

Pregnancy Myths and Discomforts

Answer the following questions and submit your answers in PDF format. Remember to cite references to your answers as much as possible. Submit your file in the following filename format: LastnameFirstname_Activity3_PrenatalCare.pdf
(Ex: BaccayKennylynn_Activity3_PrenatalCare.pdf)

1. Interview a pregnant woman or any woman who has been pregnant (face-to-face, if possible, or via Messenger, Text, Call, etc.). Ask her what discomforts did she feel during her entire pregnancy. List the discomforts she identified and examine if she did it right and what intervention could've been a better way of managing her discomfort.

Name of Mother: Cherry Ilagan

Pregnancy discomfort	Own Management	Proper Management
Fatigue	<ul style="list-style-type: none"> ● Sleep and rest 	<ul style="list-style-type: none"> ● Increase the amount of sleep and rest by taking naps ● Perform relaxation techniques ● Eat regular meals and drink water to keep blood sugar stable
Breast soreness and tenderness	<ul style="list-style-type: none"> ● Lie down to avoid unnecessary movements ● Use loose-fitting clothes ● Wear padded bra 	<ul style="list-style-type: none"> ● Wear form supportive bra with wide straps to allocate breast weight across the shoulder ● Use a sports bra to keep the breast from bouncing and jiggling and provide relief to the soreness ● Reduce skin contact on the breast area
Headache	<ul style="list-style-type: none"> ● Take acetaminophen ● Sleep and rest ● Drink plenty of water 	<ul style="list-style-type: none"> ● Perform relaxation techniques ● Avoid eye strain that may aggravate the symptom ● Take usual adult doses of

		<p>acetaminophen to relieve headache</p> <ul style="list-style-type: none"> • Get light scalp massage if possible
Nausea and Vomiting	<ul style="list-style-type: none"> • Drink lots of water • Use white flower oil and Vaporub • Take a rest 	<ul style="list-style-type: none"> • Acupressure, anti-motion sickness wrist bands, or mild-flavored ginger tea may be effective for some women • Eat dry crackers or sour ball candies • Avoid foods or smells that trigger vomiting • Get plenty of rest
Varicose veins	<ul style="list-style-type: none"> • No management taken 	<ul style="list-style-type: none"> • Avoid sitting or standing in the same position for long periods of time. Make sure to take breaks to change your position. • Wear maternity support hosiery. These put pressure on the legs, stimulating blood flow up the leg towards the heart. However, avoid wearing tight hoses that cut off circulation. • Caution women not to sit with legs crossed or knees bent • Rest in a sim's position or on the back with legs raised against the wall or elevated on a

		footstool for 15-20 minutes twice a day
Back Pain	<ul style="list-style-type: none"> ● Getting a massage ● Application of warm compress on the site of pain ● Putting pillow behind the back 	<ul style="list-style-type: none"> ● Wear low to moderate heels to reduce the amount of spinal curvature ● Application of local heat to aid back pain ● Practice proper body mechanics/ good posture ● Include light physical activity in the daily routine

2. Interview your 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?

Name of Mother: Cherry Ilagan

Pregnancy Myth	Truth
<p>Food cravings will affect the baby's features and appearance.</p> <p><i>"Ah ayun, sabi ng lola mo noon, mabuti raw at pinaglihi kita sa gatas at hindi sa kape. Tingnan mo ngayon, ang puti-puti mo"</i></p>	<ul style="list-style-type: none"> ● Food has no effects on the physical appearance of the baby. The features like natural skin color, eye color, and shape depend on the genes of the parents. <p>However, it is still advisable for pregnant women to consume cravings in moderation as long as they continue to eat a variety of healthy foods.</p>
<p>Don't habituate crying during pregnancy to avoid having a crybaby</p> <p><i>"Hindi naman maiiwasan ang maiyak lalo"</i></p>	<ul style="list-style-type: none"> ● Mood swings and a series of crying sessions are a normal part of pregnancy especially during the first trimester due to heightened hormonal

<p><i>kapag sumisipa ka at kumikirot yung katawan ko. Mahirap kaya ang magbuntis. Pero sabi nga nila, tikom-bibig at pikit-mata at baka maging iyakin ang mga anak paglabas.”</i></p>	<p>changes. Furthermore, crying is a human response to feelings and we know that pregnancy is anchored with a lot of pain. The emotional baggage of having a baby is also a huge transition to a woman’s life so expect a ride of emotions.</p>
<p>Getting involved with good-looking people during pregnancy will lead to a favorable good-looking child</p> <p><i>“Sabi nga nila, dapat hindi ko nilalapitan yung mga pangit noong nagbubuntis ako-baka raw ikaw ay pumangit. Kaya ayun, hindi ako palaabas nang bahay tapos yung kaibigan kong gwapo palaging pinapapunta ng lola mo sa bahay namin”</i></p>	<ul style="list-style-type: none"> • Similar to the first myth discussed, the child’s appearance is a reflection of the parent’s genes- not a reflection of the people you surround yourself with. Not because you’re with a subjectively called “ugly” person, does mean your child will become less attractive, too!
<p>Eating twin bananas increases the chance of having a twin</p> <p><i>“Isa pang paniniwala namin noon ay kapag kumain ka ng kambal na saging, magkakaroon din kami ng kambal na anak. Kaya noong ikaw ay aking pinagbubuntis, iniwasan ko yang mga kambal na saging kasi baka magkaroon kami ng kambal. Aba, nakakatakot ‘yon at ikaw ang unang baby na iluluwa”</i></p>	<ul style="list-style-type: none"> • Twins are produced in two kinds of ways. The first is when a single embryo splits into two after fertilization, which creates identical twins. The second is when two separate egg cells are each fertilized by different sperm, resulting in fraternal twins. <p>One might understand that the chances of having a twin are dependent on genetics, family history, fertility, and treatments such as In-vitro fertilization.</p>