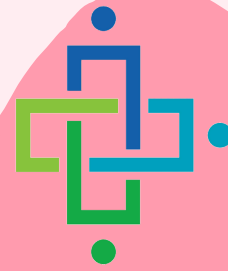


DEALING WITH PREGNANCY PAIN WITHOUT MEDICATION

A GENERAL OVERVIEW



WHY DO WOMEN EXPERIENCE PAIN DURING PREGNANCY?

01.

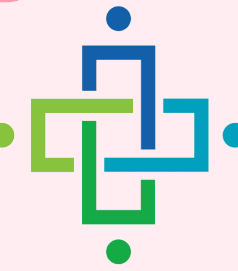
IN EARLY PREGNANCY, WOMEN MAY FEEL SOME BREAST TENDERNESS AND MILD PERIOD-LIKE CRAMPS.

02.

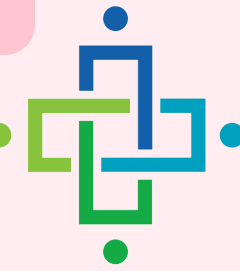
DURING THE FIRST TRIMESTER, WOMEN MAY EXPERIENCE CRAMPING DUE TO IMPLANTATION AND THE EXPANSION OF THE UTERUS TO ACCOMMODATE THE GROWING BODY.

03.

AS THE BABY GROWS BIGGER DURING THE SECOND AND THIRD TRIMESTER OF PREGNANCY, IT CAN PRESS ON THE JOINTS AND INTERNAL ORGANS (STOMACH, BLADDER, AND LUNGS).

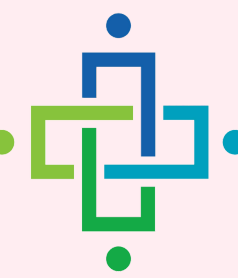
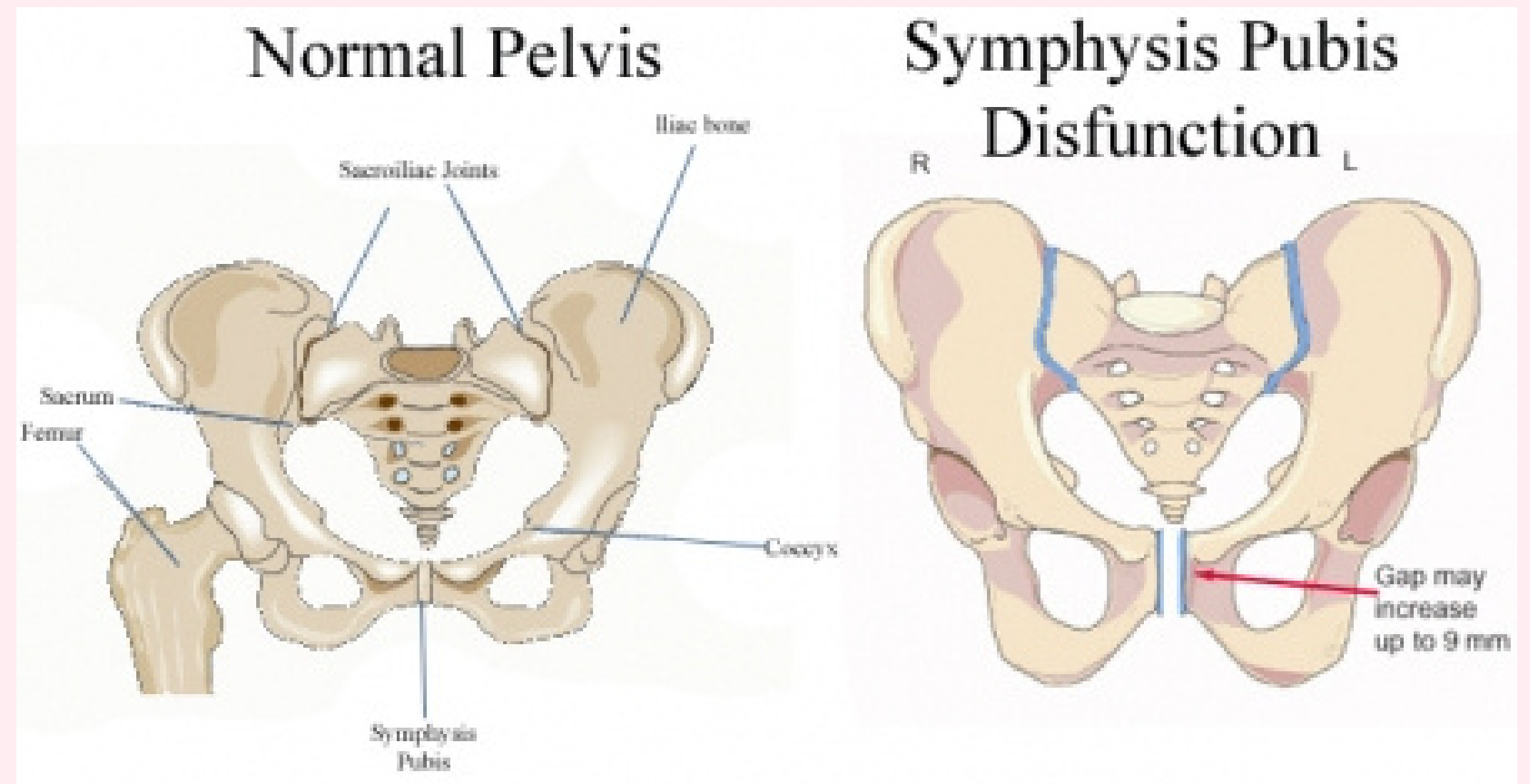


COMMON PAIN PROBLEMS AND SOLUTIONS



SYMPHYSIS PUBIC DYSFUNCTION (SPD)

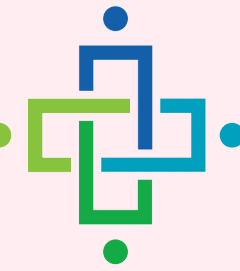
- SPD IS CAUSED BY THE SEPERATION OF THE SMALL JOINT AT THE FRONT OF THE PELVIS, RESULTING IN STRONG PAIN
- THE PELVIS NEEDS TO STRETCH TO ALLOW FOR BIRTH, BUT IN SOME WOMEN IT OPENS TOO MUCH, MAKING WALKING PAINFUL AND DIFFICULT



SYMPHYSIS PUBIC DYSFUNCTION (SPD)

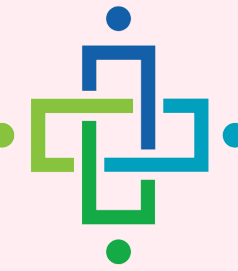
COMMON SOLUTIONS:

- **PHYSIOTHERAPY**
- **SUPPORT BANDAGES**
- **BRACES**



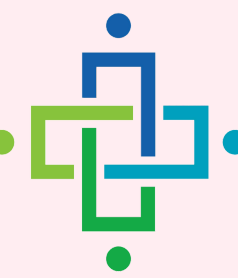
BACK PAIN AND BODY ACHES

- **PHYSICAL CHANGES CAN STRAIN THE BACK AND SUPPORTING MUSCLES**
- **INCREASES IN CERTAIN HORMONE LEVELS CAN AFFECT HOW THE MUSCLES AND JOINTS WORK TOGETHER, LEADING TO PAIN**
- **AS UTERUS EXPANDS, PAIN AND ACHES MAY RADIATE IN THE BACK, ABDOMEN, GROIN AREA, AND THIGHS**



BACK PAIN AND BODY ACHES

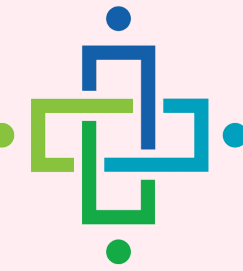
- **MANY WOMEN EXPERIENCE BACKACHES AND ACHES NEAR THE PELVIC BONE DUE TO THE PRESSURE OF THE BABY'S HEAD, INCREASED WEIGHT, AND LOOSENED JOINTS**
- **SCIATICA: PAIN THAT RUNS FROM LOWER BACK, DOWN THE BACK OF ONE LEG TO THE KNEE OR FOOT**
 - **SCIATICA OCCURS WHEN THE UTERUS PUTS PRESSURE ON THE SCIATIC NERVE**



BACK PAIN AND BODY ACHES

COMMON SOLUTIONS:

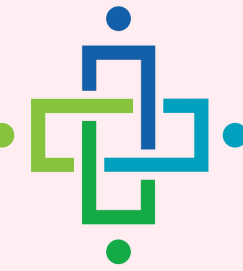
- **TRY TO REST AS MUCH AS POSSIBLE. KEEP FEET ELEVATED WITH A PILLOW WHEN LYING DOWN AND DO NOT SLEEP ON YOUR BACK**
- **AVOID LIFTING ANYTHING HEAVY. BEND AT THE KNEES AND KEEP YOUR BACK STRAIGHT IF YOU HAVE TO LIFE SOMETHING UP**



BACK PAIN AND BODY ACHES

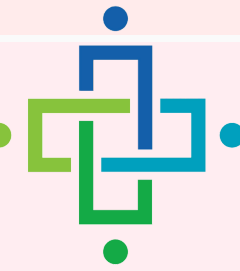
COMMON SOLUTIONS:

- **AVOID STANDING FOR A LONG TIME. IF YOU NEED TO STAND FOR A LONG PERIOD OF TIME, TRY RESTING ONE FOOT ON A BOX OR STOOL**
- **WEAR SHOES WITH STRONG ARCH SUPPORT. AVOID WEARING HIGH HEELS OR FLATS**
- **MAINTAIN GOOD POSTURE BY KEEPING YOUR CHEST UP AND SHOULDERS BACK. WHEN SITTING, PUT A SMALL PILLOW BEHIND YOUR BACK FOR ADDITIONAL SUPPORT**



LEG CRAMPS

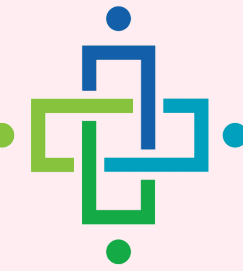
- **AT DIFFERENT TIMES DURING PREGNANCY, MUSCLE SPASMS IN LEGS OR FEET MAY OCCUR**
- **LEG OR FEET SPASMS USUALLY OCCUR AT NIGHT**
- **THESE SPASMS ARE A RESULT OF CHANGES IN THE WAY THAT THE BODY PROCESSES CALCIUM DURING PREGNANCY**



LEG CRAMPS

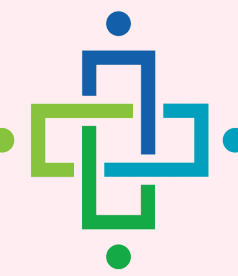
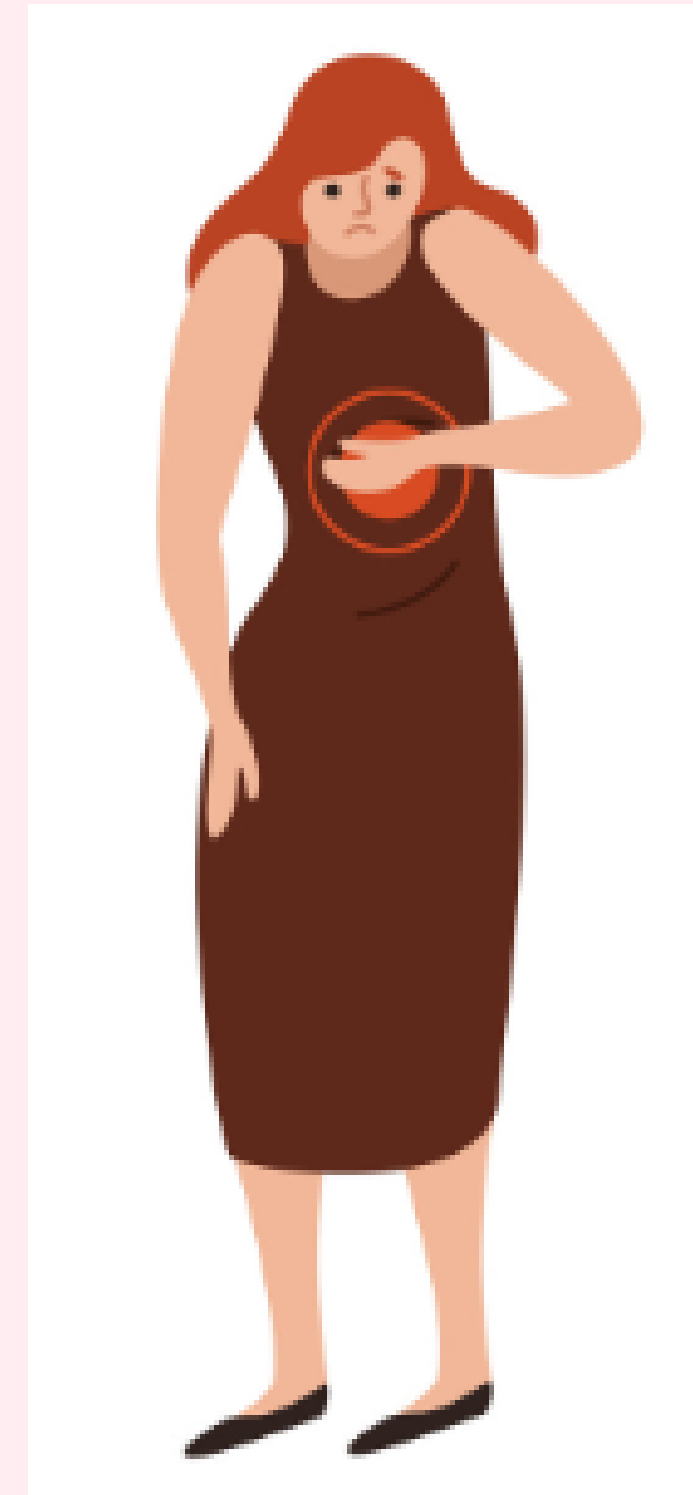
COMMON SOLUTIONS:

- GENTLY STRETCHING MUSCLES. FOR SUDDEN CRAMPS, FLEX THE FOOT FORWARD
- MILD EXERCISE
- EATING CALCIUM RICH FOODS SUCH AS MILK AND DAIRY PRODUCTS



BREAST PAIN

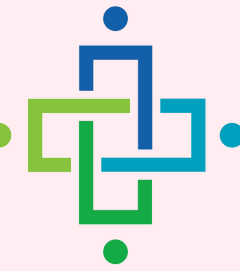
- BREASTS MAY FEEL HEAVY, FULL, OR SENSITIVE NEAR THE NIPPLE AREA
- BREASTS INCREASE IN SIZE AND FULLNESS DURING PREGNANCY
- HORMONE CHANGES CAUSE BREASTS TO GET BIGGER TO PREPARE FOR BREASTFEEDING



BREAST PAIN

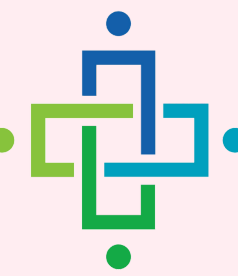
COMMON SOLUTIONS:

- WEAR A MATERNITY BRA WITH GOOD SUPPORT
- PUT PADS IN BRA TO ABSORB MILK LEAKAGE



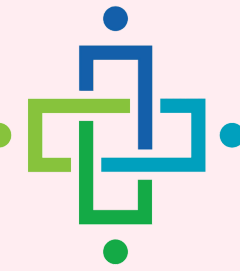
HEARTBURN AND INDIGESTION

- **PREGNANCY HORMONES SLOW DOWN THE MUSCLES OF THE DIGESTIVE TRACT**
- **FOOD TENDS TO MOVE MORE SLOWLY, CAUSING MANY PREGNANT WOMEN TO FEEL BLOATED**



HEARTBURN AND INDIGESTION

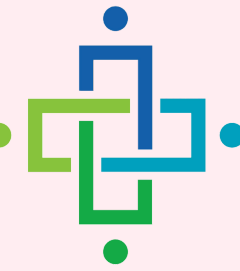
- **PREGNANCY HORMONES RELAX THE VALVE THAT SEPERATED THE ESOPHAGUS FROM THE STOMACH**
- **THIS ALLOWS THE FOOD AND ACIDS TO COME BACK UP FROM THE STOMACH TO THE ESOPHAGUS, LEADING TO A BURNING SENSATION (HEARTBURN)**
- **HEARTBURN IS MORE COMMON IN LATER STAGES OF PREGNANCY WHEN THE BABY IS BIGGER AND THE UTERUS PUSHES MORE ON THE STOMACH**



HEARTBURN AND INDIGESTION

COMMON SOLUTIONS:

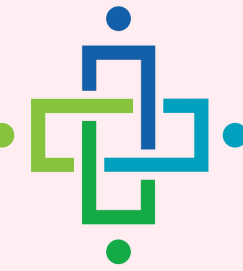
- **EAT SMALL PORTIONS THROUGHOUT THE DAY INSTEAD OF BIG MEALS AND EAT SLOWLY**
- **DRINK FLUIDS BETWEEN MEALS. DO NOT DRINK FLUIDS WITH MEALS**



HEARTBURN AND INDIGESTION

COMMON SOLUTIONS:

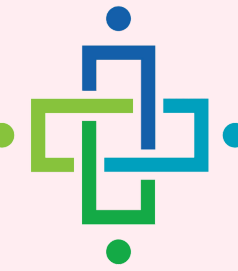
- **AVOID EATING GREASY OR FRIED FOODS**
- **AVOID CITRUS FRUITS (OR JUICES) AND SPICY FOODS**
- **AVOID EATING OR DRINKING WITHIN A FEW HOURS BEFORE GOING TO SLEEP**
- **AVOID LYING DOWN IMMEDIATELY AFTER MEALS**



SWELLING



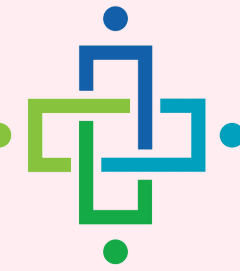
- MANY WOMEN DEVELOP MILD SWELLING IN THE FACE, HANDS, OR ANKLES AT SOME POINT IN THEIR PREGNANCIES
- DURING PREGNANCY, THE BODY PRODUCES 60% MORE BLOOD VOLUME
- THE GROWING UTERUS IS PUTTING PRESSURE ON THE LARGE PRESSURE ON THE VEINS TO THE HEART, LEAVING THE EXTRA FLUID TO POOL IN LOWER LIMBS



SWELLING

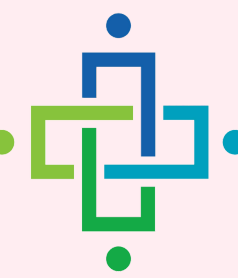
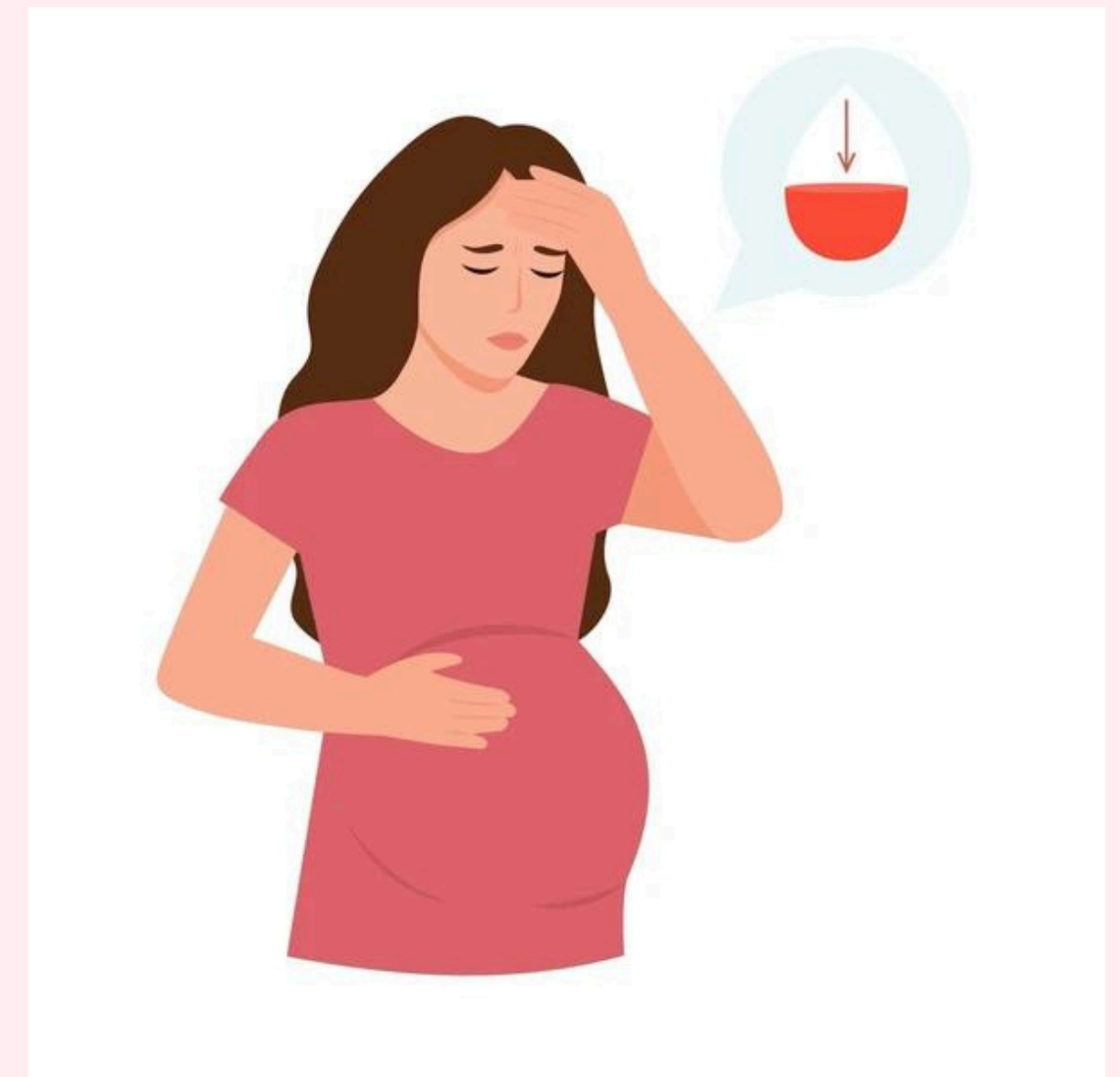
COMMON SOLUTIONS:

- **DRINK 8 TO 10 GLASSES OF WATER DAILY**
- **DON'T DRINK CAFFEINE OR EAT SALTY FOODS**
- **REST AND ELEVATE YOUR FEET**



DIZZINESS

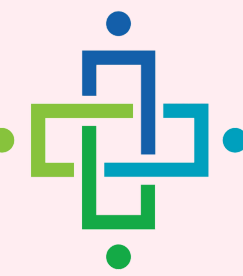
- OCCURS DURING MIDDLE AND LATE STAGES OF PREGNANCY
- BLOOD VESSELS DILATE, CAUSING BLOOD TO POOL IN THE LEGS
- THIS LEADS TO MORE BLOOD GROWING IN THE UTERUS AND A DROP IN BLOOD PRESSURE WHICH CAUSES DIZZINESS



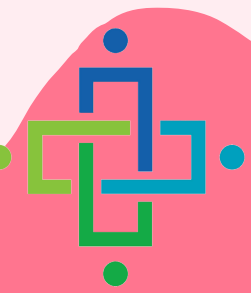
DIZZINESS

COMMON SOLUTIONS:

- **MOVE OFTEN WHEN STANDING FOR LONG PERIODS OF TIME**
- **LIE DOWN ON LEFT SIDE OF BODY TO HELP CIRCULATE BLOOD IN BODY**
- **DRINK 8 TO 10 GLASSES OF WATER**
- **AVOID SUDDEN MOVEMENTS**

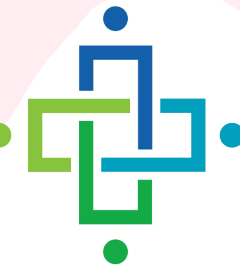


GENERAL TIPS



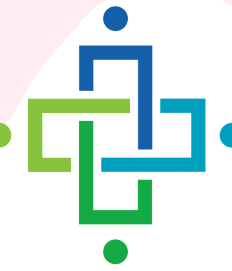
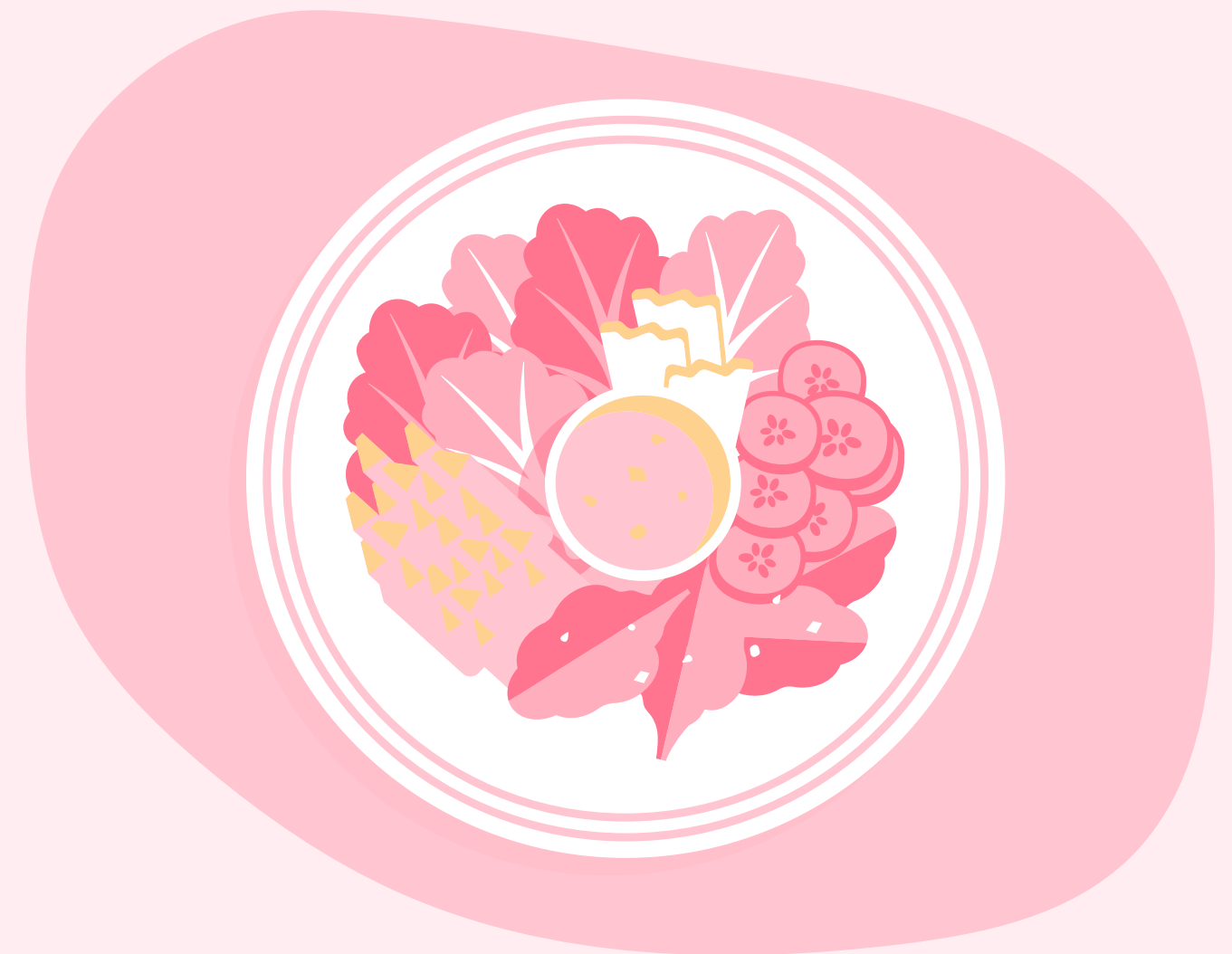
TIP #1: LIVE A HEALTHY LIFESTYLE

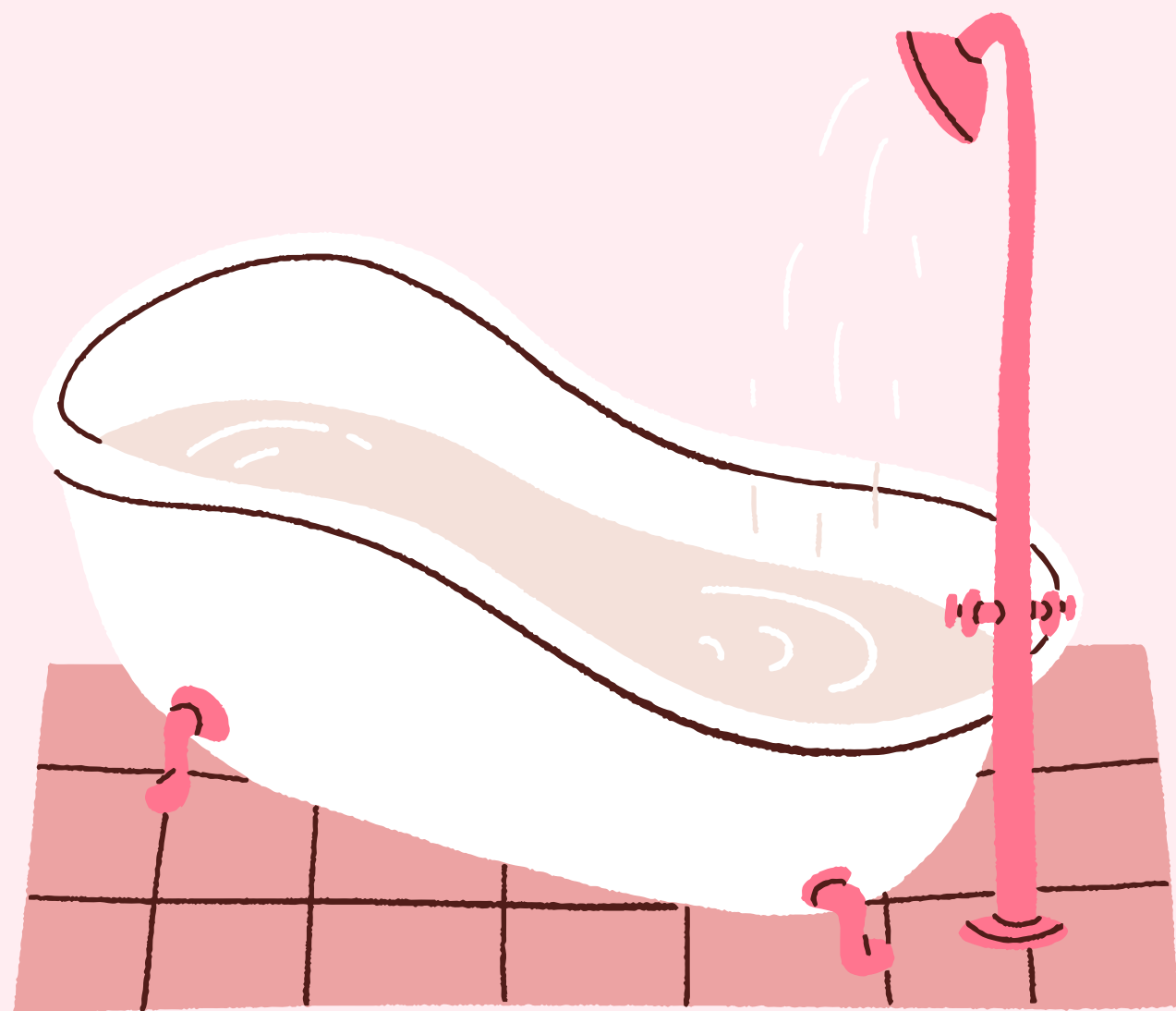
- Get at least 8 hours of sleep
- Eat a well-balanced diet
- Drink 8 to 10 glasses of water per day
- Reduce stress levels



TIP #2: EAT FOODS WITH ANTI- INFLAMMATORY PROPERTIES

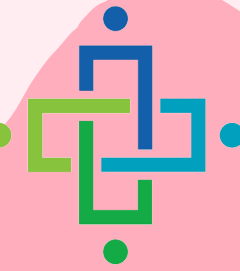
Examples include fruits, whole grains, certain spices (ginger, turmeric), and yogurt





TIP #3: TEMPRATURE THERAPY

- Take warm baths (at lower than 37.2 °C to avoid complications)
- Apply heating pads anywhere except the abdomen
- Apply ice pack to joints, forehead, etc.

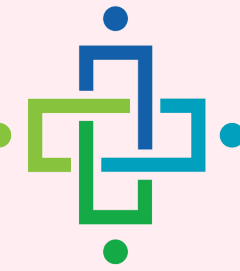


WAYS TO EASE CONTRACTIONS

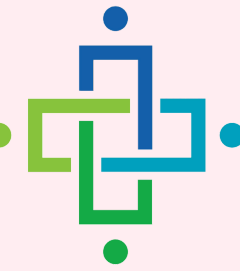
01. PRACTICE RHYTHMIC
BREATHING

02. GENTLE
MASSAGE/TOUCH

03. ACUPRESSURE



SOURCES



THANK YOU!

