

Minor ailments early in pregnancy

by Ronel van der Watt

Pregnancy is a very exciting time, but often the minor ailments associated with pregnancy can cause discomfort. The discomfort can be overcome by making small adjustments to your lifestyle, thereby ensuring that you have a healthy and comfortable pregnancy.

Nausea and vomiting

This is a common complaint, especially during the first three months of pregnancy. Although it is very uncomfortable, it might be reassuring to know that it is caused by the hormones that keep the pregnancy going. It will help to keep some dry biscuits handy, as hunger may worsen the feeling of nausea. Often it helps to eat a dry biscuit before you even get up in the morning. Drink enough fluids between meals and eat food that is high in protein like fish, meat, eggs or cheese.

Heartburn

Heartburn is more common during the last three months of pregnancy and is caused by a number of things. During pregnancy, all your muscles and ligaments relax to prepare your body for childbirth. Unfortunately this also causes the valve between your stomach and your oesophagus (with which you swallow) to relax. This causes the acid from the stomach to push into the oesophagus.

The growing baby also pushes onto the stomach and worsens the problem. Avoid fatty food and food that causes gas. Do not drink too much coffee or cola, as caffeine makes it worse. Try not to eat big meals, but rather small meals, more often. Avoid going to bed too soon after a meal.

Constipation

Because we want the baby to get as much nutrients from the mother as possible, the food moves through the bowels very slowly. This, together with the pressure of the growing baby, can cause constipation in a pregnant woman. Drink lots of water and eat food that is high in fibre, like brown bread, raw vegetables and fruit.

Back ache

As explained earlier, the muscles and ligaments relax during pregnancy, making it possible for you to give birth. This, together with the weight of the growing baby, can cause backache. Try not to sit or stand for long periods. Take regular breaks and stretch your legs. Do not pick up heavy objects. Bend your legs if you have to something pick up from the floor. Do not bend at the waist. Walk up straight and pull in your stomach muscles and buttocks. Do not wear high heel shoes.

Mood swings

The pregnancy hormones can make you feel happy the one moment and sad the next. You also might have worries about the birth, money and whether you will be able to care for a baby and this can also make you very emotional. Talk about your feelings and fears to your partner or family. [UM](#)

Keep healthy during pregnancy



- **To avoid nausea:** Eat some biscuits even before you get up in the morning. Drink enough fluids between meals and eat more protein-rich food.
- **When you get heartburn:** Avoid fatty food, coffee or cola. Eat small meals, more often.
- **For constipation:** Drink lots of water. Eat food that is high in fibre.
- **Avoid back ache** by walking up straight and not sitting or standing for long periods.
- **If you feel moody:** Talk about your feelings and fears.



Bly gesond tydens jou swangerskap

- **Om naarheid te vermy:** Eet soggens 'n paar beskuitjies voor jy opstaan. Drink genoeg vloeistof tussen maaltye en eet meer proteïenryke kosse.
- **Wanneer jy sooi-brand kry:** Vermy vette kos, kola en koffie. Eet kleiner maaltye, meer gereeld.
- **Vir hardlywigheid:** Drink baie water. Eet veselryke kos.
- **Vermy ruggyn** deur regop te loop en nie vir te lang tye te sit of staan nie.
- **As jy buierig voel:** Praat oor jou emosies en vrese.

Zigcine usempilweni ngethuba ukhulelwe

- **Ukunqanda isicaphucaphu:** Yitya ubuncinane beebhiskithi nangaphambi kokuba uphakame kusasa. Sela izinto ezingamanzi ezaneleyo phakathi kwezidlo, uze utye kakhulu nokutya okuneproteni eninzi.
- **Xa unesitshisa:** Zama ukungatyi ukutya okunamafutha kakhulu, ikofu okanye iziselo ezinekhola. Yitya izidlo ezincinane, kaninzi.
- **Xa uqhineka:** Sela amanzi amaninzi. Yitya ukutya okunefayibha eninzi.
- **Nqanda ukuba nomqolo** ngokuhamba ume nkqo ungahlali okanye ume ithuba elide.
- **Ukuba uziva ungekho moyeni wakuhlala nabantu:** Ncokola ngeemvakalelo noloyiko lwakho.

Zigcine unempilo ngenkathi uzethwele

- **Ukuvikela ukunenkezela:** Yidla amabhisikidi ambalwa nangaphambi kokuthi uvuke ekuseni. Phuza okuwuketshezi okuningi ngaphakathi kwezidlo ezehlukile bese udla ukudla okunotho kakhulu ngamaphrotheni.
- **Uma uba nesilungulela:** Gwema ukudla ukudla okunamafutha amaningi, ikhofi noma i-cola. Yidla ukudla okuncane, ezikhathini ezingachelelananga kakhulu.
- **Uma uzizwa unokuqumbelana:** Phuza amanzi amaningi. Yidla ukudla okunefayibha eningi.
- **Gwema ubuhlungu beqolo** ngokuhamba uqondile ungawugobi umzimba nangokungami noma ukuhlala isikhathi eside.
- **Uma uzizwa unokhuthu:** Khuluma ngemizwa nokwesaba kwakho.

Phela hantle boimaneng ba hao

- **Qoba ho feroha dibete:** Eja dibiskiti pele o tsoha hoseng. Enwa dijo tse mokedikedi o je le dijo tse nang le diprotheine tse ngata.
- **Ha o ena le lesokolla:** qoba dijo tse mafura, kofi le cola. Eja dijo tse nnyane kgafetsa.
- **Ho pipitlelwa:** enwa metsi a mangata. Eja dijo tse nang le faeba.
- **Qoba mokokotlo:** Tsamaya o otlohile; o se ke wa dula kapa wa ema halelele.
- **Ha o sithabetswe:** buisana le batho ka moo o ikutlwang mme o ba boelle mehopollo ya hao. **UM**

