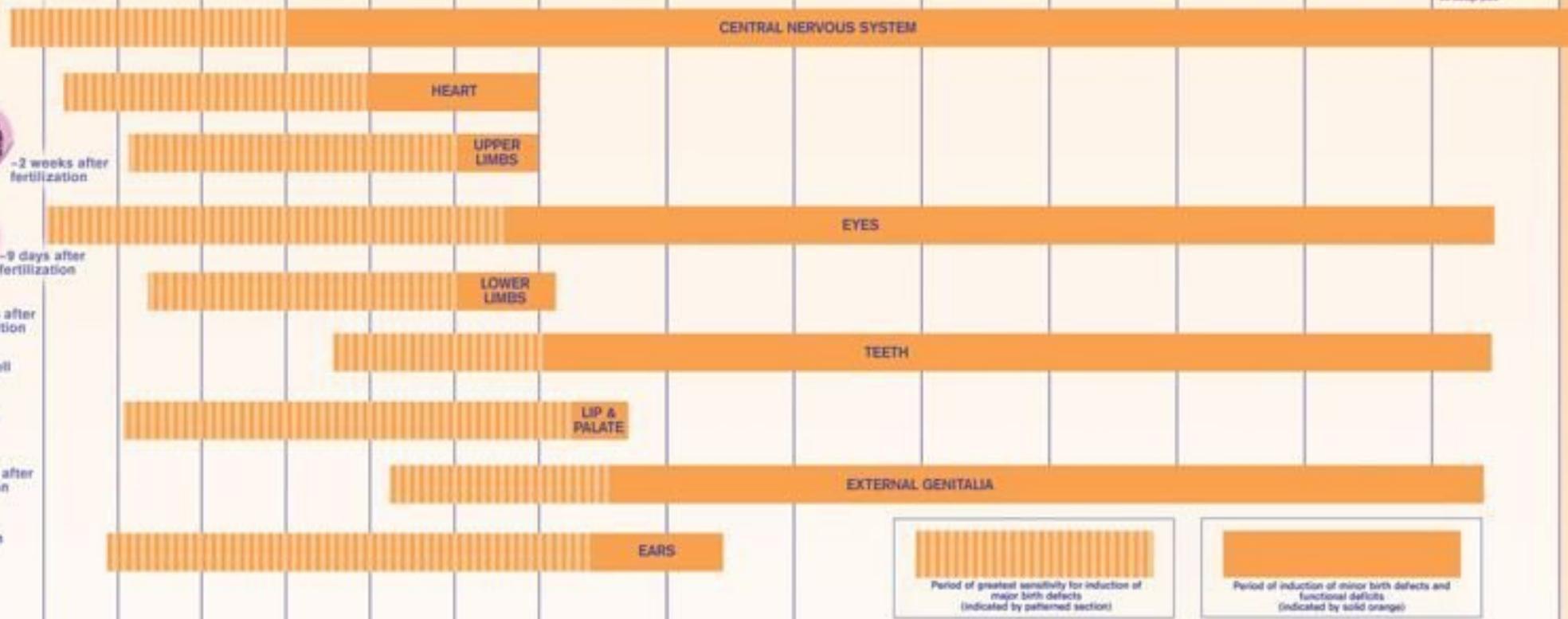
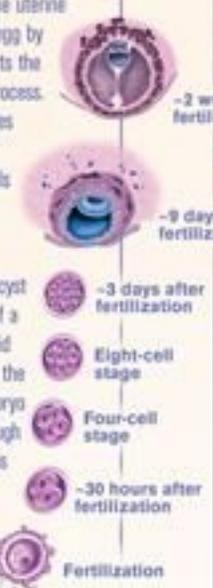
SECOND TRIMESTER

THIRD TRIMESTER



During each menstrual cycle, an egg is released from the ovary and enters the uterine (fallopian) tube. Fertilization occurs when sperm make their way from the vagina through the cervix into the uterine tube; penetration of the egg by a single sperm there starts the embryo's development process. As the fertilized egg moves through the uterine tube toward the uterus, its cells divide many times.

Approximately one week after fertilization, a blastocyst (the embryo consisting of a wall of cells around a fluid-filled center) attaches to the uterine wall; here the embryo receives its nutrients through the placenta and develops for the next 9 months.



Healthy babies begin with healthy moms!

Before and during your pregnancy, eat healthy foods, take folic acid every day, exercise wisely and avoid harmful substances.