**Amniotic Fluid and Fetal Viability**

The text introduces the relation between the volume and health of amniotic fluid, largely impacted by diet and hydration of the mother, and the health and eating of the fetus.

**To explore this more using the textbook content or additional resources provided below:**

* Ask students to summarize graphically the relation between amniotic fluid and fetal viability.
* Ask students to describe the meaning, warning signs, and impact of conditions known as *polyhydramnios* and *oligohydramnios*.
* Ask students to investigate conditions that threaten amniotic fluids and/or levels.
* Ask students to find and recommend strategies for producing and maintaining amniotic fluid levels and health.

**Related references:**

Beall, M. H., Van den Wijngaard, J. P. H. M., Van Gemert, M. J. C., & Ross, M. G. (2007). Regulation of amniotic fluid volume. *Placenta*, *28*(8-9), 824-832.

Moore, T. R., & Cayle, J. E. (1990). The amniotic fluid index in normal human pregnancy. *American journal of obstetrics and gynecology*, *162*(5), 1168-1173.

Schmidt, W. (1992). The amniotic fluid compartment: the fetal habitat. *Advances in anatomy, embryology, and cell biology*, *127*, 1-100.

Suliburska, J., Kocyłowski, R., Komorowicz, I., Grzesiak, M., Bogdański, P., & Barałkiewicz, D. (2016). Concentrations of mineral in amniotic fluid and their relations to selected maternal and fetal parameters. *Biological trace element research*, *172*(1), 37-45.

Underwood, M. A., Gilbert, W. M., & Sherman, M. P. (2005). Amniotic fluid: not just fetal urine anymore. *Journal of perinatology*, *25*(5), 341-348.