

## *How to Relieve Common Discomforts During Pregnancy*

<b><i>Common Discomforts</i></b>	<b><i>Why They Occur</i></b>	<b><i>What to do for Relief</i></b>
Dizziness	Low blood sugar Low blood pressure	Fruit juice or a meal; lie on your side; rest
Headaches	Tension, congestion, toxemia	Rest; call a doctor or midwife if you have blurred vision, severe pain or headache that doesn't go away w/ Tylenol
Nasal stuffiness Nasal bleeding	Increased blood volume Hormonal Allergy	Humidity in the air; water & salt nose drops; if bleeding, hold your head straight and squeeze nostrils for two minutes.
Hemorrhoids/varicose veins	Pressure of growing uterus, inactivity, standing	Avoid constipation; witch hazel; sitz baths; rest with you feet up
Shortness of breath	Increased upward pressure of uterus	Sleep with your head elevated on pillows. If it doesn't get better, let your physician or midwife know.
Nausea/vomiting	Hormonal; decreased motility of smooth muscle in intestines	Rest; eat crackers before getting out of bed; eat small, frequent meals; avoid fried foods; rest after meals.
Heartburn	Increased uterine size; reflux of stomach contents into esophagus	Eat small frequent meals; antacid preparation as directed by your physician or midwife.
Constipation	Decreased motility of GI tract; pressure of growing uterus	Increase fluids; such as prune juice; increase bran, fruits, dark breads, vegetables, prunes & raisins
Round ligament pain; abdominal pain on sides	Increased size of uterus stretches ligaments	Apply moist heat; rest; take baths, do stretching exercises.
Braxton-Hicks contractions	Spontaneous muscle contractions-some can be painful and strong, others painless	Try to relax. This is normal during pregnancy; change positions. Call your physician or midwife if you have four or more in one hour.
Skin changes		
Chloasma-mask of pregnancy patches on face or neck, may become darker	Hormonal	Avoid the sun; try wearing a hat; wear sun screen.
Areolar-area around nipple becomes darker and broader	Hormonal	This is normal for pregnancy--it will probably go away after pregnancy
Linea Nigra - line darker than skin color down the middle of abdomen	Hormonal	This is normal for pregnancy--it gets lighter or disappears after pregnancy
Stretch marks-reddish color or pale color on breasts, abdomen, thighs	Stretching of skin	Occurs in 50% of pregnancies; becomes lighter after delivery.
Itching	Skin stretching, dry skin	Bathing with baking soda or cornstarch in water. Increase fluids, decrease soap use, try lanolin or other lotions
Swollen feet and ankles	Standing too long, poor circulation	Try lying on your side with your legs up. Sit with your legs elevated several times a day for 30 minutes.
Urinary frequency/ urgency-night time	Increased size of uterus, pressure on bladder	Normal for pregnancy. Drink lots of fluids during the day, decreased fluids at bedtime. Call your physician or midwife if there is any burning when urinating.