



Your Pregnancy Quick Guide: Women of Color

Glade B. Curtis, Judith Schuler

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By the best-selling authors of the *Your Pregnancy* series, medically sound and succinct information for the woman who needs detailed information on a specific concern --The facts about the frequency of sickle-cell disease, multiples, Tay-Sachs, thalassemia, preeclampsia, gestational diabetes, and hypertension during pregnancy in women of color -- Explanations of how these conditions are tested for, diagnosed, and monitored throughout pregnancy -- Information on premature birth and how you can protect yourself -- Suggestions for staying healthy throughout pregnancy, including detailed information on diet and exercise.

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