Teenage Pregnancy

URL of this page: http://www.nlm.nih.gov/medlineplus/teenagepregnancy.html

Also called: Adolescent pregnancy

Most teenagers don't plan to get pregnant, but many do. Teen pregnancies carry extra health risks to the mother and the baby. Often, teenagers don't receive timely prenatal care, and they have a higher risk for pregnancy-related high blood pressure and its complications. Risks for the baby include premature birth and a low birthweight.

If you're a pregnant teenager, you can help yourself and your baby by

- Taking your prenatal vitamins for your health and to prevent some birth defects
- Avoiding smoking, alcohol and drugs
- Using a condom, if you are still having sex, to prevent sexually transmitted diseases that could hurt your baby

Start Here

- Especially for Teens: Having a Baby [http://www.acog.org/~/media/For%20Patients/faq103.ashx] (American College of Obstetricians and Gynecologists) - PDF
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/ssexual/pregnancy_esp.html]

Overviews

- Teenage Pregnancy: Consider the Options [http://www.mayoclinic.com/health/teen-pregnancy/MY00820/METHOD=print] (Mayo Foundation for Medical Education and Research)

Latest News


Diagnosis/Symptoms

  Also available in Spanish [http://womenshealth.gov/espanol/publicaciones/nuestras-publicaciones/hojas-datos/pruebas- embarazo.html]

Prevention/Screening
Nutrition


Coping

  Also available in Spanish [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/ Cuando_los_Adolescentes_Tienen_Hijos_31.aspx]
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/padres/teen_pregnancyEsp.html]

Specific Conditions

- Becoming a Father [http://www.youngmenshealthsite.org/teen_fatherhood.html] Children's Hospital Boston
- Pregnancy Options [http://www.acog.org/~/media/Departments/Adolescent%20Health%20Care/Teen%20Care%20Tool%20Kit/PregnancyOptions.ashx] (American College of Obstetricians and Gynecologists) - PDF

Related Issues

  Also available in Spanish [http://kidshealth.org/teen/en_espanol/sexual/sex_during_period.html]
- Preventing Unplanned and Teen Pregnancy: Why It Matters [http://www.thenationalcampaign.org/why-it-matters/] (National Campaign to Prevent Teen and Unplanned Pregnancy)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/cuerpo/tell_parentsEsp.html]

Games

- Fun and Games for Teens [http://www.stayteen.org/games] (National Campaign to Prevent Teen and Unplanned Pregnancy)

Clinical Trials

- ClinicalTrials.gov: Pregnancy in Adolescence [http://clinicaltrials.gov/search/open(condition=%22Pregnancy+in+Adolescence%22)] NIH (National Institutes of Health)

Research

It's a Guy Thing: Boys, Young Men, and Teen Pregnancy Prevention

Pregnant Teen Admissions to Substance Abuse Treatment: 1992 and 2007
[http://www.oas.samhsa.gov/2k10/228/228PregnantAdmits2k10.htm] (Substance Abuse and Mental Health Services Administration)

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Organizations
- March of Dimes Birth Defects Foundation [http://www.marchofdimes.com/]
  Also available in Spanish [http://www.nacersano.org/]

Statistics
- About Teen Pregnancy [http://www.cdc.gov/TeenPregnancy/AboutTeenPreg.htm] (Centers for Disease Control and Prevention)
- Birth Rates for U.S. Teenagers Reach Historic Lows for All Age and Ethnic Groups [http://www.cdc.gov/nchs/data/databriefs/db89.htm] (National Center for Health Statistics)
- CDC Vital Signs: Preventing Repeat Teen Births [http://www.cdc.gov/vitalsigns/TeenPregnancy/] (Centers for Disease Control and Prevention)

Patient Handouts
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001516.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000607.htm]

You may also be interested in these related encyclopedia pages:

You may also be interested in these related MedlinePlus topics:
The primary NIH organization for research on *Teenage Pregnancy* is the National Institute of Child Health and Human Development [http://www.nichd.nih.gov]

Date last updated: 11 July 2013
Topic last reviewed: 10 August 2012