

Pregnancy Discomfort	Own Management	Proper Management
Nausea/Morning Sickness	<ul style="list-style-type: none"> • After vomiting, food is eaten to fill the stomach 	<ul style="list-style-type: none"> • Eat crackers/toasts to help settle the stomach • Eat smaller pieces of meals • Avoid eating irritants like spice and fatty foods. • Eat healthy snacks between meals • Drink plenty of fluids • Determine and avoid triggers that causes nausea (such as odors, flickering lights) • Get plenty of rest • Smell fresh smells such as the outdoor smell, fruits with pleasant smells such as orange, lemon, and mango.
Lethargic	<ul style="list-style-type: none"> • Taking a nap 	<ul style="list-style-type: none"> • Rest as much as possible • Sleep on your right or left side, if the weight of the baby is uncomfortable • Ask for help in doing tasks at home • Lessen physical exertion
Lower extremities Edema	<ul style="list-style-type: none"> • No management 	<ul style="list-style-type: none"> • Avoid standing for long periods • Raise affected areas during resting or at least a few times daily • Lessen water intake • Massage affected area • Perform foot exercises
Hyperpigmentation/Chloasma	<ul style="list-style-type: none"> • No management 	<ul style="list-style-type: none"> • Minimize direct sunlight exposure, if possible • Apply sunscreen • Wear clothing that would cover as much skin as possible • Stay hydrated and get enough rest • There is an option to let it be as it is temporary

Pregnancy Myths	Truth
When you talk and play music to the womb, the baby can hear and understand it	Around weeks 25 to 26, babies can respond to voices and noise. It has the capability to recognize your voice in the third trimester as they respond with an increased heart rate when speaking.
Don't eat dark food because it makes the skin of the baby dark	Food ingestion does not determine the skin color of the baby but it can determine how well developed they are.
If the womb is pointed outwards, the baby is a boy. If the womb is spherical, the baby is a girl.	The baby can reposition themselves throughout the pregnancy thus male/female fetuses may cause the womb to be spherical or pointed outwards.
If the skin darkened during pregnancy, the baby is a boy. If not, then it is a girl.	The darkening of the skin is known as the chloasma and it is normal change in the pregnancy without discriminating between the genders of the fetus.
If the womb is itchy, then that's because the hair of the baby is thick.	If this talks about the vaginal itching, then it is a normal occurrence throughout the pregnancy. This is mainly caused by the hormonal changes throughout. Effective control of vaginal itching is mainly established by upholding proper hygiene, wearing of underwear of breathable fabric and clothes that are not tight.
The color of the "pinaglililian" food is the color of the skin of the baby.	Again, food ingestion does not determine the skin color of the baby but it can determine how well developed they are. However, keep in moderation of consumption of any foods as too much consumption can cause a nutritional imbalance which can negatively affect the development of the baby.
If you eat conjoined food, the hands will become webbed.	This is also the same concept to that of above except that it does not determine the physical characteristics of the baby.

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