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PRENATAL CARE AND SAFE MOTHERHOOD
Pregnancy Myths and Discomforts

Answer the following questions and submit your answers in PDF format. Remember to cite references of your answers as much as possible.

Pregnancy Discomfort	Own Management	Proper Management
1. Heavy body and body pain	<ul style="list-style-type: none">• Remain sited, do not stand much• Walk every morning	<ul style="list-style-type: none">• Manage weight with proper diet and exercise.• Do not stand for long periods and sit straight.• When lying down, find a comfortable position. Having a pillow between the legs can help provide comfort.• Avoid lifting heavy loads.
2. Ankle edema	<ul style="list-style-type: none">• Elevate feet during rest periods	<ul style="list-style-type: none">• Wear loose and comfortable clothing to promote circulation.• Exercise regularly and keep moving to prevent fluid accumulation and promote circulation.

		<ul style="list-style-type: none">• Maintain a protein rich diet and avoid foods that are high in salt.
3. Nausea and Vomiting	<ul style="list-style-type: none">• Stay away from vomit-inducing food and smell	<ul style="list-style-type: none">• If sensitive to strong smelling foods, eat foods cold or at room temperature to lessen odor.• Eat small meal or snacks rather than large meals to be able to fully digest the food and prevent vomiting.• Avoid large fluid intake at once rather try consuming small sips of fluids throughout the day to prevent nausea, vomiting and dehydration.
4. Urinary Tract Infection	<ul style="list-style-type: none">• Drink lots of water and Buko juice• Urinate frequently	<ul style="list-style-type: none">• Drink fluids up to 3000 mL per day to encourage urination and flush bacteria.• Visit your doctor for antibiotic treatment prescription.• Do not take antibiotics that are not prescribed by the doctor as some of these can pose detrimental

		<p>consequences to the fetus.</p> <ul style="list-style-type: none"> • Avoid liquids that can irritate the bladder including citrus and caffeinated drinks.
5. Nasal Congestion	<ul style="list-style-type: none"> • Drink lots of water • Take vitamins regularly to prevent strengthen immune system 	<ul style="list-style-type: none"> • Drinking fluids of up to 6-8 glasses a day will prevent congestion by thinning mucus. • Elevate head to mechanically prevent mucus from congesting nasal cavities.

2. Interview you mother or grandmother (whoever is available) and ask them about pregnancy myths. List all that they can identify? If one of your future clients will raise this concern, how/what answer will you give them?

Pregnancy Myth	Truth
<p>1. 'Umiiwas ako noon na paglihian ang itlog kasi ayaw kong lumaki na bobo ang anak ko'</p> <p>'Paglilahi' or Pregnancy cravings</p>	<ul style="list-style-type: none"> • The attributes and characteristics of the offspring is not affected and based on the food cravings of the mother during the conception rather scientific studies on genetics tell us that it is based on the genes of the parents. Eating any kinds of food will not cause the fetus to acquire undesirable traits but intake of harmful substances and toxicants may affect not only the traits but the baby's health as well.

	<ul style="list-style-type: none"> Eggs are rich in protein that can help you meet your daily protein requirements!
<p>2. 'Madami akong kumain noon kasi kumakain ako para sa'kin at para sa anak ko'</p> <p>Eating for two.</p>	<ul style="list-style-type: none"> Eating for two means eating food that allows you to meet your and your baby's daily requirements of nutrients not eating twice the amount of food you regularly eat. Gaining weight due to pregnancy is normal but abnormal weight gain due to increase food intake may pose consequences during the labor and delivery and will make it hard for the mother to lose weight after giving birth.
<p>3. 'Kapag maitim raw ang kili-kili, ibig sabihin raw ay lalaki 'yung anak'</p> <p>Myths on the baby's sex</p>	<ul style="list-style-type: none"> Having skin discoloration and pigmentation during pregnancy is normal. This is due to the hormonal changes that occur inside the mother's body. If you want to know your child's sex, visit your doctor and get an ultrasound.
<p>4. 'Dahil taga-probinsya kami, naglalagay kami noon ng bawang sa bintana 'tsaka sinasabuyan ng asin 'yung paligid ng bahay'</p> <p>Saving the baby from 'tiktik and aswang'</p>	<ul style="list-style-type: none"> If it makes you feel safe then feel free to do so, but do not stress too much on this as it may affect you and your baby. Just know that there is no basis on the 'aswang or tiktik' folklore.

References:

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