

ACTIVITY 3: PRENATAL CARE
PREGNANCY MYTHS AND DISCOMFORTS

Pregnancy Discomfort	Own Management	Proper Management
1. Morning sickness	Not eating until lunch time	Eating smaller meals, especially those high in protein. (<i>Common Discomforts During Pregnancy - Health Encyclopedia - University of Rochester Medical Center, n.d.</i>)
2. Lower leg edema	Resting the legs and putting a pillow underneath them.	Lying in the left lateral decubitus position, elevating the lower extremities, using compression stockings, and wearing loose clothing that does not restrict blood flow, may help reduce and prevent edema during late pregnancy. (<i>Lower-Extremity Edema During Late Pregnancy - Gynecology and Obstetrics - MSD Manual Professional Edition, n.d.</i>)
3. Fatigue	Resting, sleeping	Getting plenty of rest is the key way to counter fatigue during pregnancy. In addition to this, drinking plenty of water, as well as eating a healthy, balanced diet, are important. (<i>Dealing With Fatigue During Your Pregnancy Pregnancy Birth and Baby, n.d.</i>)
4. Heartburn	Taking medications	Eating slower, in small meals, as well as not lying down immediately after eating may help prevent heartburn. (<i>Common Discomforts</i>

		<i>During Pregnancy - Health Encyclopedia - University of Rochester Medical Center, n.d.)</i>
5. High blood pressure	Resting, staying in a cool place.	Being more active, going to doctor appointments regularly, eating a balanced diet, taking blood pressure medications (if applicable) regularly, and abiding by the off-limits during pregnancy, may help manage high blood pressure. <i>(High Blood Pressure and Pregnancy: Know the Facts, n.d.)</i>

Pregnancy Myth	Truth
1. Drinking Calamansi juice will make your child flawless for the rest of her life.	According to Tacio & Romualdez (2019), Calamansi in general is rich in pregnancy, which is great in strengthening immunity and fighting off possible infections. However, too much consumption, especially during pregnancy, may result in heartburn. It has nothing to do with the way the child's skin will appear.
2. Your child will end up looking like the food you were craving while you were pregnant	There is no evidence supporting the claim that the child would look like what the mother craves, however, it is possible that the child may prefer the food choices that the mother craves during pregnancy. (Pinsker, 2020)
3. The child's placenta should be buried with an encyclopedia so they would grow smart.	The placenta, also called <i>after birth</i> , is a structure wherein the baby receives nutrients in the womb. (Guthrie, 1999). What whoever does with the placenta has nothing to do with the personality of the baby.
4. The child is going to be a boy if the tummy is pointed, and is going to be a girl if the tummy is rounded.	The shape of the mother's belly has nothing to do with the gender of the baby. Having strong abdominal muscles may cause the baby bump to rise higher, usually during the first

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	pregnancy. However, when the abdominal wall is stretched more, the baby bump may appear lower. (Weatherspoon, 2019)
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