

## **Structural Changes During Pregnancy and Lactation Among First Parity Women**

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**ABSTRACT** A total of five hundred and fifty apparently healthy educated young Punjabi women belonging to elite class in the age range of 20 to 30 years participated in the present study. Only first pregnancies were considered. A set of eighteen measurements were recorded on each subject. Body weight showed an increasing trend immediately after delivery. With advanced pregnancy, the increase in chest and hip circumference was prominent, which explains the difference between pregnant and lactating women. Abdomen circumference also showed an increasing trend. All the skinfold thickness showed a significant increase during pregnancy and a significant decrease after delivery.