

# Changes To Expect In The

# Eighth Month

# Of Pregnancy



## Physical Changes

More prominent pregnancy belly that leans slightly downward



Reduced hairfall as compared to before due to hormonal changes

Breasts with darker nipples and areola, leaking colostrum



Stretch marks and linea nigra (the line between the navel and pubic hairline)

## Emotional Changes



Mood swings



Anxiety



Stress



Insomnia