

**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
Nausea and Vomiting	<ul style="list-style-type: none"> <li>● Drink water</li> <li>● Rest</li> <li>● Eat fruits like watermelon</li> </ul>	<p>Making dietary and lifestyle changes could help improve and make you feel better. These alterations may include:</p> <ul style="list-style-type: none"> <li>● Increase fluid intake to avoid dehydration</li> <li>● Taking vitamins</li> <li>● Adjusting meal times</li> <li>● Changing the types of foods you eat</li> </ul> <p>If nausea and vomiting of pregnancy affect your life and causes you concern, consult a physician.</p> <p>(American College of Obstetricians and Gynecologists, 2020)</p>
Back Pain	<ul style="list-style-type: none"> <li>● Bed Rest</li> <li>● Light Body Massage</li> <li>● Stretching</li> </ul>	<p>The following are the things you can do to manage back pain:</p> <ul style="list-style-type: none"> <li>● Exercising Regularly</li> <li>● Applying heat and cold compress</li> <li>● Improve Posture</li> <li>● Stretch Regularly</li> </ul>

		<p>Consult a doctor when there is increasingly severe pain.</p> <p>(Dunkin, 2020)</p>
Fatigue	<ul style="list-style-type: none"> <li>• Drink water</li> <li>• Bed Rest</li> </ul>	<p>Coping Steps for Fatigue During Pregnancy:</p> <ul style="list-style-type: none"> <li>• Rest</li> <li>• Adjust Schedule/Take a vacation</li> <li>• Eat a balanced Diet</li> <li>• Do moderate exercises like walking</li> </ul> <p>(Healthwise, 2020)</p>
Constipation	<ul style="list-style-type: none"> <li>• Drink lots of water</li> <li>• Eating fruits</li> <li>• Stretching</li> </ul>	<ul style="list-style-type: none"> <li>• Eat fiber-rich food</li> <li>• Increase intake of water</li> <li>• Do regular exercises</li> </ul> <p>(Cleveland Clinic, 2021)</p>

**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
1. Eating a “kambal na saging” will conceive twins.	<ul style="list-style-type: none"> <li>• Consumption of a twin banana will not conceive twins. Twins can be formed when a single embryo split into two after fertilization or when different sperm cells fertilized two separate egg cells.</li> </ul>
2. Darkened neck is a sign that the baby is a boy.	<ul style="list-style-type: none"> <li>• The sex of a baby will not be revealed by just looking at the physical appearance of the mother. A baby’s sex will only be confirmed using ultrasound.</li> </ul>

<p>3. Taking a warm bath is prohibited.</p>	<ul style="list-style-type: none"> <li>• Taking a bath, in general, will not harm the baby or cause health problems. A warm bath is allowed as long as the temperature is minimal and will not exceed 38 degrees celsius. Overheating can cause health problems.</li> </ul>
<p>4. Sewing will cause difficulties in labor or discomfort during the pregnancy.</p>	<ul style="list-style-type: none"> <li>• Discomfort such as nausea, vomiting, fatigue, and others are common in pregnant women. As for difficulties in labor, there are many factors like age, genetics, physiology, and many more. There is no scientific and medical basis for causing difficulties and discomfort by sewing.</li> </ul>

**References:**

American College of Obstetricians and Gynecologists. (2020). Morning Sickness: Nausea and Vomiting of Pregnancy. <https://www.acog.org/womens-health/faqs/morning-sickness-nausea-and-vomiting-of-pr-pregnancy>

Cleveland Clinic. (2021). Pregnancy Constipation. <https://my.clevelandclinic.org/health/diseases/21895-pregnancy-constipation>

Dunkin, M.A. (2020). Back Pain in Pregnancy. <https://www.webmd.com/baby/guide/back-pain-in-pregnancy>

Healthwise. Fatigue During Pregnancy. <https://www.uofmhealth.org/health-library/tn9106>