

### ***Pregnancy Myths and Discomforts***

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- 1. Interview a pregnant woman or any woman has been pregnant. 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.**

<b>Pregnancy Discomfort</b>	<b>Own Management</b>	<b>Proper Management</b>
Constipation	She would take over-the-counter laxatives to help with the constipation.	<ul style="list-style-type: none"><li>• Eat plenty of fresh fruit and vegetables that are rich in dietary fiber</li><li>• Drink plenty of water</li></ul>
Heartburn	She would take antacids to counter the heartburn she normally experiences at night.	<ul style="list-style-type: none"><li>• Avoid eating heavy meals as well as spicy and greasy foods.</li><li>• Should not lie down after a meal.</li></ul>
Leg Pain	She would put her feet up when she rests.	<ul style="list-style-type: none"><li>• Elevate the feet whenever possible.</li></ul>

- 2. Interview your mother or grandmother and ask them about pregnancy myths. List all that they can identify. If one of your future clients will raise this concern how/what will you give them?**

<b>Pregnancy Myth</b>	<b>Truth</b>
When you're pregnant you eat for two people.	A pregnant woman only needs an additional 200 to 300 calories a day. Overeating can lead to various complications like diabetes and weight gain. Eating good quality food in the right or recommended amounts is a good way to keep both the mother and baby healthy.
If a pregnant woman wears a necklace, the umbilical cord will wrap around the baby's neck.	The umbilical cord can wrap around the baby's neck due to the baby's movements inside the mother's womb, particularly during the second and third semester.

If a pregnant woman has dark underarms, the baby will be a boy.	Darkening of the skin is normal during pregnancy and this is due to the hormones.
Eating twin bananas will make a woman have twin babies.	Twins are caused by either splitting of two eggs (identical twins) or by the release of multiple eggs (fraternal twins). Eating twin bananas cannot affect this process.