

Supreme Parents

Issue 01
Feb 2018

www.supreme-parents.com

Mummy's Wing Program

Exposure of
TECHNOLOGY
to Young Children

Teeth Grinding

Understanding more
about **DAS**

FOOD RECIPES
for Kids

2 UPCOMING
EVENTS

**Pregnancy &
Postnatal Issues**

More about **AUTISM?**

Exciting Offers!



SUPREME PARENTS

Pregnancy Issues

1. CAUSES OF MORNING SICKNESS

Morning sickness is the persistent nausea and vomiting commonly experienced by many women during pregnancy. It is a result of the rapidly rising human chorionic gonadotropin (HCG) which is the pregnancy hormone produced by the placenta.

2. WAYS TO MANAGE MORNING SICKNESS

Taking more small frequent meals throughout the day or cooking food with ginger may help. Eating less fatty foods and avoiding smells that make nausea worse. Remember to rehydrate by taking plenty of fluids. You can also consume prescription medication from your gynaecologist in order to alleviate these symptoms.

3. WHY PREGNANT WOMAN SUFFER FROM HEARTBURN

This is a result of delayed gastric emptying due to the effects of increasing pregnancy hormones. The increasing size of the uterus because of the growing fetus will also compress the stomach and contribute to this. You may consume antacids to manage heartburn.

4. DEALING COMMON PROBLEMS DURING PREGNANCY

Breast tenderness

Breast tenderness can occur as increasing hormones can make the breast more sensitive. Wearing supportive bras and bras of the right size will help to alleviate this problem.

Vaginal discharge

Increased physiological vaginal discharge (thin, white) is normal as your pregnancy hormones increase. However if the nature of the discharge changes (smelly, green or yellowish or accompanied by redness, itching or irritation), then you should see your gynaecologist to exclude vaginal infection as some of these can trigger preterm labour if untreated.

Postnatal Issues

1. VAGINAL DISCOMFORT AND SWELLING

This is common for women who have gone through a vaginal delivery. Some tears and episiotomies are small but some can be longer and therefore take longer time to heal and can be accompanied with more discomfort. It is important to reduce the risk of infection as this can lead to scarring if the wound does not heal properly. Regular daily washing of the vaginal wound and anus after going to the toilet and during bath time is recommended. It is good to use specially formulated feminine wash to keep that area clean. Regular changing of the sanitary pads is also helpful. Ice packs can help reduce swelling. Sitting on padded rings and soft pillows can help to ease some of the discomfort.

2. PROBLEMS WITH URINATION

Some women may experience temporary urinary stress incontinence especially when they laugh, cough or sneeze after vaginal delivery. This is a result of overstretching of the connective tissues around the bladder base and nerves. It tends to resolve spontaneously as the tissues contract and heal. This process can be helped further with Kegels exercises which are designed to strengthen the pelvic floor muscles, increase vaginal tone and to restore the bladder support. Swelling and bruising around the bladder area can cause difficulty passing urine made worse with the fear of pain during urination. This should improve with time. Women should see their gynaecologist if this does not improve or if there is fever or burning pain during urination.

3. WEIGHT LOSS

Most women fear that they will not be able to lose the weight and fat that they have put on during pregnancy. The good news is that most will lose about 4.5 to 5kg immediately after birth as this accounts for the baby, placenta and amniotic fluid. With breast feeding, a healthy well balanced diet and regular exercise (which can start after 4-6 weeks), most women will be able to shed the rest of the excess fat and weight. Failing which there are lots of non-invasive aesthetic treatments (eg. Trilipo RF treatment) that they can start on.

4. SEX AND MOOD CHANGES

Although most women are able to resume sex after 6 weeks, there is no set time frame by which women actually start feeling in the mood again. It varies from one woman to the next. The woman's libido is suffering from sleepless nights, exhausting days, dirty diapers and a baby with endless needs. For most women, there is a general fear of painful intercourse, doing more damage internally and of becoming pregnant again so soon. Post natal blues effect up to 50% of women and comprise of low mood, anxiety, restlessness, tearfulness, fatigue. They tend to resolve in 1-2 weeks. Take gentle exercise, take time to rest and get help with caring for your baby. If these symptoms have not improved after 2 weeks, you should be assessed for postnatal depression. Never be afraid to share any concerns you might have about your physical or emotional health. Remember that most likely what you're feeling is entirely normal.

5. BREAST PROBLEM

Women should look out for breast engorgement in which the breast feels full, swollen and tender. More regular expressing and the use of a breast pump can relieve this. Nipple shields are useful if the nipples are sore and cracked. Any signs of mastitis (fever along with painful, swollen, warm breasts) warrant a gynaecological review and an ultrasound scan in order to exclude a breast abscess.



DR. CHRISTOPHER NG

GynaecMD Women's & Rejuvenation Clinic
Tel : 67338810 | E-mail: gynaemd@singnet.com.sg

SUPREME PARENTS