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 N13 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
Leg cramps	Stretching Elevating legs	She did the correct interventions to manage her discomfort. Aside from the interventions done, staying physically active or doing exercises appropriate for pregnant women, drinking enough fluids, taking vitamin supplements, massaging, and wearing proper footwear can help in preventing leg cramps (Marnach, 2021).
Dizziness, nausea, and vomiting	Resting and lying down for a while Eating tamarind candy when feeling nausea or when about to vomit	Eating smaller but several portions of food, drinking enough water or consuming colder fluids (Einarson et al., 2007), avoiding triggers, and avoiding changing of positions quickly can help in managing issues on dizziness, nausea, and vomiting.
Persistent hunger	Eating nutritious foods	Eating filling meals such as those that include protein, healthy fats, and fiber, eating nourishing snacks, and staying hydrated are recommended to manage pregnancy hunger (Garone, 2020).
Mood swings	Distracting self by watching TV or listening to music	Since mood changes are normally experienced in pregnancy, it is recommended to have enough sleep, talk to or seek support from partner, friends,

		or health professionals, and try out yoga and meditation to cope with emotional changes during pregnancy (Gurevich, 2021).
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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
If you listen to music, or if you place an earphone with music near the baby, the baby will become smart.	Psychological traits are influenced by genetic factors. Moreover, the intellectual and learning capacity of a person can be developed through experiences and a supportive environment, with education professionals, families, society, and culture playing a crucial role (Bueno, 2019).
If you skip on your husband, the husband will experience morning sickness instead of you.	Morning sickness is a common condition occurring in about 70% of pregnancies (Cleveland Clinic, 2017).
If you are not able to eat the foods that you crave, it will have an effect on the baby's physical appearance.	The baby's traits are mainly determined by the mixture of genes inherited from both parents (Ginta, 2016).
When a pregnant woman looks at ugly or unpleasant faces, the baby will become ugly.	The baby's traits are mainly determined by the mixture of genes inherited from both parents (Ginta, 2016).

## References

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