

TIU/ Tishk International University Faculty of Nursing

Pregnancy ,Body changes and discomforts

lecture 3 lecturer-Mhabad M.Hussein



Body changes and discomforts

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- Breast changes
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- Fatigue, sleep problems
- Heartburn and indigestion
- Hemorrhoids
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- Morning sickness
- Numb or tingling hands
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- Swelling
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Body changes and discomforts during pregnancy

During pregnancy, you might have:	What might help:
<p>Body aches</p> <p>1-As your <u>uterus</u> expands, you may feel pains in the back, abdomen, and thighs. Many women also have backaches due the pressure of the baby's head.</p> <p>2-Some pregnant women complain of pain from the lower back, down the back of one leg, to the knee or foot.</p>	<ul style="list-style-type: none"> • Lie down. • Rest. • Apply heat.
<p>Breast changes</p> <p>1-A woman's breasts increase in size and fullness during pregnancy. As the due date approaches, <u>hormone</u> changes will cause your breasts to get even bigger to prepare for breastfeeding. Your breasts may feel full, heavy, or tender.</p> <p>2-In the third trimester, some pregnant women begin to l</p> <p>ease <u>colostrum</u> from their breasts. Colostrum is the first milk that your breasts produce for the baby. It is a thick, yellowish fluid containing antibodies that protect newborns from infection.</p>	<ul style="list-style-type: none"> • Wear a maternity bra with good support. • Put pads in bra to absorb leakage.
<p>Constipation</p> <p>1-Many pregnant women complain of constipation. Signs of constipation include having hard, dry stools; fewer than three bowel movements per week; and painful bowel movements.</p>	<ul style="list-style-type: none"> • Drink eight to 10 glasses of water daily. • Don't drink caffeine. • Eat fiber-rich foods, such as fresh or dried fruit. • Try mild physical activity.
<p>Dizziness</p> <p>Many pregnant women complain of dizziness.. The growth of more blood vessels in early pregnancy, the pressure of the expanding <u>uterus</u> on blood vessels, and the body's increased need for food all can make a pregnant</p>	<ul style="list-style-type: none"> • Stand up slowly. • Avoid standing for too long. • Don't skip meals.

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<p>woman feel dizzy.</p>	<ul style="list-style-type: none">• Lie on your left side.
<p>Fatigue, sleep problems</p> <p>1-During your pregnancy, you might feel tired even after you've had a lot of sleep. Don't worry, this is normal.</p>	<ul style="list-style-type: none">• Lie on your left side.• Use pillows for support, such as behind your back, tucked between your knees• Go to bed a little earlier.• Drink needed fluids earlier in the day, so you can drink less in the hours before bed.
<p>Heartburn and indigestion</p> <p>1-<u>Hormones</u> and the pressure of the growing <u>uterus</u> cause indigestion and heartburn. Pregnancy hormones slow down the muscles of the digestive tract.</p> <p>2-The food and acid causes the burning feeling of heartburn. As your baby gets bigger, the uterus pushes on the stomach making heartburn more common in later pregnancy.</p>	<ul style="list-style-type: none">• Eat several small meals — eat slowly.• Drink fluids between meals — not with meals.• Don't eat greasy and fried foods.• Avoid juices and spicy foods.• Do not eat or drink within a few hours of bedtime.• Do not lie down right after meals.
<p>Hemorrhoids</p> <p>1-Hemorrhoids are swollen and bulging veins in the rectum. They can cause itching, pain, and bleeding. Up to 50 percent of pregnant women get hemorrhoids. Hemorrhoids are common during pregnancy for many reasons.</p> <p>2- During pregnancy blood volume increases greatly, which can cause veins to enlarge. The expanding <u>uterus</u> also puts pressure on the veins in</p>	<ul style="list-style-type: none">• Drink lots of fluids.• Eat fiber-rich foods, like cooked leafy green vegetables, and fruits.

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<p>the rectum. Plus, <u>constipation</u> can worsen hemorrhoids. Hemorrhoids usually improve after delivery.</p>	
<p>Itching</p> <p>1-About 20 percent of pregnant women feel itchy during pregnancy. Usually women feel itchy in the abdomen.</p>	<ul style="list-style-type: none"> • Use gentle soaps and moisturizing creams. • Avoid hot showers and baths.
<p>Leg cramps</p> <p>1-At different times during your pregnancy, you might have sudden muscle spasms in your legs or feet. They usually occur at night.</p> <p>2-This is due to a change in the way your body processes calcium.</p>	<ul style="list-style-type: none"> • Gently stretch muscles. • Get mild exercise. • Eat calcium-rich foods. • Ask your doctor about calcium supplements.
<p>Morning sickness</p> <p>1-In the first trimester hormone changes can cause nausea and vomiting. "morning sickness," although it can occur at any time of day.</p> <p>2-Morning sickness usually disappear by the second trimester.</p>	<ul style="list-style-type: none"> • Eat several small meals instead of three large meals to keep your stomach from being empty. • Don't lie down after meals. • Eat dry cereals before getting out of bed in the morning...
<p>Numb or tingling hands</p> <p>Feelings of swelling, tingling, and numbness in fingers and hands, called carpal tunnel syndrome, can occur during pregnancy, they should disappear after delivery.</p>	<ul style="list-style-type: none"> • Take frequent breaks to rest hands. • Ask your doctor about fitting you for a splint to keep wrists bone
<p>Stretch marks, skin changes</p> <p>1-Stretch marks are red, pink, or brown streaks on the skin. Most often they appear on the thighs, buttocks, abdomen, and breasts, usually appear in the second half of pregnancy.</p>	<ul style="list-style-type: none"> • Be patient — stretch marks and other changes usually fade after delivery.

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Swelling

Many women develop mild swelling in the face, hands, or ankles at some point in their pregnancies.

- Drink eight to 10 glasses of fluids daily.
- Don't drink caffeine or eat salty foods.
- Rest and elevate your feet..

Varicose veins

During pregnancy blood volume increases greatly. This can cause veins to enlarge. Plus, pressure on the large veins behind the uterus causes the blood to slow in its return to the heart. For these reasons, varicose veins in the legs and anus (hemorrhoids) are more common in pregnancy.

- Sit with your legs and feet raised.