

Pregnancy Myths and Discomforts

Pregnancy Discomforts

Interviewee: Jennelyn Ubalde (Cousin), a mother of 2 children

Fe Ubalde (Aunt), mother of jennelyn and 4 other children

Pregnancy Discomfort	Own Management	Proper Management
Back Pain	<ul style="list-style-type: none"> - Changes her position to a more comfortable one to lessen the pain. She said that lying on her back could somehow relieve the pain - She also asks her siblings to massage her back. - She also minimizes standing for a long time and avoids carrying/lifting heavy bags, stuffs, etc. 	<ul style="list-style-type: none"> - Stand up straight with the chest and shoulders and back relaxed. - It is good that she practiced not standing for a long period of time to minimize her backache. It is also correct that she avoided lifting heavy things - She should've slept on her side and placed a pillow between her legs instead of lying on her back - She should've been more active.
Sore breast	<ul style="list-style-type: none"> - None 	<ul style="list-style-type: none"> - To relieve soreness of breast she should've get a good maternity bra that has wide straps and bigger cups. Breast tenderness with the size is getting bigger and heavier is one of the signs of pregnancy. - She could have also placed a hot or cold compress which can provide some relief.
Cramping of the Legs	<ul style="list-style-type: none"> - Stretches and massages leg - Tries to avoid walking too much 	<ul style="list-style-type: none"> - Stretching legs before going to bed is a good practice - She should've eaten foods that are high in magnesium because lack of magnesium can cause leg cramps

		<ul style="list-style-type: none"> - She should've drink lots of water and worn more comfortable and supportive shoes - She should have been more active
Dizziness	<ul style="list-style-type: none"> - She avoided walking too much and stay seated or lying down (supine) as much as possible. - She makes sure that she drinks lots of water. - She avoids going to crowded and hot places like the market because she mentioned that she usually gets dizzy while being in hot places. 	<ul style="list-style-type: none"> - She should have avoided lying flat on her back during 3rd trimester. Also, she should've changed position more often and avoid sitting or standing for too long. However, she should be slowly in changing positions. - She must also eat meals regularly. - She should've been more active and performed exercise more often (like walking). - Sitting down, bending over and breathing deeply or lying on her side would also alleviate dizziness because these positions can increase blood flow to the brain.
Heartburn	<ul style="list-style-type: none"> - She always drinks water because she mentioned that she read that it can minimize the acidity of the stomach which causes her heartburn. - She avoided lying on bed after eating - She avoided spicy foods and sour foods like lemon because she believes that it can aggravates the symptoms - She took antacids to help relieve the heartburn. 	<ul style="list-style-type: none"> - Her practices to avoid or relieve the heartburn are all correct like minimizing her intake of spicy foods and citrus products but aside from these she should've also avoided fatty foods and chocolates. - It is also recommended that she eats 5-6 meals in a day instead of large 3 meals. She should also eat slowly. - It is also correct that she avoided lying down after eating. She should lie down 2-3 hours after eating. - She could've raised her head on pillows when sleeping to

		<p>prevent regurgitation of food and other stomach contents.</p> <ul style="list-style-type: none"> - It is also correct that she drinks more water or fluids. - However she should've consulted her physician prior to taking antacid.
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Pregnancy Myths

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Pregnancy Myth	Truth
Avoid wrapping towel around the body, or using necklace and bracelet because it can cause the umbilical cord to wrap around the baby's neck.	The possibility of the umbilical cord getting wrapped around the baby's neck can be a result of baby's movement in the womb and not by external factors. Availing check-ups and regular visit to a doctor must be done in order to lessen mother's concern about this.
Attending funeral can cause delay in pregnancy or the spirits might take away the life of the unborn child. To avoid this delay, burn a flower from the funeral and expose the pregnant women to the smoke.	Attending funeral will not cause delay in delivering the baby nor stillbirth. However, attending funerals can cause emotional stress to the pregnant mother which is a more concern rather than attending the funeral itself. This is because during stress the mother produces cortisol to cope with the stress. This hormone is also being produced by the placenta which can enter the amniotic fluid causing alteration in the fetal metabolism.
Avoid going out at night, however if you need to go out make a cross sign in the forehead using a charcoal or a lipstick to avoid 'usog' or avoid getting played by unseen elements and miscarriage	Women are most probably not allowed to go out at night, especially if she has no companion, because of the possible dangers and accidents that may happen at night. Moreover, since there are less people outside, the pregnant women may not be able to easily ask for help incase she needs it. Moreover, pregnant women should be

	<p>sleeping or resting at night because women need pregnant women need to have adequate sleep at night.</p> <p>Miscarriages are caused by problems with genes or chromosomes which might lead to blighted ovum (no embryo is formed), intrauterine fetal demise, and molar pregnancy and partial molar pregnancy. Also, maternal health condition can cause miscarriage like uncontrolled diabetes, infections, hormonal problems, uterus or cervix problems, and thyroid disease.</p>
<p>Darkening of the armpits and neck means that your baby is a boy</p>	<p>The changes in the pigmentation or hyperpigmentation or darkening of the skin during pregnancy is most likely because of the increase in the levels of estrogen, progesterone, melanocyte-stimulating hormone. It darkening of the skin is caused by melanin produced by melanocyte which is triggered by the melanocyte-stimulating hormone. Therefore, there is no correlation between the sex of the baby and the darkening of the armpits and neck, since both pregnancy causes increase in these hormones.</p>
<p>Eating a twin banana can increase the chance of having a twin.</p>	<p>The chance of having a twin is primarily related to the genetics and family history of having twins and not by eating twin food like twin banana and twin egg yolks in one egg. Instead, twins are formed either through two eggs getting fertilized by two sperms (fraternal) or through the separation of an egg after being fertilized by a sperm (identical).</p>

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