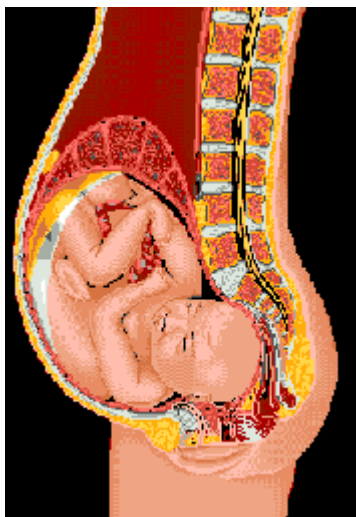


Pregnant?



For more information:

CMA Student Health Services offers pregnancy testing, counseling and referrals for further care to eligible CMA students. Male partners are welcome and encouraged to participate in counseling. All care at CMA Student Health Services is strictly confidential.

Students wishing to be tested for a possible pregnancy should come to Student Health Services and ask for a pregnancy test.

Student Health & Wellness Center.....707-654-1170

Visit Our Website at <http://www.csum.edu/web/campus-life/student-center/student-health-center>

24-hr Nurse Advice Line (Med Call).....800-877-0027

Special Thanks to San Diego State University

California Maritime Academy
Student Health & Wellness Center
200 Maritime Academy Drive
Vallejo, Ca 94590

Phone: 707-654-1170
Fax: 707-654-1171
E-mail: healthcenter@csum.edu



Pregnancy



California Maritime Academy

A campus of the California State University



Pregnancy

Early Signs of Pregnancy

While some women experience no noticeable symptoms, others may have some or all of the following symptoms when they are pregnant:

- Delayed menstrual period
- Breast tenderness or enlargement
- Nausea
- Frequency of urination
- Weight gain
- Fatigue
- Dizziness

The above list does not always indicate a pregnancy. Many women have irregular menstrual cycles. A delayed menstrual period may be caused by a variety of factors such as stress, anxiety, changes in weight, eating and/or exercise habits, geographical location, illness or hormonal fluctuations. Missed periods are unreliable indicators of pregnancy.

If a missed period occurs while a woman is trying to get pregnant, has had unprotected intercourse, or may have experienced contraceptive failure, a pregnancy test is recommended.

Pregnancy Tests

Pregnancy tests detect human chorionic gonadotropin (HCG) in blood or urine. HCG is a hormone produced by women shortly after conception, which stimulates the production of progesterone. It is secreted into a pregnant woman's blood by the placenta and may be detected 10 days or more after conception. The Beta subunit HCG, a test available at CMA Student Health & Wellness Center, can accurately detect HCG in a woman's blood as early as the eighth day of pregnancy.

Over-the-counter home pregnancy tests are also available and test a woman's urine for HCG. These can be used as early as one day after a missed period. However, home pregnancy tests are considered to be less accurate than laboratory tests since many things besides a pregnancy can cause a positive result. A woman should see a medical provider to confirm a home pregnancy test result.

A medical provider may perform a pelvic exam to confirm pregnancy. A pelvic examination may reveal changes in color or shape of the cervix and an increase in uterine size. This helps to confirm the length of time a woman has been pregnant.

