

## Pregnancy Myths and Discomforts

Answer the following questions and submit your answers in PDF format. Remember to cite references of your answers as much as possible. Submit your file in the following filename format: LastnameFirstname\_Activity3\_PrenatalCare.pdf (Ex: BaccayKennylynn\_Activity3\_PrenatalCare.pdf)

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.

Name: M. V. S.      Age: 32 y.o.

<b>Pregnancy discomfort</b>	<b>Own Management</b>	<b>Proper Management</b>
1. Lower back pain	<ul style="list-style-type: none"> <li>• Applying Salonpas (pain relief patches)</li> <li>• Practicing good/correct posture when sitting, standing, and lying down</li> <li>• Sitting with back support (i.e. pillow)</li> </ul>	<p>Her pain management strategies were correct and ideal for a pregnant woman. Other possible self-interventions include:</p> <ul style="list-style-type: none"> <li>• Maintain healthy pregnancy weight.</li> <li>• Apply heat or cold therapy.</li> <li>• Take short periods of rest throughout the day.</li> <li>• Include stretching exercises and physical activity in her daily routine, unless contraindicated.</li> <li>• Take pharmacologic treatment as ordered by the primary healthcare provider.</li> </ul>
2. Dizziness	<ul style="list-style-type: none"> <li>• Intake of Biogesic</li> </ul>	<p>Paracetamol is widely used as an analgesic during pregnancy and no</p>

		<p>adverse fetal effects have been recorded to date. But as with any drug, she must consult a doctor before taking Biogesic. Additional interventions that could have been taken are as follows:</p> <ul style="list-style-type: none"> <li>• Drink adequate fluids.</li> <li>• Eat regular healthy meals.</li> <li>• Change sitting or standing positions often.</li> <li>• Get up slowly from seated or lying positions.</li> <li>• Keep moving when standing to increase circulation.</li> <li>• Limit long periods of standing.</li> <li>• Wear breathable and comfortable clothing.</li> <li>• Perform deep breathing exercises.</li> <li>• If symptoms persist, consult a doctor.</li> </ul>
<p>3. Nausea and vomiting triggered by water, lukewarm drinks, and any kind of smoke</p>	<ul style="list-style-type: none"> <li>• Drinking cold colored fluids (i.e. juice, iced coffee, softdrinks)</li> </ul>	<p>Paying attention to nausea triggers can help the pregnant woman identify which food or smells make it worse and thus avoid them.</p> <ul style="list-style-type: none"> <li>• Staying hydrated is vital for anyone's health, especially for</li> </ul>

	<p>because only these drinks stop her from vomiting and feeling nauseous. There was no food in particular that triggered her nausea, so she just went on with her usual eating pattern and food preference.</p> <ul style="list-style-type: none"><li>• Sucking or biting ice cubes</li><li>• Avoiding smoky areas</li></ul>	<p>pregnant women. Consuming enough water may be a challenge while experiencing nausea, but dehydration is one of the most serious consequences of morning sickness that can aggravate feelings of nausea. Adding honey or fruit to water and sucking on ice cubes can make water more palatable. Meanwhile, soda contains many additives such as sugar, carbonated water, and large amounts of caffeine—all of which are not healthy nor recommended for a pregnant woman. In fact, drinking softdrinks during pregnancy has even been linked to poorer fine motor, spatial, visual motor, and verbal abilities in children. Herbal teas and real fruit juices are a healthy alternative to water.</p> <ul style="list-style-type: none"><li>• Eating healthy food in small portions can help reduce vomiting or nausea but keep</li></ul>
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		<p>something in the stomach. Bland foods such as crackers, toast, or bananas may be easy to digest and can be snacked throughout the day or before getting out of bed in the morning. Having an empty stomach can worsen feelings of nausea.</p> <ul style="list-style-type: none"><li>• Avoid fatty, greasy, or spicy foods.</li><li>• Breathe fresh air as permitted by the weather. Open the windows at home or in the workplace. Take a walk outdoors.</li><li>• Keeping oneself physically and mentally active can help take one's mind off the feelings of nausea. It has also been found to improve other symptoms in women during pregnancy. Reading, watching, or chatting can keep one preoccupied.</li></ul>
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References:

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2. Interview you 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?

My mother and grandmother have been told that:

<b>Pregnancy Myth</b>	<b>Truth</b>
1. "Do not look at unpleasing photos or people or else the baby will turn out ugly." Similarly, "Eating or craving for dark foods will result to the baby's dark complexion." "If you eat crabs or crave for it, your baby will have crab hands." "Eating twin bananas will give you Siamese twins  Likewise, "If you look beautiful or wear makeup a lot during your pregnancy, the	<ul style="list-style-type: none"><li>• What the mother sees, eats, or looks like during her pregnancy does not determine nor influence what her child will look like. As with most traits we inherit, a child's physical appearance comes mostly from the mixture of her parents' genetic composition. DNA determines our appearance.</li></ul>

<p>baby will turn out beautiful or appealing.”          “If you look annoyed or are irritated by your partner/husband, your baby will look like him.”</p>	
<p>2. “Mothers should undergo <i>suob</i> (or steam inhalation) after delivery of the newborn to remove the ‘lamig’ or ‘hangin’ from their bodies.”</p> <p>Similarly, “Do not take a bath after giving birth to avoid getting varicose veins.”</p>	<ul style="list-style-type: none"> <li>• Steam inhalation is safe during pregnancy. It can be used as relief for nasal congestion, cold, and common respiration problems. In the Philippines, <i>suob</i> is locally known as a natural treatment for <i>pasma</i>, <i>binat</i>, and <i>lamig</i>. Delivering a baby and taking a bath are believed to be linked to those three concepts. There is little to no scientific research to date that proves this to be true nor effective in removing <i>lamig</i> from the body. Nevertheless, there is no harm in following these, so I will respect this cultural belief.</li> </ul>
<p>3. “If the pregnant woman has dark areas on her body, the baby will be a boy. If not, it will be a girl.”</p>	<ul style="list-style-type: none"> <li>• Skin changes are normal in pregnancy. Areas that used to be dark prior to pregnancy such as nipples, nape, groin, inner thighs, and armpits tend to get even darker. The only definitive way to find out the baby’s sex is through an ultrasound that will create an image of your baby and reveal their sex organs as early as 11 weeks of pregnancy.</li> </ul>
<p>4. “Scratching your belly will give you stretchmarks.”</p>	<ul style="list-style-type: none"> <li>• Stretchmarks are caused by stretching of the skin and are common in pregnancy. They usually appear on your stomach, upper thighs, breasts, buttocks, and bump. Several factors, including genetics and hormones, affects its severity. Its appearance and presence varies</li> </ul>

	from woman to woman. Some may not have it. It is a normal part of the body and should not be considered as a flaw. <3
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Reference:

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