

Twinkle Little Stars



Ana Rebelo

Twinkle Little Stars

A true story about the battle against
the infertility monster

Ana Rebelo

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Overview

Chapter 1: Freshly Wed

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Married and Pregnant? No! Not yet!

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Planning the Beginning of a New Family

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Know Your Ovulation Cycle

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Chapter 2: Now it's Time for Having a Baby

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Conceiving a Baby

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Timed Intercourse

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Temperature Method

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Others

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Chapter 3: Fertility Issues

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I'm Not Getting Pregnant. Why?

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Time to Go to a Specialist Doctor

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Checkups

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Nutrition

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Common Male Problems

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Aging

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Sperm Analysis Problems

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Azoospermia

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Oligozoospermia

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Polozoospermia

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Astenozoospermia

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Teratozoospermia

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Astenoteratozoospermia

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Varicocele

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Hormone Imbalances

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Risk of Down Syndrome

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Endometriosis

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Blockage of Fallopian Tubes

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Chapter 4: Fertility Treatments

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Ovulation Induction

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Artificial or Intrauterine Insemination (IUI)

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In Vitro Fertilisation (IVF)

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In Vitro Fertilisation with Intracytoplasmic Sperm Injection (IVF/ICSI)

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With Donor Eggs

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Chapter 5: The Treatments I've Been Put Through

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Number 7: The Magic Number

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Chapter 5: I'm Pregnant!

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Pregnancy signs

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Possible Pregnancy Problems

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Ectopic Pregnancy

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Placenta Previa

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Bleeding

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Gestational Diabetes Diagnosis

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1st Trimester

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2nd Trimester

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3rd Trimester

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Chapter 7: I'm a mum!

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Labor and Delivery

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Vaginal Birth

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Cesarean Section

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A Baby was Born... or Two

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