

PLACENTA HEALTH

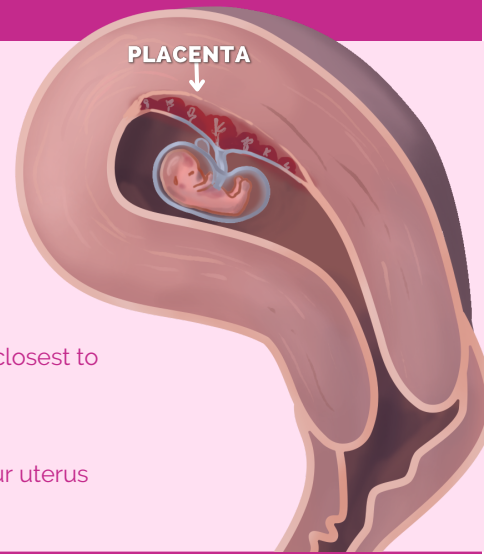
The placenta is a temporary organ that only exists in your uterus during pregnancy. It develops in your uterus 7 to 10 days after conception and attaches to the uterine wall away from your cervix. The placenta **continuously grows to support your baby and remains in your uterus until the final stage of childbirth**. For a full term birth, it weighs about 1 pound.

Your baby is connected to the placenta by the umbilical cord. Your developing baby needs nutrients, food, and oxygen. Together, the placenta and umbilical cord pass all these vital resources from you to your baby. If you are expecting twins, your babies either share a placenta, or they can have their own placentas.

WHERE IS THE PLACENTA?

Your placenta can form wherever the **fertilized egg is implanted in your uterine wall**. It can develop on:

- the back wall of your uterus
- the front wall of your uterus closest to your stomach
- at the top of your uterus
- on the left or right side of your uterus



WHAT DOES YOUR PLACENTA PROVIDE FOR YOUR BABY?

- **Produces hormones** that help your baby grow and develop including estrogen, progesterone, and lactogen during pregnancy.
- **Filters and removes waste, toxins,** and carbon dioxide from your baby's blood.
- **Passes immunity from you to your baby.** As you get closer to delivery, the placenta provides antibodies. This protection or immunity stays with your baby for the first six months of life.
- Acts as your baby's **lungs, kidneys, and liver until birth.**

THINGS THAT CAN LEAD TO COMPLICATIONS IF PASSED THROUGH THE PLACENTA:

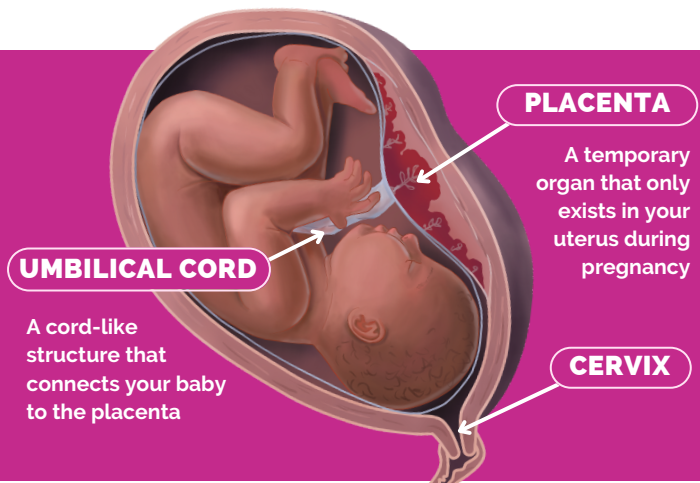
Certain infections and toxic chemicals if pass through the placenta can increase the risks of the baby's birth complications and other health problems. For example, **syphilis, tuberculosis (TB), lead transmissions, and COVID-19** can seriously impact your pregnancy and your developing baby.

Alcohol, nicotine, THC, and certain medications can also be passed through your blood.

DELIVERING THE PLACENTA

After giving birth to your baby through vaginal birth, you will need **to deliver your placenta**. After birth you will still experience contractions. Contractions and your doctor will help you deliver it through the vagina.

Placenta complications can happen. **Placenta accreta is a condition** where the placenta has grown deep into the uterine wall and parts or all of it does not separate after childbirth.



TAKING CARE OF YOURSELF

- **Build your circle of trust:** talk to your family, friends and doctors about your worries and questions. Join support groups
- **Listen to your body:** tell your doctor immediately if you feel something is wrong and you experience bleeding
- **Write down any questions** you have before your doctor appointments and ask someone to go with you to help navigate care

Talk to your doctor about any exposure risks, infections, or symptoms, even if they are mild. Report COVID symptoms to your doctor immediately. Treatment options may be available to help decrease the risk of exposure to your baby.

Sources:

- **Cleveland Clinic:** cle.clinic/3Riqcnf
- **March of Dimes:** bit.ly/3rckmZZ
- **Mayo Clinic:** mayoclinic.org/3renuV2