

Pregnancy Myths and Discomfort

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
1. Nausea	No management done	<ul style="list-style-type: none">- Acupressure and anti-nausea acupressure wristbands may provide relief to some pregnant women- Mild-flavored ginger tea may be effective for some pregnant women- Taking vitamins and adjusting meal times or diet may be effective for some
2. Ankle edema	<ul style="list-style-type: none">- Elevate feet every night	<ul style="list-style-type: none">- Elevate feet when possible- Avoid standing for prolonged periods- Using maternity support stockings or wearing comfortable footwear- Practicing foot exercises- Lie on left side to promote GFR- Observe proper hydration (dehydration may further contribute to fluid retention)
3. Sensitivity to smell	No management done	<ul style="list-style-type: none">- Eliminating undesirable odors through windows or ventilation- Routine washing of clothes, fabrics, and other materials where odors may linger- Avoid food or other sources of undesirable odors- Regularly clean and moisten nose with saline washes or sprays if available- Use scented items that could help keep nausea at bay

4. Back pains	- Sleeping on side	<ul style="list-style-type: none"> - Sleep on side - Application of local heat and other methods of relief directly to the back - Observe proper body mechanics and posture - Wear low to moderate heels to reduce spinal curvature for upright posture or wear support hose - Perform stretching and exercises for strengthening the back and pelvic muscles

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
1. The concept of “pinaglihi” or cravings during pregnancy would cause the baby to adopt or develop traits reflecting the mother’s cravings.	Pregnancy cravings are the body’s attempt to adapt or respond to the increased demand of pregnancy, particularly in calories or vitamins and nutrients. Considering that these cravings are particular or unique to many pregnant mothers, it has since become a myth or superstition that these unique cravings may influence the baby’s traits. Many of the connections found or alleged between a baby and the mother’s cravings are due to coincidence or an usual trait for the baby. In these instances, genetics are a more grounded explanation for the expression of certain unexpected (recessive or mutated) traits, and not necessary because of the mother’s cravings.
2. Avoid eating food like eggplants and squid as this would cause the baby to darken.	Similar to the concept of “paglililihi”, eating dark-colored food is often associated with having dark-skinned babies, and the reverse for eating light-colored food. In this case, genetics and genes passed down by the parents are what decides the shade or color of a baby’s skin color.

<p>3. Mothers should refrain from being taken a picture of as this may kill the baby.</p>	<p>Stillbirths or deaths during pregnancy are caused by a number of potential causes – both easily explained and not. These may include conditions or problems concerning the placenta or umbilical cord, high blood pressure, infections, birth defects, or poor lifestyle choices by the mother. The belief that taking a picture of a pregnant women could cause a stillbirth is a matter of superstition and at best coincidence considering that there are often causes that could readily explain many cases of these.</p>
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References

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