

Pregnancy Myths and Discomforts

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 on 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.

| Pregnancy Discomfort | Own Management | Proper Management |
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| Fatigue | <ul style="list-style-type: none"> • Getting enough sleep and rest | <ul style="list-style-type: none"> • Get plenty of rest and sleep by going to bed earlier and taking naps during the day • Engage in moderate exercise regularly to boost energy level • Balance activity with rest; if you do not have the usual energy, do not force yourself • Eat balanced meals regularly and drink large amounts of water |
| Back pain | <ul style="list-style-type: none"> • Applying hot compress • Massaging the back | <ul style="list-style-type: none"> • Maintain good posture • When standing, use a wide stance for the best support • Avoid standing for long periods of time • When sitting, use a chair that has good back support, or place a small pillow behind your lower back • Sleep on your side, not on your back, with a pillow between your legs for support • Squat down with your knees bent when picking things up instead of bending down at the waist • Avoid lifting heavy objects • Engage in gentle exercises such as walking or stretching exercises as advised by your health care provider • Application of local heat |

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| <p>Leg cramps</p> | <ul style="list-style-type: none"> • Elevating the legs • Stretching the legs | <ul style="list-style-type: none"> • If a leg cramp strikes, gently stretch the calf muscles by extending the leg while keeping knees straight, and dorsiflexing the foot until the pain disappears • Staying active and elevating your legs whenever possible might help keep the leg cramp from recurring • Eat foods that are rich in calcium • Wear comfortable, low-heeled shoes • Stretch your legs before going to bed |
| <p>Nausea and vomiting</p> | <ul style="list-style-type: none"> • Drinking hot water • Using white flower oil | <ul style="list-style-type: none"> • Eat small meals or snacks every two to three hours instead of the usual three large meals daily • Avoid spicy, fried, or greasy foods • Eat bland foods such as bananas, rice, dry toast, etc. • Avoid strong odors that may trigger nausea and vomiting • Get plenty of rest |
| <p>Swelling of the feet and legs</p> | <ul style="list-style-type: none"> • No management taken | <ul style="list-style-type: none"> • Avoid standing for long durations as this can increase pressure in the legs and feet and cause more swelling • Elevate your legs and feet slightly to increase blood flow toward the heart • Wearing loose, comfortable clothing; wearing loose socks and comfortable shoes • Stay active throughout the day through short walks and gentle exercises • Avoid eating foods high in salt • Drink plenty of fluids and avoid caffeine (a diuretic) • Sleep on the left side of the body to help increase blood flow to the heart |

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| Headache | <ul style="list-style-type: none"> • Taking paracetamol • Drinking plenty of water • Sleeping and resting | <ul style="list-style-type: none"> • Usual adult doses of Acetaminophen may be taken, but it must be taken for the shortest possible time • Drink plenty of water • Get enough sleep and rest • Apply cold compress • Getting a gentle head massage |
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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?

| Pregnancy Myth | Truth |
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| Eating twin bananas can increase the chance of giving birth to twins | Although twin bananas and eggs serve as good sources of nutrients for pregnant mothers, there is no relation between eating twin foods and conceiving twins. Modern medicine suggests that genetic issues are the primary factors influencing the production of twins. This may occur in two distinct ways: (1) when a single embryo splits into two after fertilization, producing identical twins, or (2) when two separate egg cells are each fertilized by different sperm, resulting in fraternal twins. |
| Pregnant women should avoid attending funerals because being around death can lead to stillbirths | There is no evidence that attending someone's wake or funeral will put a pregnant woman's baby at risk for serious problems such as stillbirths. However, the emotional stress caused by death of a loved one could serve as an area of concern for the pregnant woman as cortisol release could be triggered. This hormone then enters the amniotic fluid, which may alter fetal metabolism. Should a mother be dealing with heavy emotional matters or is anticipating stressful situations during pregnancy, consulting with a doctor is advisable to avoid such occurrences. |

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| <p>Pregnant women should give in to their cravings and eat twice the portions because she is eating for two</p> | <p>Eating for two does not mean eating twice the amount of food, but rather, eating food that will provide the baby with the nutrients it needs to ensure its well-being. Unnecessary weight gain caused by overeating during pregnancy may not only make it more difficult to lose weight after delivery, but may also cause complications during delivery. As a result, it is best to be cautious with food and liquid intake during pregnancy in order to keep both the mother and the baby healthy.</p> |
| <p>A pregnant woman's food cravings may influence the baby's appearance</p> | <p>Food cravings of a pregnant woman has no effect on the physical appearance of the baby. Rather, it is the parents' genes that will determine the baby's skin color.</p> |

If one of my future clients will raise concerns regarding their own beliefs about pregnancy, I will use this opportunity to educate and enlighten them that these beliefs are nothing more than mere myths or superstitions that have been passed on from generations in the Filipino society despite having no real evidence. I will disprove these myths in a respectful and understandable manner by explaining the scientific basis behind their concerns and by clarifying the factors that ultimately contribute to the outcome of the pregnancy or their baby's health. Doing so may help reduce the fear and confusion that my future clients may have regarding pregnancy or pregnancy practices which may help them care for themselves more appropriately, leading to better health outcomes for both the mother and the baby.

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