
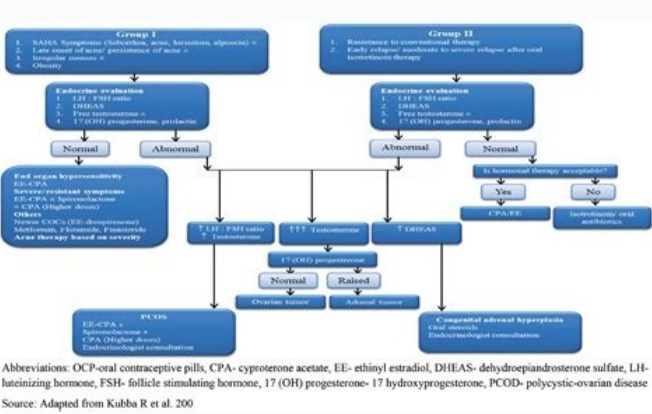
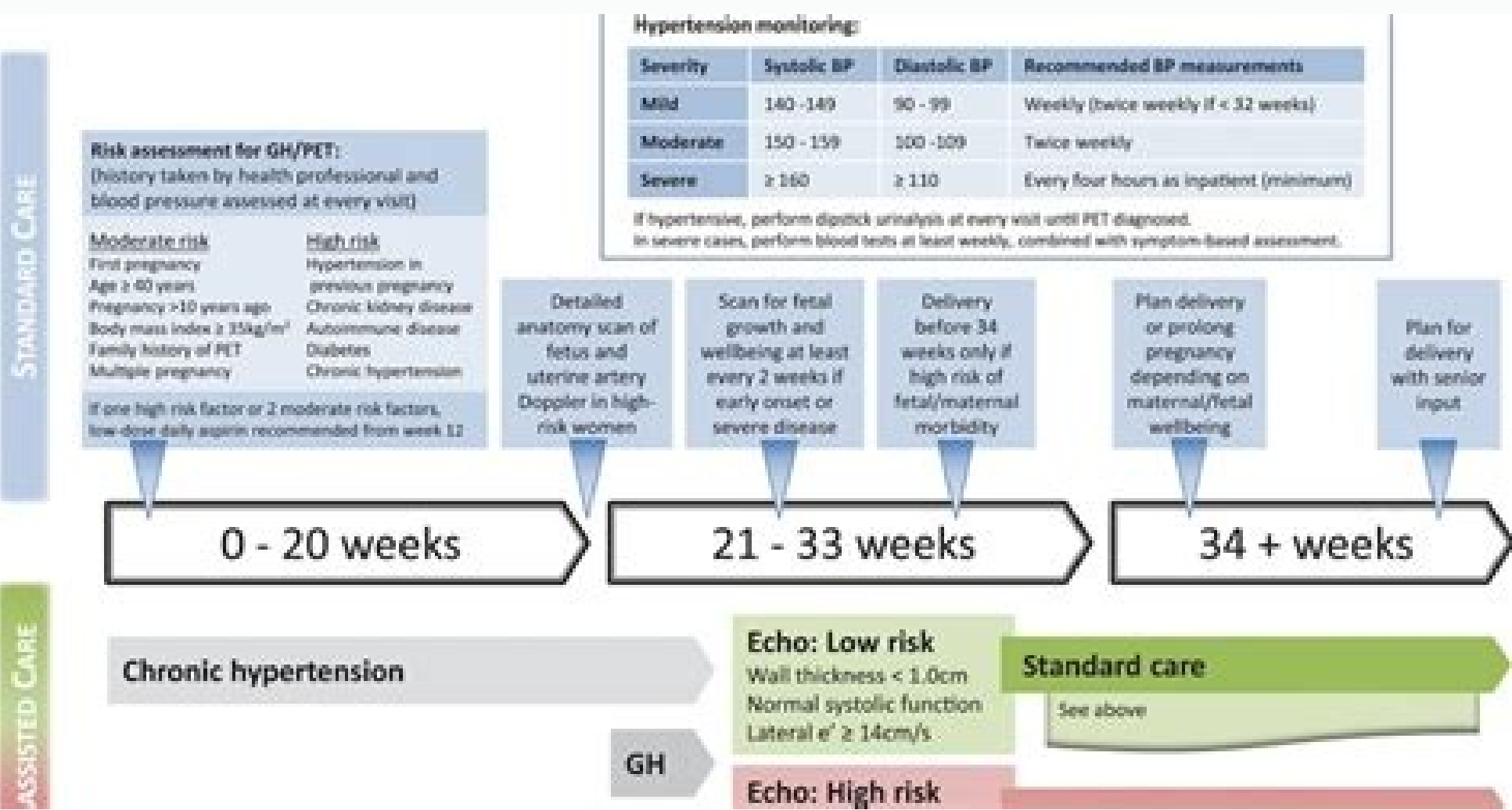


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Information for you

Published in January 2015 (next review date: 2018)

Air travel and pregnancy

Who is this information for?

This information is for you if you are pregnant and are thinking of travelling by air. The information is relevant for short haul (under four hours), medium and long haul (over four hours) flights.

If you are a member of a flight crew or you fly frequently as part of your work, you should seek additional advice from your occupational health department concerning your own situation.

Will flying harm me or my baby?

If your pregnancy is straightforward, flying is not harmful for you or your baby:

- If you have a straightforward pregnancy and are healthy, there is no evidence that the changes in air pressure and/or the decrease in humidity have a harmful effect on you or your baby.
- There is no evidence that flying will cause miscarriage, early labour or your waters to break.

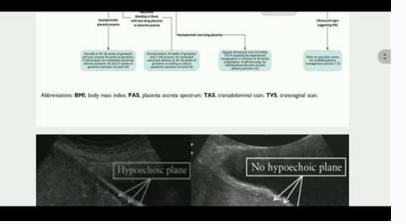
Anyone who flies is exposed to a slight increase in radiation. Occasional flights are not considered to present a risk to you or your baby.

When is the safest time to fly during pregnancy?

When you are pregnant, the safest time to fly is:

- Before 37 weeks, if you are carrying one baby. From 37 weeks of pregnancy you could go into labour at any time, which is why many women choose not to fly after this time.
- Before 32 weeks, if you are carrying an uncomplicated twin pregnancy.

Most airlines do not allow women to fly after 37 weeks. It is important that you check with your airline before flying. It may also be more difficult to get travel insurance after 37 weeks.



Human Fertility (2002) 5, 167-174

National Health Service provision for the management of infertility: the case for funding and reorganization of fertility services in the UK

Produced by a Multidisciplinary Working Party of the British Fertility Society, National Infertility Awareness Campaign and CHLD, the National Infertility Support Network: Laurence M. A. Shaw (Chairman)¹, Adam Balen², Elizabeth Lenton³, Clare Brown⁴ and Berkeley Greenwood⁵

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Introduction

Reproductive health needs of the population

The importance attached to fertility and reproductive function has been a recurrent feature of societies throughout history. The United Nations (1948) has long respected the need of individuals to reproduce, declaring that "Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family".

At present, the single most important factor in National Health Service (NHS) funding for infertility treatment is geographical location. College of Health surveys (Wiles and Odos, 1996) on the funding and provision of infertility services in the UK show that almost one quarter of health commissioners do not fund any of the modern assisted conception techniques, such as *in vitro* fertilization. Although government has encouraged the participation of patients in decisions within the health service, fewer than half the NHS trusts responding to the most recent surveys report consulting the public before agreeing their policy on the purchase of infertility services.

Funding for Tertiary Care of fertility problems in the UK varies widely. Some service commissioners in England refuse to fund any assisted conception techniques yet are willing to provide unlimited amounts of money for tubal surgery, as this falls within part of a general gynaecological surgery budget. Other service commissioners provide some funding for assisted conception, but provision varies widely. The obvious danger is that patients may be offered that which is available rather than treatments that may be more appropriate and cost-effective, but are not available because of geographical location.

The emotional and financial impact of infertility on population morbidity was considered by a National Infertility Awareness Campaign (NIAC) survey in 1997 (Kerr *et al.*, 1999). Those surveyed experienced tearfulness (97%), depression and isolation (94%), anger (84%), inadequacy (72%) and guilt or shame (62%). The most disturbing finding was that 1 in 20 respondents said they experienced suicidal feelings. The same survey showed that whereas 71% of couples felt they would benefit from counselling, only 12% had received any. None of these results was a surprise to those experiencing infertility or who work in the field. People unaffected do not always understand these feelings. The extent of the psychological morbidity is even greater than that described, as the survey was of patients who wished to be parents and there is additional morbidity among patients' parents, who want to be grandparents. The breadth of the psychological morbidity is greater than the 15% of all gynaecological referrals that are for infertility. The cost benefit of improved infertility services would be huge. GPs can play a vital role in this improvement, as the proposals laid out here will demonstrate. The 1997 NIAC survey found that 53% of respondents felt that their GP did not provide them with sufficient information. GPs are valuable resources for patients and could provide information, initial protocol-driven investigation and referral to properly resourced fertility clinics. However, as a GP may see only two or three infertile couples per year, most will not have the time to be on top of information provision for that level of exposure. Although GPs could provide initial workup, it may be that the low throughput in Primary Care demands that information also be available in the fertility clinics. Perhaps a referral proforma sheet could guide the initial investigation and provide basic written information.

According to the Government Statistical Services, there is a steadily increasing proportion of women in the UK who have never had a child (Office of Population, Census and Surveys, 1994). Among women who were born in 1948, 17% were childless at the age of 35; this proportion had almost doubled for women born 10 years later and this trend seems likely to continue (Department of Health, 2002). Approximately one seventh of couples are involuntarily childless, although the exact number depends inevitably on how the complaint is defined. Medical definitions of infertility tend to emphasize the immediate problem brought to the consultation, reflecting the typically short-term interaction of many doctors, and particularly specialists, with their patients. Therefore, most accepted definitions involve the number of months before the consultation during which couples have been trying to become pregnant. When the lifetime experience of a couple's attempt to raise a family is considered, a quite different picture emerges: studies from Oxford and Copenhagen reveal that at least a quarter of all couples experience unexpected delays in achieving their desired family size (Green and Vessey, 1990; Schmidt *et al.*, 1995), although only a half may seek treatment. In recent years, there

La visió'n de los autores era que esto deberÁa aplicarse dado que la preeclampsia es má's comA'nmente de sÁ misma un trastorno placentario primario. Aunque es probable que la preeclampsia pueda estar presente en algunos casos sin hipertensiÓ'n abierta, ISSHP recomienda mantener la hipertensiÓ'n de nueva apariciÓ'n en el diagnÓ'stico para Ahora. Preeclampsia superpuesta a la hipertensiÓ'n crÓ'nica, el 25% de las mujeres con hipertensiÓ'n crÓ'nica desarrollarÁ preeclampsia superpuesta. 2011; 1: 225-230. HipertensiÓ'n en el embarazo: resumen ejecutivo. Obstet Gynecol. DOI: 10.1081 / PRG-120028289.crossrefmedlinegoogle scholar. Estas recomendaciones de ISSHP deben publicarse a travÁ's de LMCIC a medida que se soliciten los estÁndares. En entornos LMCIC, es poco probable que el monitoreo de Home BP es poco probable. Parra-Corno M, Rodrigo R, Barja P, Bosco C, Rencoret G, SepÁ@relveda-MartÁnez A, Quezada S. Recomendamos: Áe Á -Eadvice a las mujeres con hipertensiÓ'n gestacional o preeclampsia que tienen mayores riesgos de enfermedad cardiovascular, muerte, Stroke, 33,102,103 Diabetes Mellitus, enfermedad tromboembÓ'lica venosa y CKD en comparaciÓ'n con las mujeres que han tenido embarazos normotensos.104 EAdvice a las mujeres con preeclampsia que tienen aproximadamente un riesgo del 4% para desarrollar preeclampsia y un mayor riesgo del 25% de la hipertensiÓ'n gestacional en un Embarazo futuro.105,106 EAdvice para las mujeres con hipertensiÓ'n gestacional o preeclampsia que tienen mayores riesgos de pequeÁos para bebÁ's de edad gestacional en otro embarazo, incluso si preeclampsia A no se repite ". Á - Seguimiento regular con un mÁ'dico general para The BP and the periodic medicine of the fasting lipids and the sugar in the blood. "Healthy lifestyle with the maintenance of the ideal weight and the regular aerobic, regular. The long-term risks of preeclampsia and gestational hypertension are now well established, although some think that these risks are limited to those who remain hypertensive and behave as chronic hypertensive. 107 It is probable that in the long term these women have a certain degree of underlying metabolic syndrome and bp higher than women who did not have hypertensive pregnancies.108,109 The values we use to define Normal PA are derived from major and often male populations; Studies in progress will define a normal BP range for young women who have not had preeclampsia, which will allow a reevaluation of whether a woman who has had preeclampsia really has normal BP when he has a follow-up of 6 months or me S postpartum. From cardiovascular disease, young women can have low 10-year-old cardiovascular risk scores using well-established tools and can be overlooked as a high risk on

that basis. The clinical studies that are at once provide most specific information to the best way to manage previously pre-clonal women. Section 5. DOI: 10.3109 / 10641950902777697.crossrefmedlinegoogle Scholar86. Is it possible to measure proteinuria in pregnancy? AM J HIPERTENS. 2012; 31: 131-139. Doi: 10.1056 / nejmc1713798.crossrefmedlinegoogle Scholar38. Livingston JR, Payne B, Brown Ma, Roberts JM, CA E ÁTA © M, Magee La, Von Dedelszen P, Piers Study Group. The measurement of the Angiogenic factors can play a role in this regard in the future, but even at a research stage.56 Clinical predictive model, the PERS model (integrated preeclampsia risk estimation) can predict the likelihood of a maternal result Severe adverse compound that uses the following variables gathered from 0 to 48 hours after the admission with preeclampsia57,58: "Age higher" o Dyspnea "saturation of saturation of the template and the predetermined value to an oxygen saturation of 97% in Risk model When oxymoria is not available ().Issshp recommends this as a useful complement in the initial evaluation of women with preclampsia. A collaborative preparation network (prediction of complications in the first place. Start Preeclampsia) published pronouncements models that help predict the general risk of women with established preeclampsia to experience a complication using logistic return (prep-L) and to predict time for The adverse maternal result using a survival model (Prep-S) .59The Prep -S Model Included. Gestacione, Medical History, Systolic BP, Reflections of Deep Tenn, Creatinine Relationship of Urine Protein, Platelets, Transaminase Alanine amino in serum, urea, creatinine, oxygen saturation and treatment with antihypertensive or mgSO4. Doi: 10.1016 / j.ajog.2015.04.013.crossrefmedlinegoogle scholar90. This lack of consensus makes our ability to study, not only the immediate rates of maternal and fetal adverse results for the various hypertensive disorders in pregnancy, particularly preeclampsia, but also the long-term health outcomes of women and The babies that survive this condition. 2014; 36: 416-441. DOI: 10.1136 / BMJ.326.7394.845.crossrefmedlinegoogle Scholar36. scholar116. 2007. 2012; 2: 22- 27. BP indicates arterial pressure; CTG, cardiocotograph; DBP, diastol BP; and SBP, SYSOLIC BP.Figure 3. 2012; 33: 495-501. Thereafter, 5 g are administered every 4 hours for 24 hours in alternative glitters as a maintenance dose. The gestational age 30, CKD, antiphospholipid syndrome) A € á, ~ á € ° ¥ 2 of minor risk factors á, ~ ~ ~ € á, ~ ~ æ (Advanced Maternal Age, Family History of Preeclampsia, Short Duration. From the Sexual Relationship [10 mm reading, HG output compared to the same error In only 10% of Mercury devices. Join an automated device, it is preferable to use an air device if it has been shown that the automated device is reliable both in pregnancy and in preeclampsia specifically89; Some devices may be accurate for women with chronic or gestational hypertension in pregnancy, but not for women with preeclampsia.10 Of generally validated starting BP monitors, not specified for pregnancy, is available at /bp-monitors/. What constitutes abnormal proteinuria in pregnancy? Proteinuria should be Initially for the urine analysis of the automatic rod when possible; If it is not available, the life urine analysis of the careful visual rod will be based. If it is positive (A € á € ° ¥ 1 +, ~ 30 mg / dl), then a protein / urine creatinine relative (PCR) must be performed. A relative of PCR á € ° ~ ¥ 30 mg / mmol (0.3 mg / mg) is abnormal. Normally, a negative rod test can be accepted, and no more PCR tests are required at that time. It is not required. Proteinuria for a diagnosis of preeclampsia. Restless proteinuria (> 5 g / 24 h) is associated with more severe neonatal results. Golden golden standard to diagnose abnormal proteinuria in pregnancy is a 24-hour urinary protein. Ideally, the excretion of creatinine 24 hours will also be used to evaluate the adequacy of the collection, since without this, the daily excretion of estimated urine protein is often incorrect.12 In practice, medicine From the urine protein 24 hours will be replaced mainly with a urine protein. Creatinine relationship, a value á € œ ¥ ¥ 30 mg per mmol (= 0.26 mg / mg, generally rounded at 0.3 mg / mg) representing significant proteinuria13. 15: This eliminates the difficulties inherent in the realization of urine collections 24 hours and accelerates the decision-making process. The collection of low-term time proteinuria-hours is still indicated to confirm the nephrotic syndrome that has implications for thromboproflaxis.dipstick tests is not perfect, and a small number of cases can be lost protein themselves in a negative rod test; An urine PCR 40 IU / L) with or no top quadrant right or epigastric abdominal pain á, ~ á, ~ ~ æNeurologic complications (examples include eclampsia, altered mental state, blindness, stroke , clonus, severe headaches and persistent visual scotties) A € á, ~ á, ~ æ "Compulsorsshematological (thrombocytopenia "platelet county 30 kg / m2 , the antiphospholipid syndrome and the reception of assisted reproduction) are treated, ideally before 16 weeks, but definitely before 20 weeks, with Low (defined as 75 ~162 mg / d, as studied in randomized controlled trials). We recommend at this stage against routine clinical use of rule or rules tests (specifically PLGF or SFLT-1 (tyrosine kinase-1) / PLGF similar to FMS Relationship) for preeclampsia, preeclampsia, It must continue to be evaluated within the context of the clinical trials. Women considered at an increased risk of preeclampsia, as mentioned above, should receive supplementary calcium (1.2 "2.5 g / d) if it is likely to be low (70,000 maternal deaths. 2008; 30 (Suppl 3): S1Á á, ~ ~ S2. 2002; 7: 309-312. 2005; 112: 601-606. Preaching of adverse maternal results in preeclampsia: Development and validation of the Fullpiers.Lancet model. Porcel J, Feigel C, Poye L, Postma IR, Zeeman GG, Olowoyeye A, Tsigas E, Wilson M. Therefore, the current evidence supports BP's control at these levels. Conal hypertension due to renal disabling of this group is complex and more out of reach. From this document, but it is discussed in detail in other places.79.80 The general principles include: "The left and fetal outcomes are generally worse than the general population, even when the CKD LEVE.81 M maternal BPControl is important for pregnancy and a long time -Termin the maternal renal result. ÆMonitoring by preeclampsia superimposed and for adequate fetal growth. suitable. IMPORTANT. "Perfectal dialission with a prescription of aggressive diallissive of Á á € 36 hours per week seems to transmit the best result for those with progressive kidney disease in pregnancy.82 Shelter to the white layer where a diagnosis of White layer hypertension, pregnant women can be administered with the regular BP assessments of the home and antihypertensives can be avoided, at least up to Office BP levels of 160/110 mm. Hg. There are limited studies on the result of these pregnancies, but it seems that up half to develop a true gestational hypertension or preeclampsia24; It is possible that the risk of preeclampsia be double that of the normal pregnant population, although this must be confirmed. 2012; 32: 609-616. So Both, the decisions of admitting and monitoring should be based on having developed preeclampsia regardless of the initial levels of BP.BP in O> 160/110 mm. It is believed that the Substi markers tutos of the risk of stroke, as well as a reflection of greater severity of the general condition of preeclampsia.86 In monitoring women in the trial of the chips, the development of severe hypertension was associated with a significantly higher probability of Adverse results for baby (ie, low birth weight, prematurity, death, . and the morbidity that require care of the neonatal unit) and the mother (ie thrombocytopenia, the abnormal hepatic enzymes with symptoms and the highest hospital stay). Women with gestational proteinuria have blood levels of placental growth factor that are intermediate among those of normal pregnancies and preeclampsia, which drives the consideration that these women have an early form of preeclampsia.23 the recommended approach to the management of These women are considering 3 possible results. I don't know Characteristics of preeclampsia throughout the pregnancy and proteinuria disappears postpartum; Proteinuria turns out to be the first characteristic of preeclampsia, which is defined when the BP rises subsequently or other characteristics of preeclampsia preeclampsia Proteinuria persists after childbirth and, in last instance, it means a primary renal disease that has developed casually in pregnancy, an unusual event,. Therefore, it is recommended to monitor these women with more frequency of what Regular for the rest of your pregnancy, as well as to evaluate proteinuria in 3 months postpartum. Hypertensichronic Hypertension refers to a high BP that depends on pregnancy or recognized in the gestation of

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