

PREGNANCY

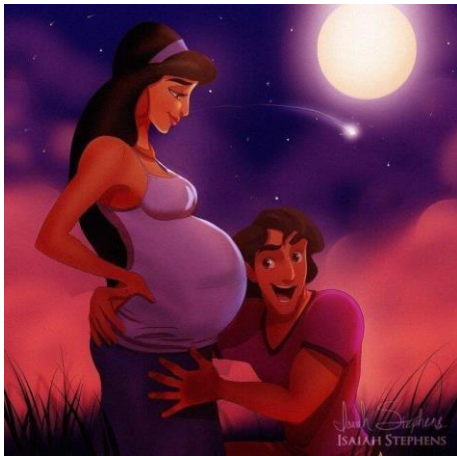
Your guide for a healthy pregnancy and outcome.

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PREGNANCY IS AN EXCEPTIONAL TIME

Once a women knows that she's pregnant , the equation of her life starts to change, her diet, exercises ,body weight and other changes. Before a women decide to have a baby she needs to take care of her health as she have to concern in her preconception health, e.g) taking folic acids of 400micrograms per-day to prevent the occurrence of spina beifida, poor maternal nutrition has both immediate (e.g; low birth weight) and long term consequences.

The dietary intake and nutritional status of the women affect both: fetal development and pregnancy outcome, in addition the normal complications during pregnancy will affect the nutritional status too, so the nutritional behaviors are important, therefore attention to the weight gain the amount and rate have to be consider in the pre-pregnancy and during pregnancy as its correlated with infant birth weight , which is in turn associated with the infant mortality .



Eating healthily, exercising regularly ,and avoiding hazards, will all help give the baby the possible best start in life.

PREGNANCY DIET:

Paying attention to what you eat , the amount and type of food is so important as the balanced diet will help you out to maintain your good health and for the development of the fetal , each trimester you'll go through will have a special amount of energy , that will meet the requirements of pregnancy, but you have to consider the nutrients of concern in pregnancy as to meet 1300mg of calcium per day, if you age from 14 to 18 years old, but if your age 19 and older 1000 mg of calcium per day, and for all ages :600 micrograms of folate, 27mg of Iron and 1.1(g/kg/day) of protein only in the 2nd and 3^{ed} trimesters.

A diet that includes plenty of vegetables, fruits, whole grains, and good proteins and fats will automatically contain the proper mix of nutrients.

Here are some recommendations for a healthy diet during pregnancy:

- Include 2–3 portions each day of protein-rich foods, such as fish, lean meat, chicken, legumes, cheese, and nuts to ensure the healthy growth of body structures.
- Try to include 3 servings of dairy products each day. Milk, yogurts, low fat cheese.
- Have 3 servings of whole grain carbohydrates, such as brown rice and whole-wheat breads and pasta, to keep up energy levels and ensure a supply of fiber.
- 4–5 servings of vegetables each day will ensure a good supply of essential vitamins and minerals. Try to eat different colored vegetables and don't overcook vegetables.
- 3–4 portions of fresh fruit daily will also provide a wide range of vitamins and minerals, many of which contain important protective antioxidants.
- 1–2 servings daily of iron-rich foods such as eggs or dark leafy green vegetables will help maintain healthy iron levels during pregnancy when demands are increased.



Carbohydrates:

Carbohydrates are an important source of fuel for you and for your baby since they are broken down into glucose, which passes easily across the placenta. Try to make your choices at least half, if not all, of your carbohydrates should come from unrefined (whole grain) sources. such as whole-wheat or multigrain bread; brown rice, whole-wheat pasta, and cereals.

Protein:

Choose protein sources that contain less saturated fat, such as skinless chicken, lean beef, low fat cheese. Fish, nuts, and seeds contain healthier unsaturated fats, although your intake of some fish should be limited since they contain mercury, which could be harmful to your baby.

Fats:

Fats contain vitamins and contribute to the healthy development of cells. Choose healthier unsaturated fats, found in foods such as fish and some types of oil, over unhealthy saturated fats found in meat, or trans fats found in processed foods.

Omega 3 fatty acids Studies suggest that the development of the baby's nervous system may be boosted by omega 3 fatty acids, the richest source of

which is found in fatty fish, safe sources of omega 3 fatty acids. Wild salmon is very rich in omega 3, but farm-raised salmon is also a good source. Other sources include omega 3-enriched eggs, flaxseed, flaxseed oil, walnuts, canola oil, and omega 3 supplements and prenatal vitamins containing omega 3 fatty acids.

Dairy products:

These are an important component of the diet since they provide a good supply of proteins and fats, as well as calcium and some vitamins. Calcium is essential for the healthy development of bones and teeth.

Vitamins and minerals:

They support the healthy functioning of body systems and contain antioxidants, which protect the body against the effects of harmful chemicals called free radicals.

-It can be hard to get enough iron in your diet to meet the demands of pregnancy. Your iron levels will be checked during pregnancy and supplements may be recommended.

-You'll also need a folic acid supplement before conceiving and in early pregnancy.

Vitamin A: this is important for healthy eyes, skin, and hair; it's found in orange fruit and vegetables, such as apricots, peppers, carrots, and tomatoes.

Vitamin B: This contributes to the healthy functioning of body systems, and helps the body fight infection. Good sources include bananas, milk, whole grains, cheese, and cabbage.

Vitamin C: This aids the absorption of iron and helps fight infection. Rich sources include citrus fruits, kiwis, peppers, broccoli, and spinach.

Vitamin D: This helps the absorption of calcium. Food sources include eggs and dark leafy green vegetables, and it is also obtained from sunlight. Supplement needed as if its prescribed by the physician.

Vitamin E: This vitamin contains antioxidants and keeps skin, hair, and muscles healthy. Good sources of vitamin E include nuts and seeds.

Folate and folic acid: Studies have shown that sufficient amounts of the B vitamin folic acid, or its natural form folate, can help reduce the risk of neural tube defects, such as spina bifida, by up to 50 percent. In these defects, the embryonic neural tube fails to close properly during the first four weeks of pregnancy, leading to incomplete development of the brain and spinal cord. Folate helps the neural tube close and pregnant women are advised to eat a folate-rich diet. Foods high in folate include green leafy vegetables, legumes; and fortified cereals. It may not be possible to get sufficient folate through diet alone, so women are also advised to take a folic acid supplement of 400 micrograms before conception and during the first trimester.

Iron: This is needed for hemoglobin production in red blood cells. Sources include meat, fish, chicken, eggs, dried apricots, spinach, and broccoli.

Calcium: This is essential for healthy bones and teeth. Sources include dairy products, eggs, fortified cereals, and leafy green vegetables.

Zinc: This helps maintain a healthy immune system. Sources include seafood and nuts.

-There's some type of diets followed by pregnant women as: vegetarian diet or GI diet (low glycemic index)etc, each have different benefits and a special recommendations to be followed.

(A vegetarian diet)

A vegetarian diet, and vegan diets where dairy products are excluded, can be safe and healthy during pregnancy as long as you ensure a good balance of nutrients and sufficient protein. Babies born to vegetarians are in a healthy weight range, although vegans do need to be vigilant about obtaining

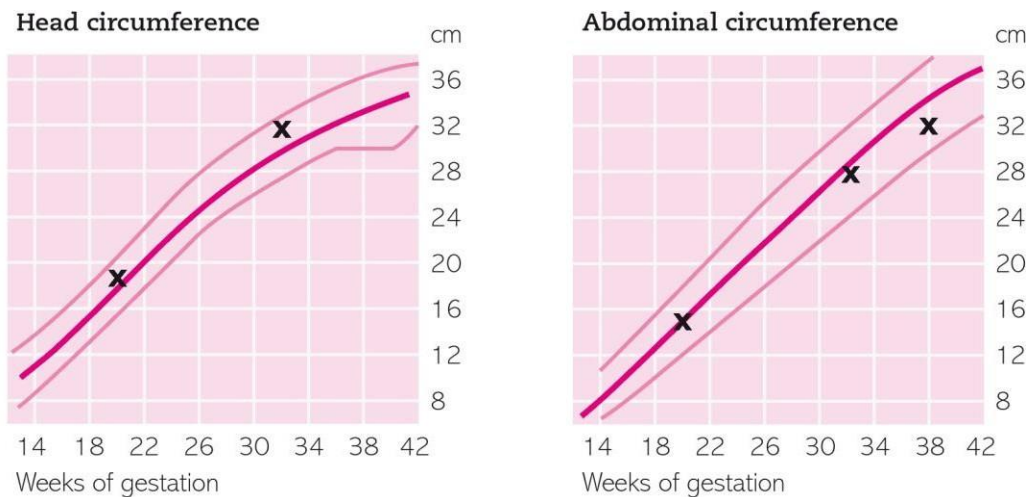
adequate protein, as well as reliable sources of B12 and zinc. Vegans can discuss with their doctors whether they'll be able to meet their vitamin B12 needs through diet alone. Since vitamin B12 is found primarily in animal sources, a supplement may be required. Non-animal sources of B12 may be unreliable.

(A low GI diet)

The glycemic index (GI), which looks at how much a food will raise the level of glucose in the bloodstream. Foods that release glucose gradually, such as unrefined carbohydrates, and thus have a low GI, appear to be healthier.

Benefits of a low GI diet :

Evidence suggests that a low GI diet has health benefits for both the mother and baby. Maternal carbohydrate intake can affect glucose levels in the bloodstream, which in turn can affect the baby's growth. Higher glucose levels, even those in the normal range, can make for a bigger baby—above the 90th percentile (the top end of a baby's growth chart).



There are health risks later in life linked to a high birth weight, such as obesity, diabetes, and heart disease. One study found that women who consumed a low GI diet had infants that were a normal size, but had less body fat than those from women who consumed a high GI diet. A low GI diet can

also help control glucose levels in mothers with gestational diabetes, in turn reducing complications of labor and birth associated with this condition.

Dietary precautions:

Certain foods should be avoided or their intake limited since they may pose a risk to your unborn baby. Simple cooking and hygiene measures are also important to limit the risks.

Listeria is a food-borne bacteria to which pregnant women are more susceptible. It is found in unpasteurized dairy products, as well as refrigerated, ready-to-eat foods like meat, poultry, and seafood. To avoid it, thoroughly reheat hot dogs, lunch meats, or prepared deli foods and avoid unpasteurized dairy products and check soft cheeses labels to be sure they're made with pasteurized milk.

Nearly all seafood contains at least trace amounts of mercury which can affect the development of the fetal nervous system. Pregnant women should avoid swordfish, shark, king mackerel, and tilefish. To stay within safe limits, eat up to 12 ounces per week of lower-mercury seafood like shrimp, salmon, pollock, catfish, and canned light tuna.

Toxoplasmosis is a parasite spread through cat feces or undercooked beef, pork, or lamb that can harm the fetus. Avoid changing cat litter and practice careful hygiene in the kitchen when preparing raw meat, being careful not to contaminate other foods such as lettuce or vegetables. Beef, pork, and lamb all need to be well cooked.

Salmonella bacteria are found in chicken and eggs. Infection with salmonella can cause severe vomiting, but doesn't directly affect the baby. Avoid any products containing raw or undercooked eggs, and make sure all poultry is thoroughly cooked through, since cooking kills the bacteria.

Exercising safely:



You should know that exercise during pregnancy will become a little bit different, because your body now is handling a baby, so exercising safely and according to what physician, RDN will recommend is important.

If you had an exercise program before you became pregnant, you can continue with this in the first trimester as long as you have the all clear from your doctor. As your pregnancy goes on, you may need to adapt your program. If you didn't have a regular exercise program before, now is the ideal time to adopt a new, healthier way of life from which you will reap the rewards for years to come. If you do start exercising now, build up gently; listen to your body and do only what feels comfortable. Regular gentle exercise is much better than intense irregular bouts of exercise (which aren't advisable in pregnancy), since your body responds more positively to consistent, moderate exercise.

So what are the benefit of exercising during pregnancy?

In addition to increasing your energy levels, exercise helps you maintain a positive outlook and feel confident about your changing body image. Exercise can also ease common pregnancy discomforts such as nausea, leg cramps,

swollen feet, varicose veins, constipation, insomnia, and back pain. By keeping muscles strong and toned, exercise makes it easier for your body to deal with changes in posture during pregnancy. There is also evidence that increased fitness helps shorten labor and your postpartum recovery time and lessens your overall anxiety about the birth.

*** DO’S AND DON’TS***

Exercise is safe in pregnancy as long as you follow the simple guidelines listed below. As your pregnancy progresses, you will probably need to adapt and moderate your exercise program.

Do:	Don't:
<ul style="list-style-type: none"> -Warm up and cool down properly. -Drink enough water before, during, and after exercising. -Wear comfortable clothes that don't restrict your rib cage. -Exercise regularly and consistently. -Adjust your expectations; pregnancy is not a time to go for personal bests. -Build your strength, but do this gradually. Focus on your back, shoulders, chest, and lower body. -Practice Kegel exercises daily to maintain the pelvic floor tone. -Breathe properly while exercising, especially when lifting weights. -Protect your back when getting up from a lying position: roll onto your left side and sit up using your legs. -Avoid exercises that feel awkward or uncomfortable. -Focus on posture and alignment. -Stop immediately and seek advice if you feel severe localized pain, vaginal bleeding, or general unwellness. -Eat frequent small meals and snacks to maintain energy and avoid having your blood sugar levels fall. 	<ul style="list-style-type: none"> -Exercise in a hot or humid environment. -Do jerky or bouncy moves or twist or rotate your abdomen. -Lift weights that are too heavy. -Do sports where you risk falling, such as skiing or horseback riding. -Overstretch: the pregnancy hormone relaxin can make you feel more supple than you are. -Exercise to exhaustion. If you're tired, decrease the intensity or duration. Get an hour's rest for each hour of exercise.

Illness, medications, and concerns complications:

During pregnancy, you will face some complications, I've tried to bring most of the complications here with some recommendations, and why they happen, but you still need to talk with your doctor, and keep attending your appointments each time.

There's some medications that you might think that they are safe while they are not, therefore some medications on the counter have to be avoided, because they are harmful for you and your baby.

Having fun with your friends and family, and hanging out, will improve your emotions, because during pregnancy hormonal changes will let you have a mood swings. But you have to keep yourself safe from foods you eat and the whole environment at outside which have to be clear from smoking, air pollutants and other hazards that you'll read after this highlight.



If you're laid low with an illness during pregnancy, take time to rest and recuperate since pregnancy can exacerbate everyday symptoms.

Infections during pregnancy:

When you're pregnant, your immune system is slightly suppressed. This is necessary to stop you from rejecting the baby, who is genetically half the father's! This means that you may be slightly more susceptible to common

problems such as colds, coughs, a sore throat, or food poisoning, and that the illness may last longer.

Colds and coughs:

Most women get a cough or cold at some stage during their pregnancy. However, you should avoid taking cold medications since these can contain ingredients that are not safe in pregnancy, especially during the first three months. Steam inhalations can ease congestion and hot honey drinks help to soothe a sore throat. Saline nasal sprays can also help relieve congestion.

Flu:

If you get the flu during pregnancy, call your doctor to get advice or make an appointment. Drink plenty of liquids and get plenty of rest. Don't take any flu or cold medications without talking to your doctor first. Flu complications can include dehydration and pneumonia, and complications are more common in pregnant women.

~The US Centers for Disease Control and Prevention recommend that all pregnant women should get flu vaccinations. However, the CDC says they should not get the nasal-spray flu vaccine, which is not approved for pregnant women.

Food poisoning and stomach upsets:

A severe episode of food poisoning can cause problems for you and your baby and could trigger an early miscarriage, so it's vital to practice good kitchen hygiene. If you do develop food poisoning or a stomach upset, try to drink plenty of fluids, and if it continues for more than 24 hours, see your doctor.

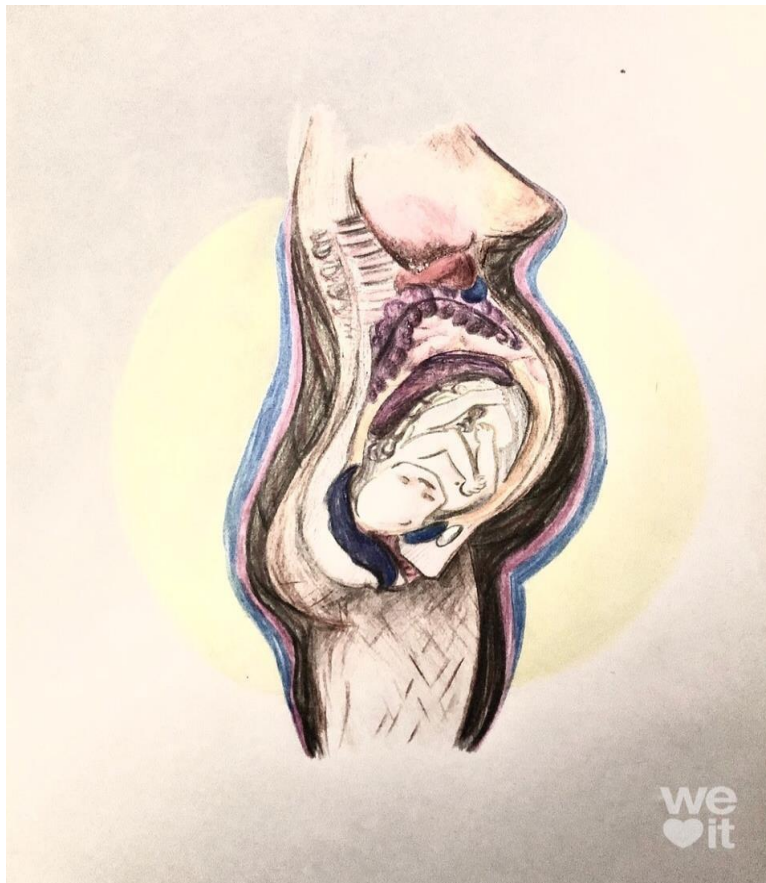
Yeast:

If you have an abnormal discharge, talk to your doctor since this may be yeast (candidiasis), which is common in pregnancy. A swab may be taken to confirm the diagnosis, and an appropriate local antifungal treatment prescribed. Eating natural yogurt may help restore the bacterial balance in

your vagina. Wearing cotton underwear and avoiding tight clothing is also recommended.

Urinary infections:

Many pregnant women get urinary infections because the hormone progesterone relaxes all of the smooth muscle, allowing the bacteria that normally live in your vagina to travel up the urethra (the tube that leads to the bladder) where they may cause an infection. The symptoms of an urinary infection may be slightly different in pregnancy. You may have the classic symptoms of burning when urinating and frequent passing of urine, or you may have different symptoms such as back pain, lower abdominal pain, nausea, or vomiting. These are usually easily treated with antibiotics, most of which are safe in pregnancy.



Taking medications during pregnancy

During the first three months of pregnancy, it's best to avoid all over-the-counter medications. Once you are past the first trimester, some other medications are considered safe, but always consult your doctor if you are in any doubt.

The following provides guidance on medications used for treating common pregnancy complaints and minor illnesses.

Antacids:

Heartburn and indigestion are common problems in pregnancy, particularly during the third trimester when the increased size of the baby puts pressure on your stomach. Some antacids are safe to use during pregnancy, although you should avoid sodium bicarbonate because it may increase fluid retention. Consult your doctor or pharmacist about which ones are recommended.

Antibiotics:

Many antibiotics used to treat infection are safe for use during pregnancy. This includes antibiotics containing penicillin, although there are safe alternatives if you're allergic to penicillin. The following antibiotics should be avoided during pregnancy:

-Streptomycin : This can damage the ears of the fetus as it develops and may result in hearing loss in the baby.

-Sulphonamides: These can cause jaundice in the newborn baby.

-Tetracyclines: These drugs shouldn't be taken because they can affect the development of the baby's bone and teeth and can cause discoloration in the teeth.

Antiemetics:

If you have severe nausea and vomiting and natural remedies such as gingersnaps or ginger tea don't relieve the problem, your doctor may recommend an antiemetic medication that is safe to use during pregnancy.

Antifungal remedies:

You should avoid over-the-counter antifungal remedies, including oral and local remedies, for treating yeast. Consult your doctor, who can recommend an antifungal medication that is appropriate for use in pregnancy.

-Cold remedies Remedies for coughs and colds often contain a range of ingredients, such as caffeine, antihistamines, and other decongestants, many of which aren't safe in pregnancy. Ideally, avoid all cold remedies and instead have steam inhalations and hot caffeine-free drinks. If you need relief, talk to your doctor before using any over-the-counter treatments.

Diuretics:

It's normal to experience some swelling in the hands and feet during pregnancy, and you shouldn't attempt to deal with this by taking diuretics, including herbal diuretics. If you have sudden swelling in the face, hands, or feet, you should consult your doctor immediately because this can be a sign of preeclampsia.

Laxatives:

The first step in dealing with constipation is to take dietary measures by increasing your intake of fiber and drinking plenty of fluids. If this isn't enough to ease constipation, then some over-the-counter laxatives may be safe to take during pregnancy, including laxatives that contain bulking agents. Those containing castor oil may cause uterine contractions. Check with your doctor before taking any laxatives.

Analgesics:

The general advice is to avoid all analgesics during pregnancy, especially during the first trimester. Before using pain medication for a common

problem, such as a headache or backache, first try natural remedies; massage or a warm bath are often effective in relieving aches and pains. If these aren't sufficient, call your doctor for advice. Aspirin and anti-inflammatories such as ibuprofen should be avoided throughout pregnancy.

The pain medicine codeine can sometimes be used for a short period to treat specific pain, but should only be taken on the advice of a doctor.

Rehydration solutions:

If you have a stomach upset resulting in a severe bout of diarrhea that lasts for an extended period, your doctor may recommend a rehydration solution that is safe to use in pregnancy. Steroids If you have eczema, or find that this condition develops or worsens during pregnancy, talk to your doctor about appropriate medications. Corticosteroids, which are used to treat eczema, aren't associated with birth defects, but they are known to cross the placenta, so both topical and oral corticosteroids aren't recommended during pregnancy.

Steroid inhalers:

Used to treat asthma are safe in pregnancy, and it's important to control your asthma while you're pregnant. Oral steroids may also be prescribed for certain other conditions, and these may be safe to continue with under the guidance of your doctor. Anabolic steroids should not be taken during pregnancy.

Common concerns in pregnancy

Pregnancy hormones affect every system in your body. here you will find a common concerns with an explanation of the adaptation process that may cause these symptoms, information on whether medical help is likely to be required, and advice on measures you can take yourself to alleviate symptoms.

General symptoms;

Fatigue:

An overwhelming feeling of fatigue is often one of the earliest signs of pregnancy. Such feelings usually subside during the second trimester, but are likely to return in the third trimester. **CAUSES:**

The main causes of extreme fatigue in early pregnancy are massive hormonal changes and the extra demands on the body made by an increase in blood volume of up to 50 percent. It's this increase in blood volume that helps the lining of the uterus to thicken and the placenta to develop. In the second trimester, energy levels usually return to normal as hormone changes settle down. Late in pregnancy, fatigue may recur because your extra size and weight and the demands of the growing baby means that your body systems need to work harder. In both early and late pregnancy, difficulty sleeping can contribute to feelings of fatigue. Fatigue in pregnancy can also be caused by anemia .

WHAT TO DO?

If you are working, take regular breaks and get some fresh air at least once a day. Ensure that your fluid intake is adequate; caffeine is not helpful because it dehydrates your body and will leave you feeling worse. Take more time for sleep if you need to; housework can wait and you may need to cut back on social commitments.

Difficulty sleeping:

It's very common to have sleeping difficulty in pregnancy, especially in the first and third trimesters.

CAUSES:

A common cause of disturbed sleep is the need to urinate frequently. Early in pregnancy, this is due to the amount of blood in your body, leading to the kidneys filtering out more fluid, which ends up in your bladder. As pregnancy progresses, another factor is expansion of the uterus within the pelvic cavity, so that it competes for space with the bladder. This leads the bladder to require more frequent emptying, which will interrupt your sleep. Many women also feel hungry during the night and need to snack, while

others find that nausea and vomiting interrupt their night or lead to early waking. From about 20 weeks of pregnancy, the uterus moves up out of the pelvis, taking pressure off the bladder, and nausea often subsides, which means that sleep improves. Toward the end of pregnancy, sleep patterns can once again be disturbed. Unborn babies are often active just when you want to rest; your body is bulky and finding comfortable sleeping positions becomes difficult; and as the baby becomes bigger and heavier pressure on the bladder may return.

WHAT TO DO?

If frequent urination is keeping you awake, don't drink large quantities of fluid close to bedtime, and to avoid waking up hungry include foods high in unrefined carbohydrates, such as whole-wheat bread, in your evening meal. If you do wake up, don't lie there for long periods, since this is frustrating and may lead to habitual sleeplessness. Get out of bed and engage in a simple activity that won't overstimulate your brain, have a warm, caffeine-free drink, and return to bed when you're sleepy. Later in pregnancy when you find it difficult to get comfortable, experiment with different sleeping positions: use plenty of pillows, under your head and belly and between your knees. A rest during the day is essential during late pregnancy, but limit this to a 20-minute power nap or an hour reading or watching television with your feet up. If you sleep for long periods during the day, you will further lessen your ability to sleep at night.

Headaches:

Headaches are common in pregnancy, especially in the first trimester.

CAUSES:

Most headaches are unlikely to be a cause for concern and are probably due to hormonal changes and the need for additional fluids. Headaches occurring in the third trimester that are accompanied by other symptoms, such as abdominal pain or nausea, may be a sign of preeclampsia and should be assessed by a doctor.

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