

### PREGNANCY MYTHS AND DISCOMFORT

1.

Pregnancy Discomfort	Own Management	Proper Management
Headaches	Getting enough sleep and rest.	Following a proper and regular sleep schedule is an effective way to manage pregnancy headaches. Aside from this, one should also eat regularly, engage in physical activities, avoid headache triggers or stressors, etc. A pregnant woman could also drink medications like pain relievers provided that the healthcare provider was consulted first.
Loss of appetite	Satisfying cravings and drinking prenatal vitamins.	Loss of appetite is normal in pregnancy. This can be managed by avoiding fatty or spicy foods, drinking fluids separately from meals, and eating small yet frequent meals. However, it is always best to consult your physician if you experience serious cases of appetite loss.
Rapid and difficulty in breathing	Relaxing and practicing proper deep breathing exercise.	Aside from practicing breathing techniques, it is important to practice good posture to allow the uterus to move away from the diaphragm and to slow down and take breaks when needed in order to make breathing more comfortable. However, it is best to contact the doctor when there is an underlying cause that may require medical intervention.

Leg cramps	Elevating feet	Doing gentle to moderate exercises can facilitate blood flow which can prevent the occurrence of cramps. Other ways to manage this is by massaging the calf to help relax the muscles and drinking enough fluids. With a doctor's permit, vitamin supplements could also be taken.
Swollen ankle/feet	Wearing big slippers	In order to manage swollen ankles/feet, a pregnant woman must avoid standing for long periods, be physically active, elevate legs, wear loose clothing, and sleep on the left side.

2.

Pregnancy Myth	Truth
If a pregnant woman eats twin bananas, she will conceive twins.	The likelihood of conceiving twins is affected by multiple genetic and environmental factors. On another note, the concept of conception revolves around the fertilization of an egg by a sperm. If there are two eggs present in the womb at the time of fertilization or if the fertilized egg splits into two distinct embryos, a woman can become pregnant with twins.
A pregnant woman can't have hot baths.	Pregnant women are allowed to sit under hot showers or bath tubs as long as the temperature of the water isn't too hot or exceeds 38 degrees celsius. Overheating can cause the body temperature to rise which may lead to certain problems concerning the baby.
Pregnancy cravings can influence the physical attributes of the baby.	It is genetics that tell us how certain qualities are passed from parents to offspring and not because of pregnancy cravings.
A pregnant woman should avoid wearing necklaces or wrapping towels around the neck for this may cause the umbilical cord to	While it is possible for the umbilical cord to wrap around a baby's neck, it has nothing to do with wearing necklaces, towels, and other

wrap around the baby's neck.	external factors but rather because of the baby's movements inside the womb.
When a pregnant woman is said to be "glowing", she will give birth to a girl. Meanwhile, when a pregnant woman is said to be "less radiant", she will give birth to a boy.	The sex of a baby can only be determined through ultrasound and other medical tests/methods.

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