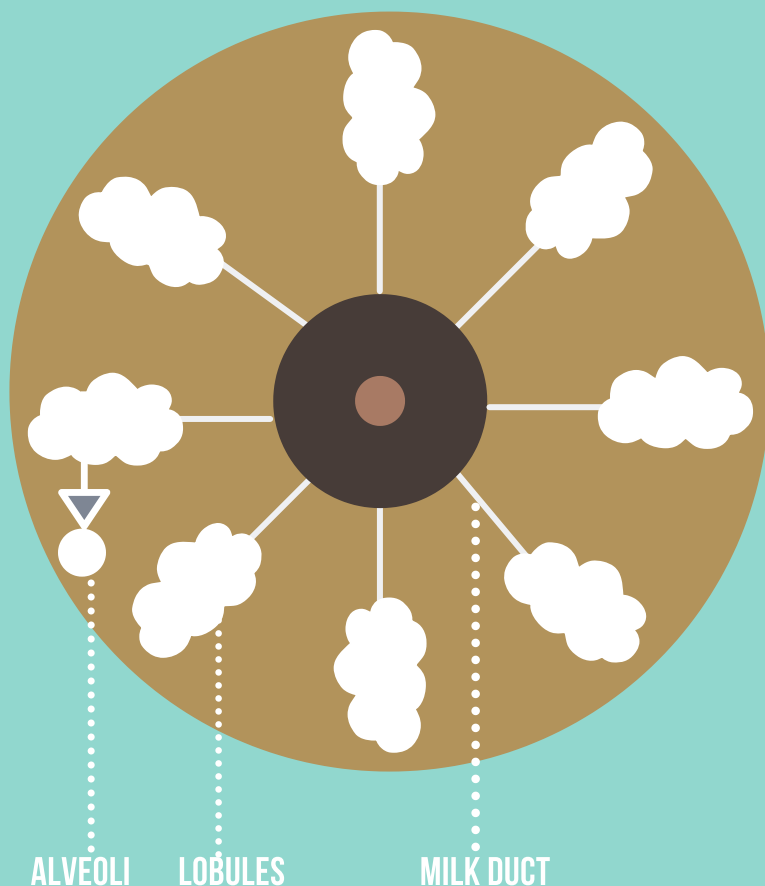


# BREAST CHANGES

DURING THE 1ST TRIMESTER OF PREGNANCY

## INSIDE



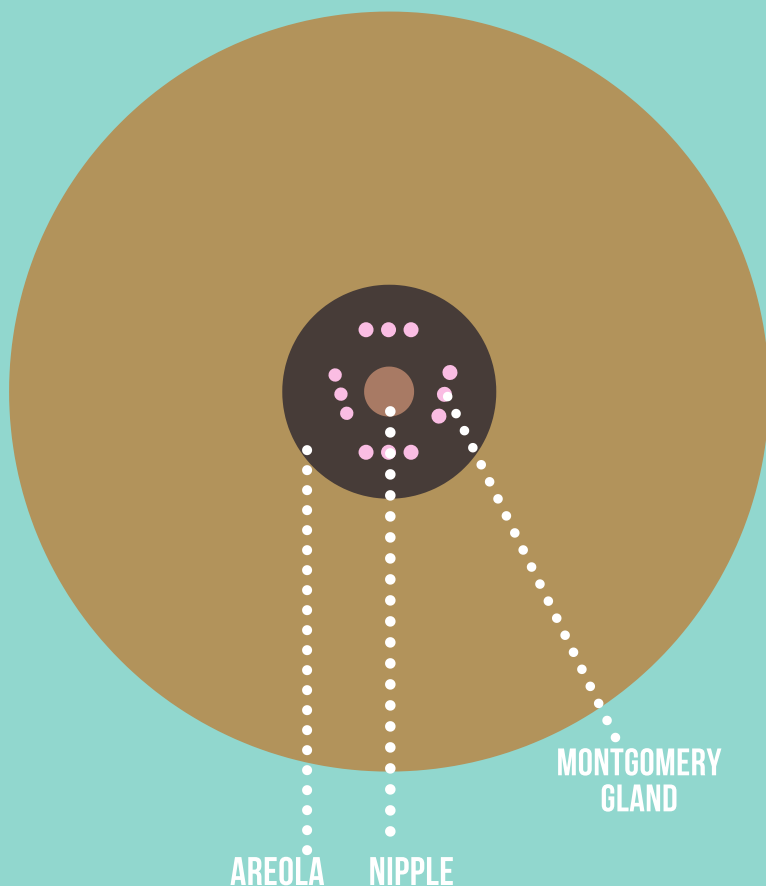
**Alveoli:** where the milk is produced and stored. At 10-14 weeks gestation, they fill with fat droplets and colostrum.\*

**\*Colostrum:** thick, yellowish milk that is full of important infection-fighting ingredients that prepare the baby for life outside the womb.

**Lobules:** groups of alveoli that grow in size as the alveoli fill with fat and colostrum.

**Milk Duct:** the "highway" that transports milk through the breasts that grow and become stretched.

## OUTSIDE



**Areola:** the darker skin around the nipple becomes darker.

**Nipple:** sticks out more, increases in size and may be sensitive to the touch.

**Montgomery Glands:** the small, pimple-like protrusions on the areola become bigger and more noticeable.

**Breasts:** will increase in size and may be sensitive to the touch.