

Pregnancy Myths and Discomforts

1.

Pregnancy Discomfort	Own Management	Proper Management
Nausea and vomiting	Small frequent feedings	Diet high in protein or carbohydrates may also help; anti-motion sickness devices
Constipation	Increased fluid intake	Increased fiber intake; exercise
Pyrosis	Waited until it stopped and small frequent feeding	Avoid lying down immediately after meals; elevate head and shoulders with pillows when lying down
Fatigue	Walked and moved slowly, rest	Increased time of sleeping can also help
Muscle cramps	Elevate legs	While lying down on her back, dorsiflex the foot until pain diminishes

Frequent urination	Simply urinate whenever there is urge	Kegel's exercise can strengthen the pelvic floor
Braxton Hick's Contraction	Rest	Rest

2.

Pregnancy Myth	Truths
<i>Paglililihi</i>	Cravings are normal but will not affect the baby unless teratogenic
Avoid soft drinks and sweets because the child will be bigger than average	Birth weight is affected by the parents' genetics, mother's nutrition, her access to prenatal care, and whether she or someone close smokes
Eat for two	The mother only needs to eat her recommended dietary intake
Listening to music can lead the baby to be musically inclined	Although an infant's hearing is present in utero, a child's musical inclination is mainly from the social impacts upon growing up
Stepping over the husband to transfer the pregnancy discomforts	Transferring body functions and response during pregnancy cannot be transferred.

Reference:

- Stanford Children's Health. (2019). *Common Discomforts During Pregnancy*. Stanfordchildrens.org. <https://www.stanfordchildrens.org/en/topic/default?id=common-discomforts-during-pregnancy-85-P01207>