



## **I AM A MONTH PREGNANT AND I'M CRAMPING A LOT. IS THAT BAD?**

Many women have cramping during early pregnancy. However, if you have persistent cramping, especially if it is associated with bleeding or spotting, it is important that you see your physician immediately. Although most of the time mild cramping is not urgent in nature, if associated with bleeding it may indicate an abnormal pregnancy. This may include a possible miscarriage or an ectopic pregnancy. An ectopic pregnancy is life-threatening and must be followed very closely. Be certain to contact your physician if your symptoms persist or if you have any associated bleeding.

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