

Pregnancy Discomfort	Own Management	Proper Management
1. Nausea and vomiting	<ul style="list-style-type: none"> • Sucking on menthol candy • Avoiding strong scents and tastes • Avoiding eating too much 	<ul style="list-style-type: none"> • Acupressure, acupuncture, ginger supplements and tea, and aromatherapy can be tried • Avoiding food and smells that makes you sick • If everything above does not improve the symptom and interferes with daily life, a consultation with the physician can be made to get a prescription for antiemetics.
2. Dizziness	<ul style="list-style-type: none"> • Sleep and rest 	<ul style="list-style-type: none"> • Stand up slowly from seated or lying position • Avoid staying in one position for a long time, whether seated or standing • Avoid hot showers or baths • Avoid lying flat on back • Avoid skipping meals and make sure to drink sufficient amount of fluids • Try positions such as sitting down, bending over, or lying on the side then breathe deeply • Inform healthcare provider when symptom is alarming and cannot be managed.
3. Itchy abdomen	<ul style="list-style-type: none"> • Application of a moisturizer • Avoid scratching 	<ul style="list-style-type: none"> • Application of moisturizer or lotion • Taking a lukewarm

		shower or bath <ul style="list-style-type: none"> • Cold compress application • Wearing of comfy clothing
4. Fatigue	<ul style="list-style-type: none"> • Sleep and rest 	<ul style="list-style-type: none"> • Increase amount of sleep and rest as much as possible • During the day, sit with your feet up • Get help from family members • Shift positions regularly • Exercise • Stay hydrated and never skip meals
5. Backache	<ul style="list-style-type: none"> • Application of essential oils and massaging • Placing of additional pillows that support a comfortable position • Taking a walk regularly 	<ul style="list-style-type: none"> • Maintain proper posture • Avoid high heels and wear comfortable shoes that provide support • Ask for help when lifting objects • Sleep lying on one side, keeping on or both knees bent. Pillows can be used for support. • Hot or cold compress can be used as well as massage

Pregnancy Myth	Truth
1. Consumption of twin bananas will lead to giving birth to twins.	<ul style="list-style-type: none"> Consumption of twin bananas does not lead to multiple pregnancies. Twins may occur either as a result of the splitting of the ovum before implantation or the fertilization of two separate eggs.
2. Falls during pregnancy can cause one's child to have a cleft palate.	<ul style="list-style-type: none"> Although it is true that falls during pregnancy must be avoided as this can lead to injury and harm both the mother and the baby, it is not a cause for cleft palate. Orofacial clefts in infants have no definite causes. They may occur as a result of changes in genes, are inherited, or from the environment of the mother during gestation. Environmental factors may include exposure to infections, intake of certain medications, alcohol and drug usage, cigarette smoking, and micronutrient deficiencies.
3. Consumption of peanuts during pregnancy for an intelligent child	<ul style="list-style-type: none"> Peanuts are indeed a good food choice for pregnant women as they contain protein and folate that help prevent birth defects. Folate supports healthy brain development not only during fetal development but also throughout teenage years. However, peanuts alone will not do all the work. There must be balanced nutrition to support healthy development of the child.
4. If the mother does not look stressed or is "blooming" while pregnant, she will give birth to a daughter, Otherwise, a son.	<ul style="list-style-type: none"> Throughout pregnancy, several discomforts can be experienced regardless of the offspring's sex. This happens due to the several changes that occur in the body during conception.
5. If the pregnant mother craves for dinuguan, her child will be dark-skinned.	<ul style="list-style-type: none"> Food cravings are normal during pregnancy and the pregnant woman can consume her craving as long as the food is healthy. Skin color is a polygenic trait, which means it is inherited from the combination of the genes of the biological parents.

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