

### Pregnancy Myths and Discomforts

1. Interview a pregnant woman or any woman who has been pregnant (face-to-face, if possible, or via Messenger, Text, Call, etc.). 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.

Pregnancy Discomfort	Own management	Proper management
Foot/Leg cramps	<ul style="list-style-type: none"> <li>- Wearing thick socks</li> <li>- Massaged by partner</li> </ul>	<ul style="list-style-type: none"> <li>- Staying hydrated can help in lessening cramps.</li> <li>- Eating food rich in magnesium and calcium helps in preventing cramps. Studies show that reduced calcium levels lead to cramps.</li> <li>- Choose footwear that is comfortable.</li> <li>- If one get a leg cramp, it is best to stretch the calf muscle</li> <li>- If a leg cramp strikes, stretch the calf muscle on the affected side. Walking and then elevating your legs might help keep the leg cramp from returning. A hot shower, warm bath, ice massage or muscle massage also might help.</li> </ul>
Hip and pelvic pain	<ul style="list-style-type: none"> <li>- Places pillow underneath</li> </ul>	<ul style="list-style-type: none"> <li>- Avoid standing up for long durations of time</li> <li>- Practice exercises which strengthens both the back muscles and abdominal muscles.</li> </ul>

		<ul style="list-style-type: none"><li>- Take a warm bath or hot compress</li><li>- Making sure to place a pillow underneath</li></ul>
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2. Interview your mother or grandmother (whoever is available) and ask them about pregnancy myths. List all that they can identify? If one of your future clients will raise this concern, how/what answer will you give them?

Pregnancy Myth	Truth
<b><i>Eating twin bananas will increase the chances of you having twin babies.</i></b>	There is no correlation between bananas and twin babies. The only way for one to have twins is through genetics.

## REFERENCES

*Hip pain during pregnancy.* American Pregnancy Association. (2022, February 15). Retrieved March 31, 2022, from <https://americanpregnancy.org/healthy-pregnancy/pregnancy-complications/hip-pain-during-pregnancy/>

Mary, M. (2021, April 23). *Tips to avoid leg cramps during pregnancy.* Mayo Clinic. Retrieved March 31, 2022, from <https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/expert-answers/leg-cramps-during-pregnancy/faq-20057766#:~:text=Leg%20cramps%20%E2%80%94%20painful%20involuntary%20muscle,the%20second%20and%20third%20trimesters.>