

23 October,
2025

 *OB Legacy:*
**Hormones of
pregnancy**

 **Hanna Wells, Victoria
Ramirez, Ashtyn Ponce**



Introduction



What are the hormones of pregnancy?

1. Human Chronic Gonadotropin (HcG)
 2. Relaxin
 3. Oxytocin
 4. Progesterone
 5. Prolactin
 6. Estrogen
- 

Why do we need to know them?

- Important for fetal development
- Preparing the mother's body for childbirth
- Understanding and managing physical and mental well-being of mom & baby



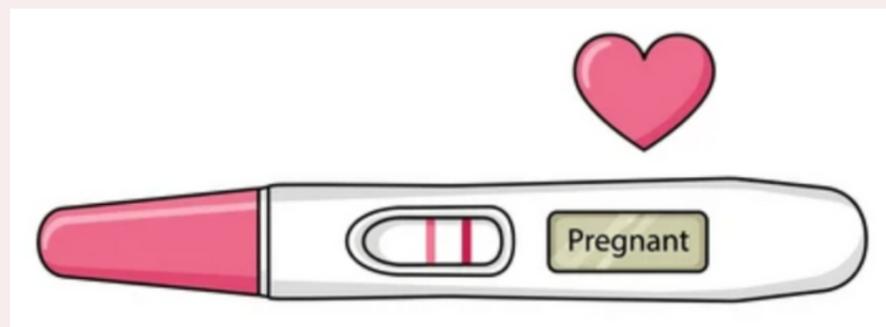
HcG

"The Recruiter"

One of the first signs
you are pregnant!

Recruits the other hormones
once you are pregnant!

Produced by the
placenta after
implantation.
Congrats, you've been
recruited to
motherhood!



Relaxin

"The Yoga Instructor"



Salford & Co.

Loosens up
mom's joints and
ligaments so she
can deliver with
ease!

Literally flexible under
pressure!

Oxytocin

"The Hype Woman"

**Brings the
contractions AND
the love!**

**Milk
letdown?**

Labor?

Bonding?

Oxytocin brings it all!



Progesterone

"The Security Guard"

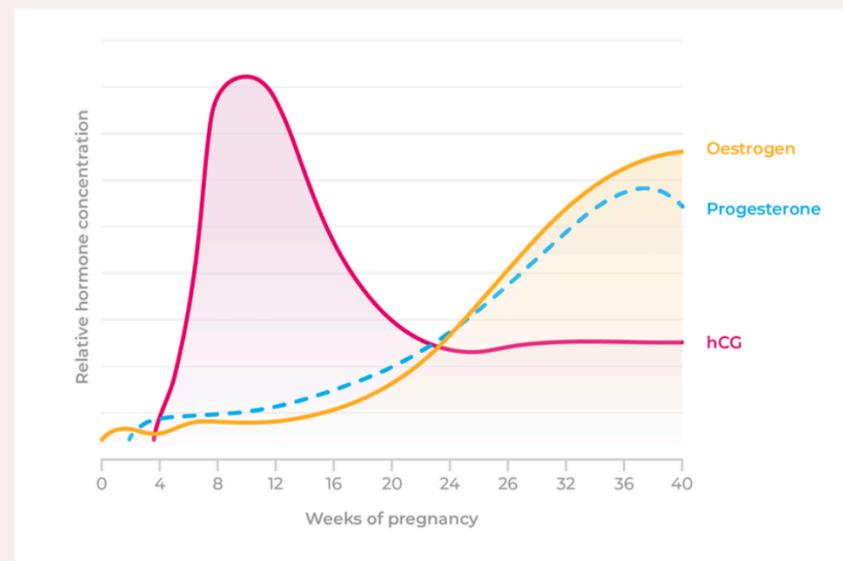
Calms your uterus and supports baby's growth

Helps balance the effects of estrogen

Maintains uterine lining

Protects and prevents from:

- Uterine overgrowth
- bone loss
- Abnormal breast cell growth



Prolactin

"The Chef"



Head Chef: Curating Baby's "Milk Menu"

Prep Kitchen : Breasts

Mammary gland enlargement, nipple tenderness and dark areolas means the kitchen is ready for the dinner rush

Appetizer : Colostrum

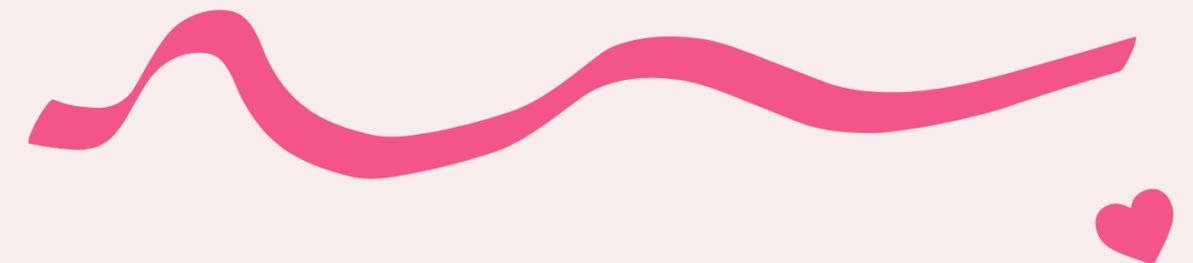
Small but mighty, beautiful golden color, packed with a punch of nutrients and immune boosters

Main Course: Breast Milk

Creamy, nutrient-rich. Taste a touch of antibodies and fat with every drop.
Served Warm

Toughest Critic : Baby

Baby is the designated taste taster. Letting mom know if Chef Prolactin prepped the milk with enough nutrients and flavor for their liking





Estrogen

"The Interior Designer"

9 Month Renovation-Pregnancy!

Rearranging organs, boosting circulation, growing new curves, and setting the ambiance for baby

She remodels blood vessels and redesigns mom's uterus

Adding that "Pregnancy Glow" as a finishing touch ✨

She makes sure mom's interior decor matches baby's needs

POOP QUIZ!!

Question 1

Who is responsible for loosening joints and ligaments?

Question 3

What is the “Interior Designer” responsible for in pregnancy?

Question 5

Who protects the uterus from overgrowth?

Question 2

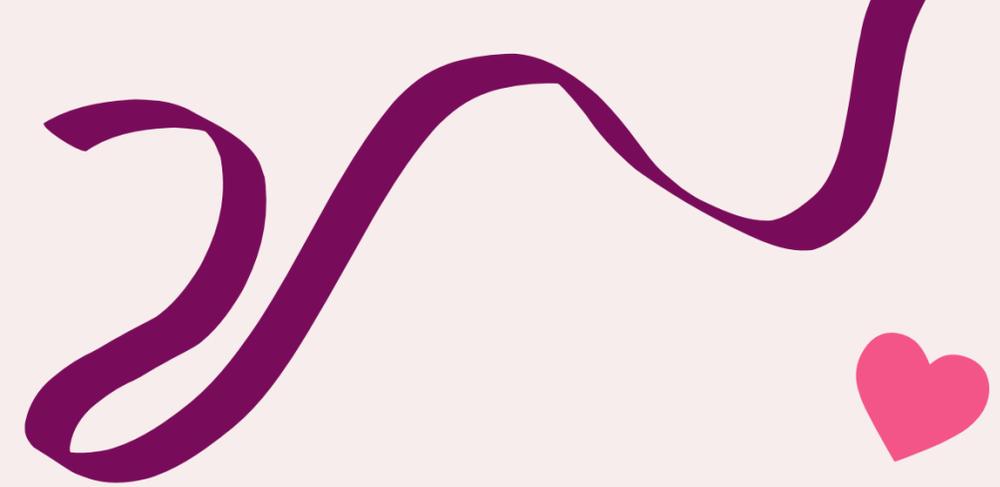
Who recruits the other hormones once we are pregnant?

Question 4

What does the “Hype Woman” do in pregnancy?

Question 6

What does the “Chef” do during pregnancy?



The end!

