

10.1071/HC15920

## String of PEARLS

### Practical Evidence About Real Life Situations

#### About Pregnancy

Prepared by Anne Buckley, Medical Editor, for the Cochrane Primary Care Field

**PEARLS** are succinct summaries of Cochrane Systematic Reviews for primary care practitioners—developed by Prof. Brian McAvooy for the Cochrane Primary Care Field ([www.cochranepriamarycare.org](http://www.cochranepriamarycare.org)), New Zealand Branch of the Australasian Cochrane Centre at the Department of General Practice and Primary Health Care, University of Auckland ([www.auckland.ac.nz/uoa](http://www.auckland.ac.nz/uoa)), funded by the Ministry of Health ([www.health.govt.nz](http://www.health.govt.nz)), and published in NZ Doctor ([www.nzdoctor.co.nz](http://www.nzdoctor.co.nz)).

**DISCLAIMER:** PEARLS are for educational use only and are not meant to guide clinical activity, nor are they a clinical guideline.



- Two blood markers moderately accurate in screening for Down's syndrome
- No identified risk in use of topical corticosteroids during pregnancy
- Insufficient evidence for exercise preventing gestational diabetes mellitus
- Psychosocial interventions effective for smoking cessation during pregnancy
- Vitamin supplementation does not prevent miscarriage
- Interventions effective for preventing & treating pelvic & back pain during pregnancy
- Diet & exercise effective for weight reduction after childbirth