

Minor Discomfort in Pregnancy

Backaches	
Etiology / Causes	Often occur as the increasing weight pulls the spine forward and shifts your center of gravity.
Timing in Pregnancy	Anytime in pregnancy
Relief Measures	<ul style="list-style-type: none"> • Practice good posture. • Careful when lifting objects. Bend with knees not of at waist. Lift with your legs not with back. • Wear supportive shoes with low heels. • Avoid standing for long periods. Put one foot on a step stool to relieve back stress while standing. • Exercise (swim, walk, stretch, yoga, pelvic tilt exercise) • Consider wearing a maternity support belt to help relieve some of the pressure. Maternity pants with a low, supportive waistband may also be helpful. • Apply heat using warm bath soaks, warm wet towels, a hot water bottle or heating pad. • Get a back massage/ chiropractic adjustments/Acupuncture. • Rest
Complication in pregnancy (if not treated) OR Danger signs	<p>Accompanied with:</p> <ul style="list-style-type: none"> • Contractions/ Cramping/Pelvic pressure/Increased vaginal discharge/ Presence of bloodstained vaginal discharge - Could be a sign of preterm or term labour • Burning when urinating; pelvic discomfort/ a frequent or uncontrollable urge to pee, foul-smelling, or bloody urine, fever /N & V - Could be a Sign of UTI or pyelonephritis (kidney infection)
Bleeding / Sore Gums	
Etiology / Causes	An increase in the hormone estrogen, and the increase in blood volume, may cause tenderness, swelling and bleeding of your gums. Also, a lack of vitamin C in your diet may also contribute to this condition.
Timing In Pregnancy	Usually, first trimester
Relief Measures	<ul style="list-style-type: none"> • Continue practicing good oral hygiene. (brush and floss) • Vitamin C promotes strong tissues.
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Some studies have found that pregnant women with severe gingivitis and periodontitis deliver prematurely. • Other research has shown an association between chronic gum disease and preeclampsia. The researchers caution, though, that it is unclear whether the gum disease caused the preeclampsia or there is another factor at work.
Breast Enlargement/Tenderness	
Etiology / Causes	Your body's blood volume starts to increase to meet the developmental needs of the growing fetus. This may cause the veins on your breasts to become larger, bluer, and more visible. Your breasts will also continue to grow and may feel tender and swollen. You may also notice changes to your nipples - larger and more sensitive, and you may notice a darkening of the areola. You may also begin to develop bumps or "pimples" in the areola called Montgomery tubercles. These small, painless bumps have antiseptic and lubricating qualities, and help support breastfeeding.
Timing in Pregnancy	As early as the third week of gestation and could have slight tenderness throughout whole pregnancy.
Relief Measures	<ul style="list-style-type: none"> • Warm showers • Well-fitting maternity bra to support the extra weight of the breast, may even alleviate back strain. • Ending the nursing relationship with previous child may alleviate some of the pain.
Complication in pregnancy (if not treated) OR Danger signs	None.

Constipation	
Etiology/Causes	Higher levels of progesterone, relaxes smooth muscle tissue throughout your body, including your gastrointestinal tract. As the pregnancy progresses, your intestines are also displaced and squished by the expanding uterus; this may further decrease movement. Large doses of iron in prenatal vitamins can contribute to constipation as well.
Timing In Pregnancy	2 nd /3 rd trimester
Relief Measures	<ul style="list-style-type: none"> • Stay well Hydrated (8 - 10 glasses of H2O) • Fresh prune, pare or plum juice • Drink a glass of warm liquid water or tea before getting out of bed • Add natural fiber/bran to your diet, raw, cooked or fresh fruits, veggies, roughage • Get exercise every day • Omega Fatty acids • If natural remedies do not work try a mild laxative, glycerin suppository, or stool
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Increased pain, inability to pass anything after trying remedies. • Sharp pain in the lower right quadrant.
Contractions	
Etiology / Causes	Due to stretching of the uterine muscle cells.
Timing In Pregnancy	Braxton Hicks contractions – which are painless uterine tightness can begin as early as the 20th week of pregnancy, but most often they start between the 28th and 30th week. Not everyone will experience Braxton Hicks Contractions
Relief Measures	<p><i>Between 20 and 37 wks. GA</i></p> <ul style="list-style-type: none"> • adequate hydration 2-3, 8oz glasses of water • Left side lying • If contractions continue for longer than an hour further investigation is warranted. <p>If contractions are frequently observed during exercise, Yoga, and other forms of less strenuous exercise may be substituted for more taxing activities.</p> <p>If you are comfortable ruling out true PTL, herbal remedies that “quiet” the uterus include Crampbark, Black Haw, Magnesium supplement, Homeopathic Magnesium Sulfate 30C</p>
Complication in pregnancy (if not treated) OR Danger signs	<p><i>Prior to 37 Wks. GA (Possible sign of Preterm labour)</i></p> <ul style="list-style-type: none"> • Contractions. Occurring >6 per hour may be an indication of PTL. • Note frequency of Contractions. > 4 contractions per hour may be a warning sign. Need not be accompanied by pain to deem further investigation. • Contractions accompanied by the following: <ul style="list-style-type: none"> Cramping Continuous backache Pelvic pressure Increased vaginal discharge Presence of bloodstained vaginal discharge <p><i>After 37 Wks GA (Diagnosis of true labor)</i></p> <ul style="list-style-type: none"> • Contractions occurring >4 per hour, accompanied by: <ul style="list-style-type: none"> Cramping Continuous backache Pelvis pressure Increased vaginal discharge Presence of bloodstained vaginal discharge • Contractions that effect dilation of cervix

Diaphoresis (Sweating)	
Etiology/ Causes	Increased blood flow to the skin along with high levels of progesterone in body can boost body temperature by a full degree Fahrenheit. Sweat gland function is also increased during pregnancy due to the increased activity of your thyroid gland.
Timing In Pregnancy	Any time
Relief Measures	<ul style="list-style-type: none"> • Keep cool and fresh • Wear loose, cotton comfortable clothes • Dress in layers • Drink extra fluids to replace those lost through perspiration
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Excessive sweating (soaking clothes) in combo with a fever, or other signs of infection.
Diarrhea	
Etiology / Causes	Increased prostaglandin synthesis coupled with the same decreased motility occurring in constipation can lead to diarrhea. Can also be the result of eating something that upset the stomach, i.e., spicy foods, or dairy esp. in lactose intolerant people, consider food poisoning. Diarrhea may be a herald of labor.
Timing In Pregnancy	Throughout pregnancy and at the end of pregnancy
Relief Measures	<ul style="list-style-type: none"> • Limit heavy or spicy foods. • Try bananas, or broth. rice (nothing on it), applesauce, toast (dry), yogurt • Gatorade/PowerAde to balance electrolytes. • Drink rice water, (the water rice has been cooked in) • OTC anti-diarrhea medications
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Blood in the diarrhea, • Lasts more than two days, • Unable to tolerate any liquids.
Dizziness / Fainting / Lightheadedness	
Etiology/ Causes	<ul style="list-style-type: none"> • Blood pooling in legs decreases amount of blood reaching heart. Usually happens when moving from sitting/lying to standing. • Uterine pressure on Vena Cava lowers blood flow to heart. • Heat can cause lowered blood flow due to dilation of blood vessels, which lowers blood pressure. • Hyperventilation due to extra progesterone acting on the respiratory center of the brain. • Hyperglycemia due to change in carbohydrate metabolism. • Severe Anemia
Timing In Pregnancy	Early pregnancy and late 3 rd trimester pregnancy
Relief Measures	<ul style="list-style-type: none"> • Moderate exercise • Deep breathing exercises • Avoidance of sudden changes in position • Avoid low blood sugar by eating frequent small meals • Side lying in bed • Avoid warm crowded rooms • Avoid hot showers or baths • Wear heavy stocking (TED) • If standing lie down or put head in lap • Eat foods rich in Fe2+/ Fluridex or supplements
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Serious or persistent may indicate low blood sugar, cardiac or neurological problems.

Edema / Swelling (Hands and Feet)

Etiology / Causes	The amount of blood in your body increases about 40 percent. In addition, your body naturally holds water. Your heart needs to work harder to circulate this extra fluid. The growing uterus puts pressure on the pelvic veins and the vena cava, slowing down circulation and causing blood to pool. Pressure from the trapped blood forces water down into the tissues of the feet and ankles. Hormones can also cause you to retain additional sodium and water, potentially exacerbating any swelling.
Timing In Pregnancy	Usually, the second and third trimester.
Relief Measures	<ul style="list-style-type: none"> • Drink at least 8-12 glasses of water a day to maintain proper hydration • Eat foods high in protein, such as beans, cheese, fish, meat, poultry and tofu. • Avoid standing for long periods of time. • Fresh juice of a lemon in a cup of warm water may help decrease the extra fluid your body retains. • <u>Elevate</u> legs higher than your heart. Lie down with pillows under your calves and feet. Lying down on your left side is better for circulation. • Avoid wearing tight clothing (pants, leotards, knee-high stockings). Varicose veins may be associated with swelling or wear proper footwear that will not restrict circulation. • Avoid crossing your legs. Use a footstool when sitting and perform ankle circles when possible. • Rest lying on the left side to improve return circulation to the heart. • Wearing waist-high stockings helps prevent fluids from pooling around the ankles. • Regular exercise, especially walking, swimming, or riding a stationary bicycle is very helpful. • Add salt to taste
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Puffiness of the eyelids, face, and fingers, when accompanied by high blood pressure or headaches, or blurred vision, or spots in your vision.

EMOTIONS / Emotionally Labile

Etiology / Causes	Emotional changes and heightened emotional sensitivity during pregnancy are common, normal occurrences attributed to the influx of hormones and mom's experience of her hopes, fears, and changing identity. Hormonally enhanced sensitivities can manifest as rapidly changing moods, extreme reactions, a heightened openness with herself and willingness to share emotional experiences with others. According to Varney, there is a definable sequence of specific psychological processes that occur throughout one's pregnancy.
Timing In Pregnancy	<p>First Trimester:</p> <ul style="list-style-type: none"> • You may be primarily concerned with the reality of being pregnant. This is the time you will have to confront any previous experiences with pregnancy. • You may consider how the pregnancy will change your life. • You may be upset or ambivalent and most people during this time experience anxiety, depression, rejection, disappointment, and unhappiness. • It is imperative to understand that these are normal feelings for this period in the pregnancy. <p>Second Trimester:</p> <ul style="list-style-type: none"> • You may tend to focus on your new identity as a caregiver and differentiating it from your own care provider when you were a child. • You may experience what it means to move from being the care receiver to being the caregiver. • There is often a period of grief that comes from realizing what changes you will make in your metamorphosis to care provider; You may have to let go of significant parts of yourself, and relationships, to do this. • A person who already has children may need to move slightly away from them in order to nourish and prepare for the new baby. <p>Third Trimester:</p> <ul style="list-style-type: none"> • You may be anxious while waiting for labor to begin. You may become fixated on the health of your baby, your ability to give birth, labor fears, negative outcomes and alternatively, a painless childbirth. • There is also another grief process that arises out of the anticipation of the separation of your baby from your body and the loss of attention.

	<ul style="list-style-type: none"> • Introversion and depression is not uncommon during this time.
Relief Measures	<ul style="list-style-type: none"> • Have strong support from your partners, care providers and friends. • Expressing your fears, ambivalence, or anxiety • Chocolate /Bananas /Eggs / Protein • Evening Primrose
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Heavy drug use or abuse, • Depression that does not end, or previous postpartum depression • Talking of harming yourself or your baby.
Fatigue	
Etiology / Causes	May be a result from the initial fall in the basic metabolic rate early in pregnancy. Later in pregnancy may relate to increase of weight and change in body mechanics in the pregnancy
Timing In Pregnancy	1 st trimester and may occur in the last few weeks of pregnancy.
Relief Measures	<ul style="list-style-type: none"> • Frequent rest periods / naps • Mild exercise • Good nutrition - especially protein • Review Fe / Thyroid and suggest Fe rich food/supplements or Fluridex • Review job-related and family-related demands alter if appropriate
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Severe fatigue (or cannot get out of bed for days on end variety) can be associated with depression.
Frequent urination (Day and night)	
Etiology / Causes	As the uterus grows it places pressure on the bladder and even more so when the baby drops. Progesterone plays a role too since it relaxes the vascular tone. In the standing position, sodium and water are retained. At night when you lie on your side, the venous return from the extremities is enhanced. The increase in the venous return resumes the blood circulation, including the renal circulation, and so you will need to urinate more during the night also called nocturia. For some, it is quite common to leak a small amount of urine anytime you cough, sneeze, or laugh too hard. Frequent urination almost always goes away following delivery.
Timing In Pregnancy	First 3 and last 3 months of pregnancy. Night time urination (nocturia) occurs in the 3 rd trimester. It may also occur in the first trimester due to the uterus being exaggeratedly anteverted and anteflexed over the bladder.
Relief Measures	<ul style="list-style-type: none"> • Limit her intake of fluids after the evening meal. • An explanation of why her nocturia is occurring may be of some comfort.
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Burning/pelvic pressure/Pain
GAS/ Bloating	
Etiology / Causes	Higher levels of progesterone, relaxes smooth muscle tissue throughout your body, including your gastrointestinal tract. This relaxation slows down your digestive processes, which gives the bacteria more time to work on the undigested material before its excreted. More time leads to more fermentation and, as a result, more gas, bloating, burping, and flatulence and generally creates miserable sensations in your gut, especially after a big meal.
Timing In Pregnancy	1 st trimester
Relief Measures	<ul style="list-style-type: none"> • Reduce the amount of air you swallow. • Do not chew gum or suck on hard candies. • Eat several small meals throughout the day and chew thoroughly. Don't talk while you're eating. • Drink from a cup or glass — not from a bottle or through a straw — and don't gulp your beverages. • Avoid carbonated drinks. • Sit up while you are eating or drinking, • Squatting, knee chest or abdominal massage. • Exercise — even a brisk walk can help your sluggish digestive tract. • Take care of constipation, as it can add to flatulence and a feeling of abdominal bloating. • Yoga or a similar discipline to learn relaxation and good breathing techniques. • papaya or drink papaya juice • 1tsp of black pepper in 1 cup of warm water

	<ul style="list-style-type: none"> • homeopathic - Angelica 30C, Carbo veg 30C, Lycopodium 30C • herbs: Fennel, catnip, ginger, nettle or peppermint tea, Dill • Over-the-counter gas remedy that contains simethicone.
Complication in pregnancy (if not treated) OR Danger signs	<p>if your gas discomfort ever feels more like:</p> <ul style="list-style-type: none"> • Abdominal pain or cramping • or is accompanied by blood in your stool, • severe diarrhea, • constipation, • Or an increase in — or a new bout of — nausea and vomiting.
Headache	
Etiology / Causes	Headaches are common in pregnancy due to the change in hormones (Estrogen). Sometimes it can be due to nerve pathways, neurochemicals, blood flow in the brain, low blood sugar, dehydration, stress and even severe anemia.
Timing In Pregnancy	Headaches can occur at any time in pregnancy.
Relief Measures	<ul style="list-style-type: none"> • Try to determine what triggers your headaches (coffee, cigarette smoke, stuffy rooms, fluorescent lights, eye strain, etc.) and avoid them whenever possible. • Warm bath, Quiet dark room • Acetaminophen • Adequate hydration: 8 oz of Water every 2-3 hrs during waking hours • Soaking hands and feet in hot lemon water (Hartley 1994) • Frequent small portions of food • Adequate rest • Place cool wet wash cloth to forehead and the back of neck / or warm cloth • Fresh air • Massage, acupuncture, Chiropractic adjustments • homeopathic - Aconite, Byronia, Gelsenium, Pulsatilla • Herbal remedies - Hops, Skull cap, chamomile • Tiger Balm
Complication in pregnancy (if not treated) OR Danger signs OR Danger signs	<ul style="list-style-type: none"> • Severe, frequent, long-lasting, or accompanied by blurred vision/spots, or edema • Unremitting accompanied by Nausea & Vomiting, epigastric pain, Right Upper Quadrant or generalized abdominal pain, fever, or neck stiffness • Persistent Headaches of recent onset after the 24th Wk. • Headaches not relieved by analgesics (Tylenol) • Debilitating headaches requiring inpatient treatment
Heartburn	
Etiology / Causes	Relaxation of the esophageal sphincter, by progesterone hormone, which reduced stomach space due to the increasing size of the uterus in the abdominal cavity, spicy foods, and/or reclining after eating. Heartburn is often described as a burning sensation at the bottom of the breastbone but may continue all the way up the esophagus.
Timing In Pregnancy	Any time; more common in 2 nd and 3 rd trimesters.
Relief Measures	<ul style="list-style-type: none"> • Avoidance of spicy foods, acidic foods, large meals, and reclined positions after meals • Eat small frequent meals. • Sipping peppermint tea, eating ice cream, or sipping a cool beverage • Tums • Licorice root, • Slippery elm lozenges • Raw almonds • Fresh pineapples • Papaya enzymes • Swedish Bitters. • Gaviscon if severe
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • If frequent, Gastro Esophageal Reflux Disease, GERD, may be suspected

Heart Pounding	
Etiology/ Causes	Occasional heart palpitations are usually a normal response of your body to the extra blood volume, additional weight and extra energy used during pregnancy
Timing in Pregnancy	1 st trimester
Relief Measures	<ul style="list-style-type: none"> • When you feel your heart pounding, let go of tension throughout your body. Start at your head and relax each part of your body until you reach your toes. • Take slow, deep breaths. • Limit activities that require a lot of energy and effort.
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • heart pounding often or irregularly could be a sign of heart problems
Hemorrhoids	
Etiology / Causes	Progesterone causes relaxation of the vein walls and is often preceded by constipation. The enlarging uterus may cause pressure and interferes with circulation.
Timing In Pregnancy	2 nd half of pregnancy.
Relief Measures	<ul style="list-style-type: none"> • Avoiding straining during defecation • Sitz baths or bath with baking soda • Witch hazel compress /Epsom salt compress • Ice bag • Reinsertion of the hemorrhoids • Kegel exercises • Rest with hips and lower extremities elevated • Analgesic ointments • Preparation H/Anusol • Peeled Raw potato • Acupuncture/acupressure/reflexology • Vit B6/C/E • Raw Garlic/onions • Herbs - Comfrey compress, nettle tea. • Homeopathic Asculus • IF severe Laser / cauterization
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Bleeding from hemorrhoids is not dangerous, but may be alarming for some people.
Insomnia / Difficulty Sleeping	
Etiology / Causes	Emotional concerns, fetal movement/ peeing at night (nocturia) /Increasing size of the fetus, which can make it hard to find comfortable sleeping position may interfere with sleep. Others such as leg cramps and backaches, vivid (strange) dreams or even experience nightmares are also contributing factors
Timing In Pregnancy	Any time in pregnancy, because it can be caused by physical, emotional, or even social factors.
Relief Measures	<ul style="list-style-type: none"> • Talk about what is on your mind • Go to bed and get up about the same time each day • Engage in relaxing activities before going to bed • Exercise regularly • Eliminate long day time naps • Avoid caffeine / alcohol or nicotine • Minimize noise and light • Watch TV or read a book until tired • Herb baths using the flowers of roses, lavender, borage, chamomile • Concentrate on high protein foods and eliminate all refined carbs, • B Vitamins in the diet • Infusions of relaxing teas • Herbal tinctures - Hops, chamomile, or catnip • pillows in bed to support her body • Homeopathic Aconite 30C, Chamomile 30C / Coffea Cruda 30C • Herbs - Valerian, Skull Cap

	<ul style="list-style-type: none"> • Bach Flower - White Chestnut
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Too many nights without a good sleep will affect her cognitive abilities, could exacerbate any underlying emotional issues, and leave her immune system compromised.
Itching	
Etiology / Causes	Increased levels of estrogen along with stretching skin causes abdominal itching in 20% of women. Increased blood supply can cause sweating, which can lead to itchiness. Rashes which cause itching may be a pregnancy specific skin problem or something that is just coincidental with pregnancy such as eczema, psoriasis or scabies.
Timing In Pregnancy	Anytime in pregnancy, although associated with abdominal growth so most prominent in 2 nd and 3 rd tri.
Relief Measures	<ul style="list-style-type: none"> • Cocoa butter, calamine lotion, moisturizers, or a variety of oils. • Homeopathic Sulfa 30C • Avoid strong soaps. / Warm oatmeal baths. OR Cool baths. • Cool compresses • Light clothing, light bedclothes. • Gently massaging the affected area may help temporarily. • Diclectin - Contains doxylamine succinate (antihistamine/antiemetic) and pyridoxine hydrochloride (vitamin B6),
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Severe and intense itching, not localized to the abdomen (seen in palms and soles of feet) along with jaundiced skin and/or dark urine .
Leg Cramps	
Etiology / Causes	Leg cramps are quite common during pregnancy. While causes are still largely unknown, it is believed they may be due to neuromuscular irritability, mainly from excess phosphorus and reduced calcium in circulation. Magnesium has also been associated for it helps in the regulation and function of nerves, bones, and muscles, causing muscle spasms when in shortage. The pressure of the enlarging uterus on the nerves leading down to the legs is another possible cause. Another common complaint associated with leg cramps is restless legs. (see below)
Timing In Pregnancy	Usually, the second and third trimesters
Relief Measures	<ul style="list-style-type: none"> • Increase the intake of calcium and magnesium (avoid calcium phosphate, it may decrease magnesium absorption). • Avoid processed meats, snack foods and carbonated beverages- high in phosphorus. • Straighten the leg while flexing the ankle and toes; slowly bringing it up toward the nose. Try not to point the toes, particularly when lying in bed. • Massage a cramping muscle or try walking it off. • Warm baths or a hot water bottle application can be relieving. • Stretching before bedtime may help to overall prevent cramps from occurring.
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Constant pain and swelling (localized) redness or tenderness. Or Pain located in the calf postpartum and in the groin area in the prenatal period.
Nasal Stuffiness/Nose Bleeds	
Etiology / Causes	Nasal membranes become swollen due to increased blood volume in response to increased estrogens which may cause nasal stuffiness or nosebleeds in some women or allergies.
Timing In Pregnancy	Usually, first trimester
Relief Measures	<p>Nasal Stuffiness</p> <ul style="list-style-type: none"> • If allergies - try to determine what you are allergic to and avoid it if possible. • Smoking or being in a smoke-filled room can make your allergies worse. • Breathing steam from a hot shower, a pot of boiling water or a vaporizer may help clear a stuffy nose. (with/without drops of Tea tree oil or Eucalyptus) • Salt-water nose drops (made from 1/4 teaspoon of salt dissolved in 1 cup of warm water) may be helpful. Make a fresh solution each time you need to use the drops. • Use finger pressure or massage your sinuses. Rub on the bony ridge above and under your eyebrows, under your eyes and down the sides of your nose. <p>Nosebleed:</p> <ul style="list-style-type: none"> • Lie down and apply pressure and cold compresses to your nose. • Use a humidifier if the air in your home tends to be very dry. A higher level of humidity in your surroundings will help decrease the chance of nosebleeds. Use a humidifier if the air in your home

	<p>tends to be very dry.</p> <ul style="list-style-type: none"> • Try a thin coating of petroleum jelly in each nostril, especially at bedtime.
Complication in pregnancy (if not treated) OR Danger signs	none
Nausea/Vomiting	
Etiology / Causes	<p>Rising estrogen, HCG and hormone levels in the blood stream are concentrated because the blood volume in early pregnancy has not yet risen but hormones have increased dramatically. Hypoglycemia (lowered blood sugar) slowed peristalsis and sometimes appears in late pregnancy as the weight of the enlarged uterus and baby press on the digestive system can also be a cause.</p> <p>Multiple gestations increase symptoms of morning sickness, because of the increased hormones produced by two placentas, as well as the increased metabolic and nutritional demands.</p>
Timing In Pregnancy	Between the 6 th and 14 th weeks of pregnancy, usually around 16-18 weeks.
Relief Measures	<ul style="list-style-type: none"> • Stabilize blood sugars by eating small amounts throughout the day. • Eat something before rising from bed in the morning. • Increase intake of high protein foods. • Avoid dehydration. Avoid constipation. • Exercise to help burn excess hormones through the liver and out the body. • Restrict consumption of fatty and greasy foods. • Ginger, Mint, Catnip, Fennel or Raspberry Leaf Tea, • Acupressure / sea bands, • Acupuncture. • Vitamin B injection • Diclectin
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • SEVERE - Abdominal pain with or without vomiting.
Pain In Lower Left or Right Quadrant (LLQ / LRQ) - Round Ligament pain	
Etiology / Causes	Brief, sharp, stabbing pain or a longer-lasting dull ache that pregnant women commonly feel in the lower abdomen or groin. The round ligaments surround the uterus. As the uterus grows, the ligaments stretch and thicken to accommodate and support it. These changes can occasionally cause pain on one or both sides of your abdomen.
Timing In Pregnancy	Second trimester.
Relief Measures	<ul style="list-style-type: none"> • Sit down and try to relax when the pain strikes. • Flexing your knees toward your abdomen to get some relief or lying on your side with a pillow under your belly for support and another one between your legs. • A warm bath • Stretching • Hot compress • Lecithin supplements • Massage • Use proper body mechanics when lifting, bending, and stretching • The pelvic tilt may be helpful in reducing discomfort.
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • If the pain is accompanied with: <ul style="list-style-type: none"> ○ Bleeding, tenderness, Fever, Chills, Aches, tenderness, diarrhea, nausea, & vomiting, referred neck /shoulder pain, periumbilical pain, severe pain, or cramping, or more than four contractions in an hour. ○ Low back pain and pain / burning with urination,
Restless Leg Syndrome	
Etiology / Causes	Common cause of painful legs. The leg pain of restless leg syndrome typically eases with motion of the legs and becomes more noticeable at rest or the early evening or later at night. The cause of restless leg syndrome is unknown in most patients. However, restless leg syndrome has been associated with pregnancy, obesity, smoking, iron deficiency and anemia, nerve disease, or familiar
Timing in Pregnancy	Last trimester - usually go away about 4 weeks postpartum.
Relief Measures	<ul style="list-style-type: none"> • Avoid stimulants: Tobacco, Alcohol, Caffeine (Chocolate, coffee, tea, and some soft drinks) • Maintaining a healthy sleep routine - sleeping in a quiet, comfortable room, elevating the limbs with

	<p>an adjustable mattress, and going to bed and waking at the same times each day.</p> <ul style="list-style-type: none"> • Follow a program of moderate exercise • Walking or stretching • Taking a hot or cold bath • Massaging the leg or arm • Using heat or ice packs • Iron (B12 or folate) and / or magnesium supplements, • Acupuncture • Homeopathic pulsatilla 30C • Herb: Nettle tea
Complication in pregnancy (if not treated) OR Danger signs	Restless leg syndrome is not dangerous, but it can badly disrupt your sleep
Sexual Changes	
Etiology / Causes	<p>First Trimester</p> <ul style="list-style-type: none"> • Under influence of estrogen there is a proliferation of vaginal cells, causing the vaginal walls to become thickened, pliable, and distensible, increased vaginal secretions • Heightened sex drive for some women • For some women desire is decreased as hormonal fluctuations and morning sickness interfere • Increased pelvic congestion • Yeast infections are more common and may affect sexual life • Fatigue may make sex less appealing <p>Second trimester</p> <ul style="list-style-type: none"> • Growing fetus provides more pelvic congestion, and necessitates greater creativity in love making • Increased vaginal secretions <p>Third trimester</p> <ul style="list-style-type: none"> • Shortness of breath • Braxton Hicks contractions • Weight and position of fetus • All of these may cause sex to less desirable. <p>Fourth Trimester</p> <ul style="list-style-type: none"> • Fatigue • Lowered estrogen levels
Timing In Pregnancy	Throughout
Relief Measures	<ul style="list-style-type: none"> • If decreases sexual desire talk about concern • Lubrication -Astro glide, K-Y • Varied position
Complication in pregnancy (if not treated) OR Danger signs	In most cases sex during pregnancy is healthy and encouraged. Cases that would warrant abstinence would be: Placenta previa, threatened miscarriage or preterm labour, or active herpes lesions.
Shortness of breath	
Etiology / Causes	Your blood is more dilute, less oxygen-rich and your additional bulk and weight contribute to the exhaustion. The sensation is heightened by the pressure of the uterus against the diaphragm, making it harder to take a deep breath. You may find that you need more time to do your usual activities.
Timing in Pregnancy	Last few months.
Relief Measures	<ul style="list-style-type: none"> • You should rest more frequently and may need to stop some overly strenuous activities. • Exercise classes and aerobics for pregnant women are available. • Improving your posture • Practice sitting and standing with your back straight and your shoulders back, relaxed and down. • When sleeping, lying propped up on pillows or on your side may help lessen the pressure on your diaphragm.
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • severe shortness of breath along with: <ul style="list-style-type: none"> ○ Chest pain, discomfort while taking a deep breath, rapid pulse, or rapid breathing.

Skin Changes	
Etiology	<p>Hyperpigmentation, or darkening of the areola, umbilicus, and vulva, occurs in 90% of pregnancies. The etiology is uncertain, but it is thought that increased levels of estrogen and progesterone in pregnancy stimulate the production of melanin.</p> <p>Pigmentation around the areola varies from pink to very dark brown or black depending on the woman's individual complexion. The linea nigra is the vertical line at the umbilicus. The nevi, freckles and recent scars may also deepen in color. Hyperpigmentation on the face known as chloasma or mask of pregnancy occurs in 70% of pregnant women of all races. Chloasma normally regresses or disappears; however, 30% of women still have hyperpigmentation at a ten-year follow-up. The role of the hormone melanocyte-stimulating hormone is unclear. Also, skin tags flourish and moles may grow (though it is not normal that they change in color) in pregnancy.</p> <p>High levels of estrogen cause proliferation of blood vessels and congestion. Capillary fragility is common and manifests itself as spider angiomas (capillaries look like a spider web) and petechia (pinpoint red spots of blood) on lower extremities. Within 3 months postpartum, lesions fade</p>
Timing In Pregnancy	Throughout and usually regresses when the woman is no longer pregnant.
Relief Measures	Hyperpigmentation does not cause any physical discomfort but may be problematic psychologically. Explaining to the woman that this is a normal sign in pregnancy and reassuring her that it will disappear or diminish after the birth may be helpful.
Complication in pregnancy (if not treated) OR Danger signs	None
Stretch Marks / Striae Gravidarum	
Etiology	A result of changes in collagen and elastic fibers in the lower layers of the skin due to the stretching of the skin, adrenocorticosteroids and estrogen. Poor nutrition, lack of exercise, and prior skin health can <i>contribute</i> to stretch marks. Striae are described as dark brown or reddish marks visible on the skin that fade after birth but remain as "fine, silvery-white lines of glistening fibrous tissue" (Varney's), usually found on the belly, breasts, hips, and thighs.
Timing In Pregnancy	second and third trimester
Relief measures	<ul style="list-style-type: none"> • Stretch marks will fade, but not disappear completely. • Studies have not shown conclusively whether creams applied topically are helpful, • Improving diet, specifically increasing vitamins C and E, bioflavonoid, and zinc.
Complication in pregnancy (if not treated) OR Danger signs	None
Tingling/ Numbness of Hands and Fingers	
Etiology/ Causes	<ul style="list-style-type: none"> • A change in the center of gravity due to enlarged uterus and heavy uterus causing you to have poor posture. Your shoulders bend far back, and your head is anteflexed in an attempt to counterbalance your belly and curved back. • The poor posture compresses your ulnar and medial nerves in the arm which would cause tingling of the fingers. • Increased fluid in the system in late pregnancy can cause pregnancy induced carpal tunnel syndrome. • The tendons that go through the carpal tunnel in the wrist swell and cause pain and tingling.
Timing In Pregnancy	Late pregnancy
Relief Measures	<ul style="list-style-type: none"> • Try to maintain better posture. • Lying down to relieve back. • Wristbands to stabilize hand and arm. • Massage, Chiropractor, Physiotherapist. • Swimming can relieve backpressure and pain. • Use of ergonomically correct office equipment such as specialized keyboards.
Complication in pregnancy (if not treated) OR Danger signs	Any excessive swelling or pain

Urinary Tract infection / Bladder infection

Etiology/ Causes	<ul style="list-style-type: none"> • Bacteria from the bowel that live on the skin near the rectum or in the vagina which can spread and enter the urinary tract through the urethra. • Sexual intercourse is a common. • More than one partner. • Waiting too long to urinate. • Partial blockage of a urinary passage (from the pressure of an enlarged uterus, for example). • Sexual intercourse. • Catheters (tubes placed into the bladder that empty the bladder for sick people). Stool that gets wiped into the vagina after a bowel movement.
Timing In Pregnancy	<ul style="list-style-type: none"> • Can start as early as week 6 in your pregnancy
Relief Measures	<p>TREATMENT</p> <ul style="list-style-type: none"> • Cranberry juice • Cranberry Capsule -every 3hrs • Clover of Raw garlic daily • Vit C 1000mg c cranberry juice bid • Vitamin C (250 to 500 mg), Beta-carotene (25,000 to 50,000 IU per day) and Zinc (30-50 mg per day) • Vit B 2x day • Herbs: <ul style="list-style-type: none"> ○ Stinging nettle - 1 c 3x day ○ Dandelion root - 1c 3x day • Antibiotics <p>PREVENTATIVE</p> <ul style="list-style-type: none"> • Drink 6-8 glasses of water each day and unsweetened cranberry juice regularly. • Eliminate refined foods, fruit juices, caffeine, alcohol, and sugar. • Urinate frequently • Urinate before and after intercourse. • After urinating, blot dry (do not rub), and keep your genital area clean. Make sure you wipe from the front toward the back. • Avoid using strong soaps, douches, antiseptic creams, feminine hygiene sprays, and powders. • Change underwear and pantyhose every day. • Avoid wearing tight-fitting pants. • Wear all cotton or cotton-crotch underwear and pantyhose. • Do not soak in the bathtub longer than 30 minutes or more than twice a day.
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • If an infection is not treated, it can lead to preterm birth and kidney infections. If a bladder infection does spread to the kidneys, this can cause further complications – preeclampsia, high blood pressure.

Vaginal Discharge

Etiology / Causes	Endocervical glands in size and number and produce more cervical mucous. Venous engorgement of the vagina increases transudation. The cervical mucous and transudation together contribute to leukorrhea, or profuse vaginal secretion. It is highly acidic, can be thin or thick and can protect mom and baby from infection although it also fosters the growth of organisms that cause vaginitis.
Timing In Pregnancy	Leukorrhea begins during the first trimester
Relief Measures	<ul style="list-style-type: none"> • Washing frequently, maintaining cleanliness, • Wear cotton undies and change frequently. • Avoid douching or using feminine sprays

Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Intense itching, • White patches on the vulva, • Lesions, fishy odor, soreness, • Yellowish, greenish, or grayish mucous • Painful urination.
Varicose Veins	
Etiology / Causes	Develop from weak areas in the walls of blood vessels due to Progesterone and part to heredity. The veins may swell in the leg and groin area.
Timing In Pregnancy	Anytime
Relief Measures	<ul style="list-style-type: none"> • Exercise regularly. Walking and swimming are ideal for improving circulation. • Avoid clothing that binds or is tight, especially knee-high stockings. • Wear support hose when you plan on standing or walking for a long time. • Avoid standing or sitting in one place for long periods of time if possible. • Avoid sitting with your legs crossed • Put your feet on a footstool when sitting. • Lie down with your feet elevated above the level of your heart several times during the day. • Wear shoes with well-padded soles and low heels to reduce stress on your legs from walking. • Vit B6/C/E • Raw Garlic/onions • Lecithin • Herbs - Comfrey compress on varicosities, drinking nettle tea • Homeopathic Asculus
Complication in pregnancy (if not treated) OR Danger signs	<ul style="list-style-type: none"> • Constant pain and swelling (localized) redness or tenderness. Or Pain located in the calf postpartum and in the groin area in the prenatal period.
Yeast Candida albicans	
Etiology / Causes	<ul style="list-style-type: none"> • caused by an overgrowth of the fungus, Candida albicans, which is normally present in the vagina • Taking antibiotics, or steroids • High blood sugar, as in diabetes • Vaginal intercourse • Douching • Blood or semen
Treatment	<ul style="list-style-type: none"> • Plain yoghurt inserted into vagina • Garlic clove <ul style="list-style-type: none"> ○ Orally - <ul style="list-style-type: none"> ▪ Fresh daily ▪ 2 Capsule 3x day with meals ○ Vaginally - peeled and put in a cheese cloth at night • Acidophilus or L bifidus 3x day • Vit B complex • Vit C 5000-20000 mg 4x day • Vit E 400- 800 IU daily • Zinc 50mg qd • Decrease sugar, meats, dairy, grain • Tea-tree oil • OTC Fungal meds <ul style="list-style-type: none"> ○ Clotrimazole 1% cream -5g vaginally 7-14 days ○ Miconazole 2% cream - 5g vaginally 7-14 days
Complication in pregnancy (if not treated) OR Danger signs	Baby with thrush in mouth hence thrush on breast