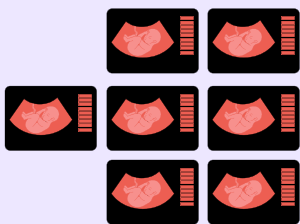


Getting Through Pregnancy

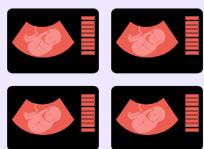


Frequency of Prenatal Appointments

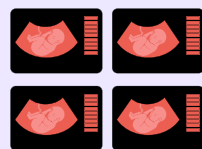
0-28 weeks
Every 4 weeks



28-36 weeks
Every 2 weeks



36 weeks - Birth
Every week



First Visit Back to OB/GYN Is 6 Weeks After Birth.

CONTACT US



**Coaching
Salud
Holistica**



Website

www.coachingsaludholistica.com

Email

saludholicamd@gmail.com

CONSTIPATION

CAUSES

Pregnancy hormones and the compression of the rectum by the uterus.

THINGS TO TRY:

- Drink at least 8 glasses of water each day, along with prune or other fruit juices
- Eat high-fiber grains, raw fruits and vegetables, and beans
- Take walks, or do other light exercise
- Take an over-the-counter stool softener as directed.
- Check with your healthcare provider if constipation continues



HEART BURN

CAUSES

Pregnancy hormones cause the muscle opening between the stomach and esophagus to relax, and your growing uterus pushes up on your stomach, allowing stomach acid to leak into the esophagus.

THINGS TO TRY:

- Eat six smaller meals each day
- Avoid eating close to bedtime
- Drink liquids between meals rather than with meals
- Avoid caffeine and spicy, acidic, or greasy foods
- Elevate your upper body during sleep
- Take antacids, or ask your healthcare provider about other safe medications



BACK PAIN

CAUSES

Strain on the back from the extra weight being carried. Awkward postures can lead to further discomfort.

THINGS TO TRY:

- Use good posture and body mechanics.
- Try back stretches, back-strengthening exercises, and prenatal yoga.
- Support your lower back by using a pillow or rolled towel or by wearing an abdominal support garment.
- Apply warm or cold compresses to the sore area.
- Sleep on your side on a firm mattress, and tuck a pillow between your legs.
- Get a back massage from your partner, a friend, or a massage therapist who does prenatal massage.



INSOMNIA

CAUSES

Baby's movements, the need to urinate frequently, night sweats, anxieties, and the inability to get into a comfortable sleeping position.

THINGS TO TRY:

- Take a warm bath, read, or do relaxation exercises before bed.
- Avoid exercise right before bedtime and have caffeine late in the day.
- Find a comfortable sleeping position (try using a full-body pillow or a pillow between your legs and/or belly).



HEMORRHOIDS

CAUSES

Pregnancy hormones, increased pressure on veins, and constipation.

THINGS TO TRY:

- Follow the same recommendations for constipation
- Shift your weight off your bottom
- Apply a hemorrhoid cream, ice pack, or witch hazel pad to the rectum
- Soak in a warm tub
- Stay within your recommended range for weight gain
- See your healthcare provider if your hemorrhoids become painful.



LEG CRAMPS

CAUSES

No official explanation.

THINGS TO TRY:

- Exercise and stretch regularly to improve circulation to your lower body.
- During cramping, straighten your leg, flex your foot toward you, and massage your calf in long downward strokes, or try walking around (don't point your toes).



NASAL CONGESTION & NOSEBLEEDS

CAUSES

Pregnancy hormones increase the amount of blood flow to your nose and the formation of fragile new blood vessels.

THINGS TO TRY:

- Drink plenty of fluids.
- Use a humidifier.
- Try saline (salt water) nose drops.
- Talk to your healthcare provider before using any other remedies.



VARICOSE VEINS

CAUSES

Increased pressure of the baby on the lower body causes blood to pool in the veins.

THINGS TO TRY:

- Sit with your feet up.
- Avoid standing for long periods of time.
- Don't sit with your legs crossed for long periods.
- Elevate your legs with pillows while sleeping.
- Avoid nylons with tight elastic—but wearing compression stockings can be helpful.



SWELLING/EDEMA

CAUSES

Increased fluid in your body during pregnancy; warm weather can make it worse.

THINGS TO TRY:

- Continue to drink plenty of water, and move around throughout the day
- Follow the same recommendations used to relieve varicose veins
- Note: Call your healthcare provider if you have puffiness around your eyes or sudden, dramatic swelling in your face, hands, ankles, legs, or feet.



PREECLAMPSIA

CAUSES

Preeclampsia is a serious medical condition marked by high blood pressure and the presence of protein in your urine. If a person develops preeclampsia, they (and their baby) will need to be monitored closely. If it's severe, they may need to be admitted into the hospital.

WARNING SIGNS:

- Severe headache that doesn't get better with medication
- Vision changes, such as seeing spots or double vision
- Rapid weight gain
- Sudden swelling in the face, hands, ankles, or feet
- Puffiness in the face and around the eyes
- Upper abdominal pain



FOOD CRAVINGS & EXCESSIVE WEIGHT GAIN

CAUSES

Giving in too often to your desire for high calorie foods may translate into too much weight gain.

THINGS TO TRY:

- Eating a well-balanced diet along with exercising regularly will help reduce food cravings.



PICA

DEFINITION

Craving substances with little or no nutritional value such as dirt, chalk, etc.

Poor weight gain, constipation, and anemia can result from pica.

THINGS TO TRY:

- Suggest replacing dirt or clay with milk powder. Frozen fruit pops or juice could be substituted for ice.
- Monitor your iron status along with other vitamin and mineral intake
- Speak with your provider about these cravings.



RH BLOOD INCOMPATIBILITY

CAUSES

- Occurs when the pregnant person has no Rh factor (Rh negative blood) and the fetus has the Rh factor (Rh positive).
- Rhesus (Rh) factor is a protein found on the red blood cells. If those antibodies cross the placenta, they attach to the fetal red blood cells and destroy them.
- This can lead to severe anemia for the newborn which may require blood transfusion.

THINGS TO TRY:

- Attend all prenatal appointments to test for any blood incompatibility.



NAUSEA & VOMITING

WHEN CAN NAUSEA AND VOMITING OF PREGNANCY BECOME A PROBLEM?

Nausea and vomiting can become more of a problem if you cannot keep down food or fluids and begin to lose weight. When this happens, it sometimes can affect the fetus's weight at birth.

THINGS TO TRY:

- Eating several small meals instead of large meals can help alleviate discomfort.
- Aim for 8 to 12 cups of water a day.
- Those who experience persistent vomiting should be referred to a healthcare provider.
- Changing the types of food consumed.

