







PARIJATHAM

Morning sickness is a famous symptom of pregnancy. But not every pregnant woman gets it. Feeling very tired is normal in

when they become pregnant. All of these are related to hormonal changes. The most obvious early symptom of pregnancy is a missed

period!

Spotting is seen and is due to implantation of the embryo. Cramps are felt just like menstural pains. Increased vaginal discharge also happens due to congestion. Breasts are swollen and can be tender.

Hormonal changes of pregnancy can cause Mood Swings, Constipation and in some women Frequent urination can also be

Headaches, Fainting & Dizziness are some other irritants of early pregnancy.

But remember all these are temporary and can be relieved with simple measures!

Despite its name, you can have morning sickness any time of day. It doesn't mean your baby is sick, and it doesn't hurt you or your baby. Nausea can be managed by eating bland food like toast and crackers. Eat Protien foods to prevent hunger that aggravates nausea. Try out ginger and Vit B6. Smelling cut lemon helps.

Urinary frequency can be helped by Kegel Exercises. Breast tenderness can be relieved by simply using supportive undergarments. Consitpation is relieved by lots of fluids, ample exercise, high fiber diet like vegetables, whole grains etc. Take your prenatal vitamins and iron supplements with orange juice as vitamin C will increase iron absorption. Calcium impedes absorption, avoid taking iron with

You MISSED Your Period! A simple urine test can help you know the good news which can always be confirmed by blood test and the familiar Ultrasound.

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Am / Parijahtham P r e g n a n t!

