

Important terms to know and understand

By Ruth Polden

Placenta Previa

Placenta Previa occurs when the placenta attaches in the lower portion of the uterus close to or covering the cervix, instead of in the upper more muscular portion of the uterus. Placenta Previa is a frequent cause of bleeding during the second and third trimester of pregnancy. A woman will likely be on bed rest /hospital if she has experienced bleeding.

A low-lying placenta is different to Placenta Previa and often embeds low down in the uterus and gets drawn up as the uterus grows.

Breech presentation

Instead of being head down towards the cervix, the baby will be bottom down. (Midwife can tell by palpating the mother's bump). Up until 34 weeks babies constantly move around and change how they are lying. After 34 weeks if a baby is in breech presentation AVOID Malasana.

Postures that can encourage a baby to turn include: Ashtangasana, Dog, Setu Bandha.

Cervical Stitch

Cervical Cerclage, also known as a cervical stitch, is used for the treatment of "cervical incompetence", a condition where the cervix has become slightly open and there is a risk of miscarriage because it may not remain closed throughout pregnancy. I would not recommend a woman with a cervical stitch continue in a regular yoga class.

Bleeding

Bleeding at any stage during pregnancy can be potentially dangerous. A woman should contact her midwife/GP immediately.

Pre eclampsia

Pre-eclampsia is a condition that affects some pregnant women, usually during the second half of pregnancy (from around 20 weeks).

Early signs of pre-eclampsia include having high blood pressure (hypertension) and protein in urine (proteinuria).

In some cases, further symptoms can develop, including: swelling of the feet, ankles, face and hands caused by fluid retention (oedema), severe headaches, vision problems, pain just below the ribs. This is potentially dangerous and the mother would be admitted to hospital for treatment.