



PREGNANCY MYTHS AND DISCOMFORTS

Pregnancy Discomforts

Pregnancy Discomfort	Own Management	Proper Management
Risky pregnancy due to heightened Thyroid Stimulating Hormone (TSH) levels	<ul style="list-style-type: none">• Checkup• Took medication for TSH regulation• Monthly fetal monitoring	High TSH levels may contribute to risks of miscarriage, pregnancy loss, cesarean section, and large infants. It is suggested that pregnant women with high TSH level should get consulted by physicians and have TSH testing, in order for necessary treatment to be carried out (Haddady, 2016). Treatment is highly dependent on the person's age, its cause, and how serious the thyroid problem is, and some treatments include: antithyroid medications, surgery, and beta blockers (Endocrine Society, 2022).
Sensitivity to smell often lead to nausea	<ul style="list-style-type: none">• Eat citrus• Avoid triggers (e.g. <i>lumalayo pag may naamoy na hindi gusto</i>)	It is said that it is nearly impossible to treat a heightened sensitivity to smell, or <i>hyperosmia</i> , during pregnancy due to crazy hormonal changes, one way to cope with it is to simply avoid the smells the cause it. Chewing gum and eating peppermint candies can also aid in diverting one's attention from the smell that is causing the odor (Fletcher, 2018).
Frequent urination	<ul style="list-style-type: none">• Follow the urge to urinate• Drink plenty of water	It is never a solution to avoid peeing, pregnant women just always follow the urge to urinate. It is even more convenient to have bathrooms nearby so that you can pee immediately when needed. When peeing, leaning a little bit forwards while your forearm rests on your knees will help emptying one's bladder better, and also avoid straining as it may cause hemorrhoids. Make sure that the pregnant women is well-hydrated (Lee, 2018).
Postpartum preeclampsia	<ul style="list-style-type: none">• Consulted a doctor and was	Some of the treatments that may be prescribed by physicians are the

	prescribed with Lasix	<p>following:</p> <ul style="list-style-type: none"> ● Blood pressure medicine ● Anti-seizure medicine ● Anti-coagulant medicine to reduce risk of blood clots <p>It is important to let the doctor know if the mother is breast feeding in order to create a more individualized treatment that is safe for the infant (Cleveland Clinic, 2018).</p>
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Pregnancy Myths

Pregnancy Myth	Truth
Avoid staying on a lying position too much or sleeping in the afternoon, it may cause edema.	Edema during pregnancy usually results from disorders like deep vein thrombosis, preeclampsia, peripartum cardiomyopathy, cellulitis (Bunce & Heine, 2021).
Scratching the abdomen can lead to stretch marks.	As babies grow inside a pregnant women's body, and when one grows faster than what the skin can tolerate, the elastic fibers under the surface of the skin break and this will result in stretch marks develop (Krieger, 2013)
Pregnancy cravings should be satisfied or the risks for miscarriage increases.	There are risk factors for miscarriage such as patient's age, previous miscarriages, conception after infertility, being overweight or underweight, chronic medical conditions, STDs, infections during pregnancy, abnormal uterine configuration, lifestyle factors (alcohol, exposure to chemicals, smoking, substance abuse, certain herbs while pregnant, some medications and painkillers while pregnant), and other potential factors such as stress and anxiety, no access to clean water in some communities, exposure to radiation, high caffeine intake, and strenuous exercises. Consulting the physician can help pregnant women to identify their risk factors for miscarriage so that it can be manage before they worsen (Danielsson, 2020).
If your tummy is pointed, the baby is a boy. If your tummy is rounded, the baby is a girl.	The shape of the belly does not have anything to do with the baby's gender. It is usually influenced by factors such as muscle tone, uterine tone, and baby's position (EmersonLent, 2014).
Pregnancy cravings affect baby's appearance. For example, if one craves for mangoes, the baby turns out to be hairy.	Genes are the blueprint for your body and when parents pass down their genes to their children, they inherit their traits or characteristics, including one's physical appearance (Gordon, 2019).
How the mother looks like during pregnancy determines	Only through an ultrasound and other tests can one determine the baby's sex (CNN Philippines, 2018).

her baby's gender.	
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If one of your future clients will raise this concern, how/what answer will you give them?

Pregnant women may experience anxiety as a result of pregnancy myths. If one of my future clients expresses concern about this, I will respectfully refute these myths and misconceptions and present facts backed by research and science.

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