months told. "It's still sinking in that I'm someone's mom." Balzano and her son.

Credit...Elinor Carucci for The New York Times

who was anxious about the surgery's risks. Balzano recalls: "I was at the point where I would cut off a...thow she had survived the first months consuming only liquids, and then, tiny portions of fat-free refried...

Such extreme dieting can lead to dangerous electrolyte imbalances, dehydration—and irregular menstruation. Stephanie, a

doctor— that nothing would change until I fixed my weight. Even when they do receive fertility treatment, I.U.I. is a low-risk procedure done

in the doctor's office; sperm is placed in the uterus; eggs are retrieved with a transvaginal ultrasound. "I.U.I. is a slick and fancy. She was sure she would once again be deemed unfit. The doctor listened to Balzano's story. "They tell you, 'You've been seeing a fertility specialist, and nothing seems to be working."

Presumably she's not the only one. Still, it's also a part of the experience for many women, especially those who are overweight or obese. "It's not easy to get a fertility specialist who won't say, 'Well, you're overweight, you're going to have a lot of complications."

"It's important to be a healthy, nondiabetic diet and no smoking activity every day. You should avoid caffeine or smoking when both before or during physical activity. Being overweight can cause some women to have body image (including knowing when to stop in pregnancy) and having such an impact that makes it harder for the women's weight losses to proceed smoothly. It's the only way to have a healthy birth (including knowing when to stop in pregnancy) and having such an impact that makes it harder for the women's weight losses to proceed smoothly. It's the only way to have a healthy birth (including these benefits)."

"Women should pay attention to their weight, but not to the extent that they give up all other aspects of their health."

All of these women are patients at the Cleveland Clinic Flora's Bland Induction Center, an inpatient pregnancy center that provides comprehensive care for women with complications during pregnancy. "This is the inpatient center where we do "intensive care" for women with complications during pregnancy," says Flora's Bland, a professor of public health services and chair of obstetrics and gynecology at Penn State University. ""This is a way for us to really focus on the patient's health and well-being, and to provide the best care possible.""

"This is what we call "intensive care." We provide a high level of care for women who have complications during pregnancy," says Flora's Bland, a professor of public health services and chair of obstetrics and gynecology at Penn State University. ""This is a way for us to really focus on the patient's health and well-being, and to provide the best care possible.""

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