

Beyond Morning Sickness: Battling Hyperemesis Gravidarum



Beyond Morning Sickness: Battling Hyperemesis Gravidarum by Lisa Silverman

★★★★☆ 4.7 out of 5

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What is Hyperemesis Gravidarum (HG)?

Hyperemesis gravidarum (HG) is a severe form of morning sickness that affects approximately 1-2% of pregnancies. It is characterized by excessive nausea and vomiting that can begin as early as the 4th week of pregnancy and can persist throughout the pregnancy.

HG is not simply a more extreme form of morning sickness. It is a debilitating condition that can lead to dehydration, electrolyte imbalances, weight loss, and nutritional deficiencies. In severe cases, HG can even be life-threatening.

Causes of HG

The exact cause of HG is unknown, but it is thought to be related to a combination of factors, including:

- Hormonal changes
- Metabolic changes
- Genetic factors
- Psychological factors

Certain risk factors can increase the likelihood of developing HG, including:

- Being pregnant with multiples
- Having a history of HG
- Having a family history of HG
- Being overweight or obese
- Being under the age of 25
- Suffering from migraines

Symptoms of HG

The primary symptom of HG is excessive nausea and vomiting. Other symptoms can include:

- Dehydration
- Weight loss
- Nutritional deficiencies
- Fatigue

- Headaches
- Constipation
- Anxiety
- Depression

Diagnosis of HG

HG is diagnosed based on the patient's symptoms and a physical examination. The doctor may also Free Download blood tests or other tests to rule out other medical conditions.

Treatment of HG

There is no cure for HG, but there are treatments that can help to relieve the symptoms. These treatments may include:

- Intravenous fluids
- Anti-nausea medications
- Nutritional supplements
- Counseling

In severe cases, hospitalization may be necessary.

Support for HG

HG can be a very isolating condition. It is important for women with HG to seek support from their family, friends, and healthcare providers. There are also a number of support groups available for women with HG.

The following resources can provide support and information for women with HG:

- Hyperemesis Education and Research Foundation
- Pregnancy Help
- Planned Parenthood

HG is a serious pregnancy complication that can have a significant impact on the physical and emotional health of women. If you are experiencing severe nausea and vomiting during pregnancy, it is important to seek medical attention. There are treatments available that can help to relieve the symptoms of HG and improve your quality of life.



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