



PREGNANCY MYTHS AND DISCOMFORTS

SELF-ASSESSMENT ACTIVITY 3

Pregnancy Discomforts

Pregnancy Discomfort	Own Management	Proper Management
1. Bleeding during first trimester	<ul style="list-style-type: none"> • Consulted OB-GYN • Took medication for 15 days (as prescribed by her doctor) 	<ul style="list-style-type: none"> • Let your doctor know if you experience any kind of bleeding during pregnancy to help determine its cause and treat it accordingly (Iftikhar, 2019). • You can get treated immediately in your doctor's office or get proper medication, or surgery, if needed, as instructed by your doctor (Iftikhar, 2019).
2. Worsening varicose veins in legs	<ul style="list-style-type: none"> • Undergone ambulatory phlebectomy after pregnancy/giving birth 	<ul style="list-style-type: none"> • There are various ways to minimize varicose veins (Marple, 2021) such as: <ul style="list-style-type: none"> ○ Exercising daily ○ Elevating the feet and legs whenever possible ○ Not crossing legs or ankles when sitting ○ Not sitting or standing for long periods ○ Wearing graduated-compression stockings ○ Consulting a vascular disorder specialist if it still doesn't improve months after giving birth or if it poses a health concern

Pregnancy Myths

Pregnancy Myth	Truth
1. When the woman appears "ugly" or has a dark neck and underarms, she is said to be carrying a baby boy. When the woman appears to be "blooming", she is said to be carrying a baby girl.	<ul style="list-style-type: none"> • The phenomenon called "pregnancy glow" is influenced by a number of factors such as hormone fluctuations, increased blood flow and sebum production, and heat rashes. There are no scientific evidences that back up the claim that pregnancy glow can indicate the sex of the child (Cherney, 2018).
2. When the woman's belly looks rounded, her baby will be a boy. When it looks sharp or not rounded, her baby will be a girl.	<ul style="list-style-type: none"> • The size and shape of the mother's belly and how it looks from the outside is due to the size and position of the baby inside (Marcin, 2019).
3. Eating twin bananas means the woman will give birth to twins	<ul style="list-style-type: none"> • Whether the woman will give birth to twins depends on her genetics, family history, and how the fertilization of the egg and sperm occurred — not determined by the "twin" foods she eats (Batara, n.d.)
4. When the woman eats foods that are light in color, her child will be fair-skinned. When she eats dark-colored foods, her child will be dark-	<ul style="list-style-type: none"> • "Skin tone is a result of genetics, not the mom-to-be's nutritional choices" (Bhatia, 2018). Not only the skin tone, but the overall appearance

skinned. (The food they eat has an effect on the appearance of the baby)	of the baby will be determined by the genetics of the mother and the father.
5. The woman shouldn't take a bath while pregnant or after giving birth.	<ul style="list-style-type: none"> • So long as the bath water is warm and not scalding hot in which the woman's core body temperature goes above 101 degrees F, there is little risk of complications or birth defects (Cabotaje, 2020).

References

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