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Coming Spring 2020, the latest edition of Your Pregnancy and Childbirth: Month to Month serves as a trusted resource and comforting presence for women who are pregnant, postpartum or planning a pregnancy.

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Physicians, 2010. United States Department of Agriculture: "Cost of ...

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Committee Opinion No. 650: Physical activity and exercise during pregnancy and the postpartum period. *Obstetrics & Gynecology*. 2015;126:e135. American College of Obstetricians and Gynecologists. *Your Pregnancy and Childbirth Month to Month*. 6th ed. Washington, D.C.: American College of Obstetricians and Gynecologists; 2015.

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Pregnancy Labor and Delivery - What to Expect

Your Pregnancy and Childbirth Month to Month. 6th ed. Washington, D.C.: American College of Obstetricians and Gynecologists. Mangesi L et al. 2016. Treatments for breast engorgement (overfull, hard, painful breasts) in breastfeeding women. Cochrane Library.

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