

# 10 Common Pregnancy Questions

by Iva Keene MRMed. ND. - Friday, March 04, 2011

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For first time moms, you may have many pregnancy questions about you and your baby's health.

## The top 10 pregnancy questions women often ask their doctors

### 1. Will the breast tenderness go away soon?

Breast tenderness typically starts in the 4th to 6th week of pregnancy. It usually goes away sometime in the second trimester. But some women report to have breast tenderness all throughout the pregnancy, sometimes up until breastfeeding.

You can lessen the soreness by getting good supportive bras. Make sure they are well-padded, especially if they are under-wired. Take 1200mg of Calcium supplements everyday. It can help ease breast tenderness. Reduce your intake of saturated fat, known to promote breast pain. 400 mg of Magnesium supplement daily may relieve recurring breast soreness and also reduce premenstrual mood symptoms (PMS).

The essential fatty acid in Evening Primrose (*Oenothera biennis*) down regulates inflammation markers lessening the pain.

### 2. When will frequent urination during pregnancy stop?

Frequent urination starts 6 weeks into the first trimester and subsides as soon as your baby is born. You may urinate even more in the first few days after giving birth. This is because your body is getting rid of extra fluid accumulated during pregnancy. After that, your urination should be back to normal.

### 3. Why do I have so much pregnancy fatigue?

Fatigue is common in the first trimester when baby's organs are being formed. Pregnancy requires a lot of energy. In addition hormonal changes, especially increased progesterone levels, may contribute to your fatigue. If you get morning sickness and need to vomit frequently your fatigue could get worse.

In the second trimester your energy levels will pick up. Exhaustion usually returns in the third trimester when sleeping becomes more difficult as your belly gets bigger. Often times your baby will wake up as you go to sleep. Her movements may wake you up. Frequent urination at night as well as cramps can also contribute to less sleep and more fatigue.

You can lessen your fatigue by using pillows for support. Go to bed early and get up early everyday. When you don't get enough sleep, try napping in the afternoon.

Aromatherapy may uplift you and regulate your sleep when you feel sluggish during your pregnancy. Aromatherapy oils such as Mandarin, Grapefruit and Litsea cubeba are safe for pregnant women.

### **4. Why am I experiencing headaches during pregnancy?**

You may have increased number of headaches during pregnancy. This can be attributed to hormonal surges and increased blood volume circulation when you are pregnant. Headaches may also be worsened by poor posture, lack of sleep, poor nutrition, low sugar levels, stress, dehydration and caffeine withdrawal.

Headaches in the third trimester may be attributed to tension from lifting heavy things and to poor posture. It may also be caused by preeclampsia - high blood pressure during pregnancy. If you experience frequent headaches on rising you should have your blood pressure measured by your GP.

### **5. Why do I get Morning Sickness?**

“Morning Sickness” is the recurring nausea and vomiting in pregnant women. It can happen any time of the day but mostly during the mornings. The main cause are the hormonal changes. Morning Sickness typically starts in the first trimester and subsides during the second trimester.

Try eating several small meals a day instead of three large meals. Choose bland foods (rice, cereal, banana) over fatty and spicy foods. They are low fat and are less likely to upset your stomach. Avoid strong odors. A tablespoonful of apple cider and a tablespoonful of honey before bedtime may reduce morning sickness. A slice of ginger a day may also help. Keep almond or dry biscuits next to your bed and snack on a few before you get up. Low blood sugar and postural hypotension can trigger the morning sickness when you get out of bed.

### **6. What can I do about my pregnancy constipation?**

Increased hormonal levels slow down digestion and relax the muscles in the bowels. This can cause constipation in pregnant women.

An expanded uterus can also put pressure on the bowels. This can contribute to constipation. Drink lots of purified water – a minimum of 8 glasses a day. Eat foods rich in fiber such as fruits, vegetables and whole-grain breads and cereals. Black strap molasses and soaked linseeds can alleviate constipation and are safe for use during pregnancy.

### **7. Is spotting during pregnancy normal?**

Light irregular bleeding, also known as spotting, can occur during pregnancy. Most spotting is normal and no cause for concern but even so you should have it checked out. The bleeding is so light that it cannot fill sanitary pads or tampons. Its color can range from dark brown to pinkish. 25% to 30% of pregnant women have some sort of spotting early in the pregnancy (American Pregnancy Association, 2011).

If the light bleeding continues to get heavier, seek medical care immediately. Spotting can be caused by

implantation bleeding, cervical irritation, a possible miscarriage or an ectopic pregnancy.

### **8. Are pregnancy food cravings and aversions for real?**

Food craving and aversions by pregnant women may last throughout the pregnancy. This may be caused by hormone fluctuation, stress, sub-optimal diet and nutrient deficiencies. However often women will be averse to eating food which contaminates quickly such as meat, eggs and fish. The aversions could well be nature's way of protecting the baby from damage which could be caused by food poisoning.

### **9. Are early contractions (from the 30 pregnancy week) something to worry about?**

Early contractions typically occur in the third trimester but they can also occur as early as the second trimester. They are also called practice contractions. The uterine muscles can tighten from 30 seconds to 2 minutes. These help you prepare for the “true” labor and let you practice the breathing exercises.

Practice contractions tone the muscles in the uterus and promote blood flow to the placenta. They also help soften the cervix for childbirth.

When early contractions near the time of delivery, they are more appropriately called false labor. False labor works to dilate and efface the cervix.

### **10. Does pregnancy cause lower back pain?**

Expansion of the uterus during pregnancy can cause back pain, as well as abdominal pain, groin pain and pain in the thighs. Back pains and aching near the pelvic bone may be caused by increased weight, pressure of the baby's head in the pelvis and loosening joints. Sciatica, pain that affects the lower back down to the leg, may be caused by the pressure the uterus exerts on the sciatic nerve.

The answers to these pregnancy questions may help you on your incredible journey to motherhood. It's not easy being pregnant and there are many changes your body needs to go through to be able to make this miracle possible. So, the short answer to all these pregnancy questions is yes, it's normal, but anything out of ordinary that keeps recurring should be checked out by your doctor on time to prevent any further complications if there is a reason for concern.

Are you pregnant? Have you experienced any of the above mentioned symptoms and asked yourself the same pregnancy questions? We'd love to hear from you!

#### *Sources:*

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