

# Dealing with Discomforts of Pregnancy

<b>Discomfort</b>	<b>Cause</b>	<b>Interventions</b>	<b>Other Treatments</b>
Nausea & Vomiting	-increased hCG hormone -changes in metabolism -some prenatal vitamins -usually subsides after first trimester	-eat crackers or dry toast while still in bed -small frequent meals -eat solids separately from drinking liquids	-Vitamin B6 Complex at least 50mg twice a day -sea bands or acupuncture on wrists -red raspberry leaf tea or capsules -ginger 250mg 4 times a day -smell fresh lemon -Floravit -Brewer's Yeast -Prescription Diclectin
Urinary Frequency	-pressure of the uterus on the bladder (in the first trimester) or the fetal head on the bladder (last trimester)	-Kegel exercises for incontinence	-if history of urinary tract infections take Cranberry capsules (1000 mg) 1-3 times a day and probiotics (acidophyllus) 1 capsule twice a day –this will help prevent bladder and yeast infections -if you have signs and symptoms of a bladder infection take 1 Cranberry capsule every 4 hours for a maximum of 2 days and then 1 capsule 3 times a day
Breast Tenderness	-hormonal changes and preparation for breastfeeding	-wear a well fitted bra during the day	
Vaginal Discharge	-hormonal changes of pregnancy cause increased mucous and less acid pH in vagina which can lead to yeast infections	-wear cotton underwear -bathe/shower daily -avoid pantyhose -wash with a vinegar wash (1 part vinegar to 2 parts water) instead of soap	-if history of yeast infections take acidophilus (probiotics) and Vitamin C 1000 -2000 mg daily

<b>Discomfort</b>	<b>Cause</b>	<b>Interventions</b>	<b>Other Treatments</b>
Backache	-changes in posture due to enlarging belly -hormonal changes making ligaments and joints lax -strain from baby and enlarging belly on muscles	-yoga or pilates -warm baths -exercise -avoid high heels -wear a belly sling/maternity girdle -rest	-Chiropractic Adjustments -Massage -Tylenol on occasion -alternate heat and cold packs on area (20 min on, 20 min off)
Nasal Stuffiness and/or Bleeding	-hormonal changes	-humidifier -Neti Pot (saline rinse) -petroleum jelly to protect nasal mucosa	-Fish Oil Supplements -Kyolic garlic 2 capsules twice a day
Constipation	-hormonal changes slowing down digestion -pressure from the uterus on colon -some iron supplements	-increase water intake -increase fibre intake -daily exercise	-Fish Oil Supplements -Evening Primrose Oil 2000 mg/day -ground flax 1 tbsp flax with 8 oz water followed by another 8 oz glass water 1 hour later -Probiotics (acidophyllus) 1-3 capsules per day
Hemorrhoids	-constipation -weak vessels	-relieve constipation (see above)	-vitamin C 1000 – 2000 mg daily -sitz with yarrow, witch hazel -fresh grated potato applied directly onto hemorrhoid -Vitamin E (discontinue at end of pregnancy)
Varicose Veins	-family history of varicose veins -increased pressure from swelling and enlarged belly	-elevate legs -exercise -compression stockings	-soak in a large tub or pool -Fish Oil Supplements -Vitamin E (discontinue at end of pregnancy)
Heartburn	-upward pressure of the growing uterus -relaxation of opening of stomach so contents splash upwards easily	-elevate head of bed by 4-6” -avoid bending over right after eating or drinking -small frequent meals	-papaya enzymes to speed digestion -apple cider vinegar – drink 1 tsp vinegar mixed with 2 tsp warm water -relieve constipation to aid speed of digestion -fennel tea

<b>Discomfort</b>	<b>Cause</b>	<b>Interventions</b>	<b>Other Treatments</b>
Ankle Swelling	-hormonal changes -decreased venous return	-avoid standing for long periods -elevate feet and legs -avoid tight socks	-soak in a large tub or pool -swimming -stinging nettle tea -Dandelion juice or tea -parsley capsules -Kyolic Garlic Capsules
Leg Cramps	-imbalance of calcium/phosphorous ratio -fatigue -poor circulation	-immediate relief from stretching (flex foot upwards), massage and warm compress -increase calcium intake -avoid extreme pointing of toe -salt in moderation	-Fish Oil Supplements -Calcium Supplement (ratio or 2:1 Calcium to Magnesium) or Calcium Magnesium 1:1 250 mg each. *Magnesium Citrate or Gluconate is good, but avoid Magnesium Carbinat * -Vitamin E discontinue at the end of pregnancy -Floravit herbal iron supplement
Bleeding Gums	-hormonal changes	-use a soft toothbrush -regular dental care	-Calcium and Fish Oil Supplements -Vitamin C
Headaches	-increased blood flow in pregnancy -dehydration -nasal swelling -low blood sugar	-small frequent meals -increase water intake -relaxation -warm/cold compress	-Tylenol (acetaminophen)
Ligament Pain (pain in lower belly usually felt with movement)	-stretching of ligaments of growing uterus -aggravated with activity	-rest on side with pillow under belly and pillow between knees -warm compresses, or warm bath	-Tylenol (acetaminophen)