

Pregnancy Discomforts

Pregnancy Discomforts	Own Management	Proper Management
Nausea	<ul style="list-style-type: none"> Rest (believed that it will stop after 5 months) Stopped working 	<ul style="list-style-type: none"> Eat small frequent meals. Eat carbohydrate-rich and dry starch foods. Limit consumption of coffee. Get as much as sleep or rest.
Vomiting		
Fatigue		
Varicosities	<ul style="list-style-type: none"> Elevates leg when lying down 	<ul style="list-style-type: none"> Wear support stocking or pantyhose Exercise. Raise your legs above hip while sitting. Rest in a Sim's position or on the back with legs raised against the wall or legs elevated on a footstool for 15-20 minutes twice a day
Cramps	<ul style="list-style-type: none"> Rest Hot packs 	<ul style="list-style-type: none"> Rest Heating pad Lie on back, extend the legs while keeping knees straight, and dorsiflexing the foot until the pain disappears
Backache	<ul style="list-style-type: none"> Rest Hot packs Yoga 	<ul style="list-style-type: none"> Elevate feet onto a stool while sitting. Do not stand in one position for too long. Exercise. Apply local heat Practice proper body mechanis

Pregnancy Myths

Pregnancy Myths	Truth
1. " <i>Kapag hinakbangan ang asawa, ang asawa ang maglilihi.</i> "	Food cravings during pregnancy are a normal adaptation to pregnancy.
2. If pregnant woman eat <i>papaya</i> , the baby will be aborted.	Ripe papaya is a good source of beta-carotene, choline, fiber, folate, potassium, vitamins A, B, and C. Unripe papaya is a source of latex and papain, which can trigger marked uterine contractions and may be mistaken as prostaglandins by your body inducing labor.

References:

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