



UNIVERSITY OF THE PHILIPPINES - MANILA  
COLLEGE OF NURSING  
2<sup>nd</sup> Year 2<sup>nd</sup> Semester, S.Y. 2021-2022



**PREGNANCY MYTHS AND DISCOMFORTS**

Interviewer: Bianca Patricia Mae A. Illana

Interviewee: Jenneth A. Illana (*Mother*)

Pregnancy Discomfort	Own Management	Proper Management
1. Morning sickness	<ul style="list-style-type: none"><li>● Cooking breakfast</li><li>● Wearing comfortable “pambahay” clothes</li><li>● Throwing up everytime she feels nauseous</li><li>● Drinking ginger tea</li></ul>	<ul style="list-style-type: none"><li>● Avoid cooking or preparing food as pregnancy makes you sensitive to smell and in turn nauseous.</li><li>● Moving around may worsen morning sickness thus it is advisable to rest if possible.</li><li>● Wearing loose clothes can be helpful as they do not constrict your abdomen.</li><li>● Throwing up may relieve immediate symptoms however nausea still returns after a while. Hence, it is not advisable to vomit frequently as this can lead to dehydration.</li><li>● Ginger is a traditional treatment for nausea as it aids in digestion and saliva flow. However, it is important to consume this with moderation as high intake could increase the risk of miscarriage.</li></ul>
2. Backache	<ul style="list-style-type: none"><li>● Practice good posture</li><li>● Wear low-heeled shoes</li><li>● Avoid lifting heavy things</li></ul>	<ul style="list-style-type: none"><li>● Pregnancy causes a person’s center of gravity to shift forward. Hence, to compensate for this, mothers should practice good posture by leaning back to reduce strain and backache.</li><li>● It is recommended for mothers to wear low-heeled shoes for support instead of</li></ul>



UNIVERSITY OF THE PHILIPPINES - MANILA  
COLLEGE OF NURSING  
2<sup>nd</sup> Year 2<sup>nd</sup> Semester, S.Y. 2021-2022



		<p>high-heeled shoes that only further increases pressure on the back.</p> <ul style="list-style-type: none"><li>● Lifting puts more pressure on your lower back thus increasing risk of strain. Hence, mothers should avoid or not lift heavy things at all.</li></ul>
3. Bladder and bowel problems	<ul style="list-style-type: none"><li>● Being cautious of fluid and food intake (Limiting fluid intake during night time, eating a balanced diet, avoiding caffeinated drinks)</li><li>● Doing simple exercises</li></ul>	<ul style="list-style-type: none"><li>● Limiting the amount of fluids during night time helps in establishing a regular pattern in urinating.</li><li>● Eating a balanced diet does not only benefit the baby but helps prevent constipation or diarrhea.</li><li>● Avoid caffeinated drinks as they urge you to urinate more often. Instead, opt for decaffeinated alternatives.</li><li>● Exercise helps in strengthening muscles involved with our bladder and bowel. With this, it is recommended to incorporate pregnancy safe exercises to the mothers' daily routine.</li></ul>
4. Fatigue	<ul style="list-style-type: none"><li>● Keeping yourself active</li></ul>	<ul style="list-style-type: none"><li>● While it is vital to maintain an active lifestyle during pregnancy, too much work can lead to more exhaustion. Thus, it is advisable for mothers to nap to make up for any loss of sleep during the night.</li></ul>
5. Indigestion and heartburn	<ul style="list-style-type: none"><li>● Eating a balanced diet</li><li>● Avoid bad eating habits</li></ul>	<ul style="list-style-type: none"><li>● It is advisable to avoid eating too much fried and fatty foods especially during pregnancy. Focus</li></ul>



**UNIVERSITY OF THE PHILIPPINES - MANILA**  
**COLLEGE OF NURSING**  
**2<sup>nd</sup> Year 2<sup>nd</sup> Semester, S.Y. 2021-2022**



		<p>on consuming meals that give more nutrition</p> <ul style="list-style-type: none"> <li>• Eating slowly and consuming several small meals throughout the day instead of large portions improves our body's metabolism and digestion.</li> </ul>
6. Leg cramps	<ul style="list-style-type: none"> <li>• Applying hot compress</li> <li>• Stretching</li> </ul>	<ul style="list-style-type: none"> <li>• Pregnancy also affects the body's blood circulation thus causing leg cramps. With this, the mother can apply hot compress to the area to help relax the muscle and increase blood flow.</li> <li>• Regular stretching helps prepare the muscles. Hence, it is important for mothers to stretch especially before they start their day.</li> </ul>
7. Swelling of ankles and feet	<ul style="list-style-type: none"> <li>• Wearing comfortable shoes and socks</li> <li>• Reduce intake of water</li> </ul>	<ul style="list-style-type: none"> <li>• Choosing comfortable shoes and socks are advisable to pregnant women to prevent unnecessary pressure to the feet.</li> <li>• Dehydration forces fluids into the extracellular spaces between cells thus it is important to drink plenty of water.</li> </ul>

<b>Pregnancy Myth</b>	<b>Truth</b>
Gender of the baby can be predicted through the shape of the mother's belly	There is no correlation between the gender of the baby and the shape of the mother's belly. Factors that affect the belly shape includes whether it is the mother's first time being pregnant as well as the size and position of the baby
Pregnant women should consume meals for two	Pregnancy increases the calories and nutrients that



**UNIVERSITY OF THE PHILIPPINES - MANILA**  
**COLLEGE OF NURSING**  
**2<sup>nd</sup> Year 2<sup>nd</sup> Semester, S.Y. 2021-2022**



people.	the body needs however it is not doubled. In fact, in the first trimester, the mother does not need to increase her intake.
Lifting the mother’s arms over the head can cause the baby’s umbilical cord to wrap around his or her neck.	Nuchal cords or umbilical cord being wrapped around the baby’s neck is only caused by either random fetal movements, extra long umbilical cords, or excess amniotic fluid.
Exercising while pregnant may cause early labor or miscarriage	Exercise is helpful given that it is low and moderate as well as approved by the physician. This can help mothers manage their weight gain and contribute to a healthier pregnancy
Caffeine should not be consumed while pregnant	Drinking coffee while pregnant is allowed given that it is within the recommended dose. It is advisable to consult a physician for the caffeine limit.

**References:**

*Back pain during pregnancy: 7 tips for relief.* (2021). Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy/art-20046080>

*Bladder and bowel problems during pregnancy.* (2022). Pregnancybirthbaby.org.au; Healthdirect Australia. <https://www.pregnancybirthbaby.org.au/bladder-and-bowel-problems-during-pregnancy>

Chertoff, J. (2019). *Getting Relief From Leg Cramps During Pregnancy.* Healthline; Healthline Media. <https://www.healthline.com/health/pregnancy/leg-cramps-pregnancy#see-a-doctor>

*Ginger for Morning Sickness | Michigan Medicine.* (2014). Uofmhealth.org. <https://www.uofmhealth.org/health-library/tn9125>

Marcin, A. (2019). *Can You Tell You’re Having a Baby Boy by the Shape or Size of Your Belly?* Healthline; Healthline Media. <https://www.healthline.com/health/pregnancy/baby-boy-pregnancy-belly>

Masters, M. (2021). *8 Pregnancy Myths (and Truths) You May Hear When You’re Expecting.* What to Expect; WhattoExpect. <https://www.whattoexpect.com/pregnancy/pregnancy-myths/>

NHS Choices. (2022). *Swollen ankles, feet and fingers in pregnancy.* <https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/swollen-ankles-feet-and-fingers/>

*Myths and Facts About Pregnancy Every Woman Should Know: A. Michael Coppa, MD: OB/GYNs.* (2022). Drcoppaobgyn.com. <https://www.drcoppaobgyn.com/blog/myths-and-facts-about-pregnancy-every-woman-should-know>