

Women's Health NEWS & NOTES

Relief For Certain Problems During Pregnancy

(NAPSA)—According to the Centers for Disease Control, there are over 4 million births in the United States a year.

While many women enjoy that famous “glow,” others discover the not-so-glowing side effects and complications that can occur. Here are a few and what to do about them.

Un-Holy Heartburn: Due to hormonal and physical changes, many pregnant women experience heartburn (sometimes called acid indigestion or acid reflux). To alleviate or at least minimize the symptoms, try avoiding carbonated, drinks, alcohol, caffeine, and acidic foods such as fruits, tomatoes and processed meats. Drinking large quantities of liquids during meals can cause your stomach to distend. To help keep the gastric acid from rising into the esophagus, sleep propped up with pillows so the head is raised higher than the feet.

Excessive Gas and Bloating: These can be caused by increased hormones (specifically progesterone) relaxing the digestive tract. Try eating five small meals throughout the day rather than three big ones. If you can, figure out which foods cause excess gas and either eliminate them or spread out eating them throughout the day. Limit the amount of carbonated beverages you drink and have your beverages in a cup or glass rather than through a straw to avoid sucking in extra air.

Avoiding and Treating Hemorrhoids: Suffered by approximately 20 percent of the adult population in general, for many women they can arrive either during pregnancy or in the second stage of labor. There are ways to lessen your chances for getting them and ease your discomfort if you do.

Eating a high-fiber diet (with foods that include fruit, beans and



To reduce the risk of unpleasant side effects, pregnant women can try eating five small meals throughout the day rather than three big ones.

vegetables), drinking eight to 10 glasses of water a day and getting regular exercise can help decrease the incidence of constipation that commonly leads to hemorrhoids. Sitting for a long time can aggravate the condition, so try lying on your left side to increase blood return from the lower half of your body. Over-the-counter products such as Tucks Medicated Pads can provide immediate relief from itching and burning associated with hemorrhoids, while soothing and protecting irritated areas with the active ingredient witch hazel.

“For all of the embarrassing side effects that may pop up during pregnancy, most women who experience these things will happily tell you that they forget them soon after giving birth,” said Dr. Isabel Blumberg, OB/GYN Mount Sinai Medical Center. “The important thing to remember is that they are not set in stone to occur, are very treatable if they do and will leave your memory quickly after you bring home the newest (and littlest) member of your household.”

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