



What Is This Module About?

Have you ever wondered why doctors always congratulate their female patients after finding out that they are pregnant? Have you noticed that excited smile on the face of the father-to-be once the doctor confirms his wife's pregnancy? Remember that pregnancy is a blessing which makes family members and friends happy!

And speaking of blessings, do count this module as one of yours! This will be very useful for:

- ◆ pregnant women who aim to lead a healthy lifestyle;
- ◆ women who want to have a healthy pregnancy in the future;
- ◆ fathers-to-be who wish to help their wives have a healthy pregnancy; and
- ◆ people who wish to know more about pregnancy and be supportive of a pregnant family member or friend.

There are two lessons in this module, namely:

Lesson 1 – *What Are the Common Signs of Pregnancy?*

Lesson 2 – *How to Live a Healthy Lifestyle When Pregnant*



What Will You Learn From This Module?

After studying this module, you should be able to:

- ◆ identify the signs of pregnancy;
- ◆ discuss the proper nutrition that a woman should have during pregnancy; and
- ◆ identify exercises and health practices that are good for pregnant women.



Let's See What You Already Know

Before you begin studying this module, let's find out how much you already know about pregnancy. Please answer each of the following test items by encircling the letter of the best answer.

1. One of the responsibilities of a pregnant woman is to _____.
 - a. be careful in choosing her food
 - b. take medicines even without a doctor's consent or advise
 - c. undertake rigorous daily exercise to prepare her body for the physical demands of pregnancy
 - d. stay in bed during the last three months of pregnancy
2. Which of the following is a sign of pregnancy?
 - a. irritability
 - b. weight gain
 - c. morning sickness
 - d. all of the above
3. Regular checkups are important during pregnancy because _____.
 - a. a pregnant woman needs to take many different kinds of medicines
 - b. a pregnant woman needs opportunities to exercise
 - c. it is the doctor's advice
 - d. the health of a pregnant mother and her unborn baby must be protected
4. It is best for the pregnant woman to see her doctor when she experiences _____.
 - a. fluid discharge from the vagina
 - b. abdominal pains
 - c. severe headaches
 - d. all of the above
5. A pregnant woman urinates frequently due to _____.
 - a. the pressure on the bladder brought about by the unborn baby's continuous growth
 - b. the intake of vitamins
 - c. her gaining weight
 - d. none of the above
6. A doctor can estimate a pregnant woman's delivery date based on the _____ day of her last menstrual period.

a. third	c. first
b. last	d. none of the above

7. Pregnant women should eat the right kinds of food every day in order to make herself and her baby healthy. Their diet should include _____.
 - a. chocolates and other sweets
 - b. soft drinks
 - c. milk
 - d. alcoholic drinks
8. This is one of the special nutrients that make the unborn baby's bones healthy.
 - a. folate
 - b. calcium
 - c. iron
 - d. all of the above
9. The pregnant mother will definitely experience changes in her _____.
 - a. bowel movement
 - b. nipples
 - c. moods
 - d. all of the above
10. The pregnant woman especially needs three nutrients in order to deliver a healthy and normal baby. These are _____.
 - a. vitamin A, folate and calcium
 - b. folate, calcium and iron
 - c. vitamin C, iron and vitamin A
 - d. folate, iron and vitamin C

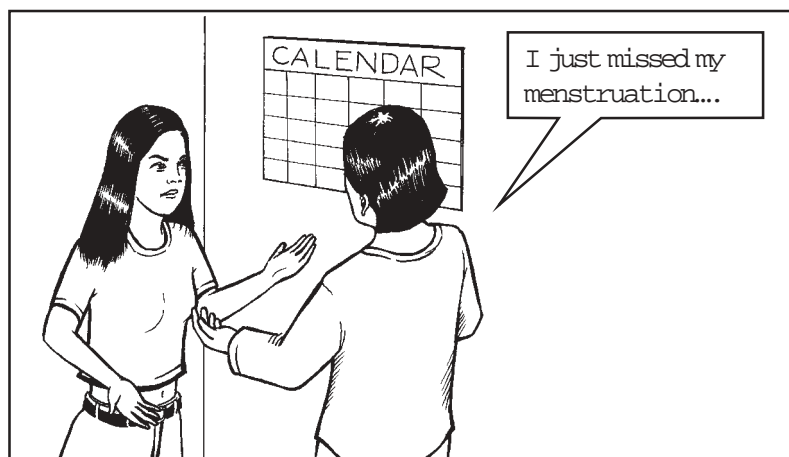
Well, how was it? Do you think you fared well? Compare your answers with those in the *Answer Key* on pages 37–38.

If all your answers are correct, very good! This shows that you already know much about the topic. You may still study the module to review what you already know. Who knows, you might learn a few more new things as well.

If you got a low score, don't feel bad. This means that this module is for you. It will help you understand important concepts that you can apply in your daily life. If you study this module carefully, you will learn the answers to all the items in the test and a lot more! Are you ready?

You may now go to the next page to begin Lesson 1.

What Are the Common Signs of Pregnancy?



Women usually realize that they're pregnant once they miss their monthly menstrual period. However, this sign (stoppage of menstruation) is just one of the many symptoms of pregnancy. If a woman is confirmed pregnant, she will definitely go through some other physical and emotional changes. But how can she cope with such changes? Well, it wouldn't be hard for her if she gets to know and understand them. She should also learn to accept the changes as a normal part of her condition.

After studying this first lesson, you should be able to:

- ◆ identify the common signs of pregnancy;
- ◆ describe the physical and emotional changes that a pregnant woman may experience;
- ◆ explain how pregnancies differ in terms of signs and health conditions;
- ◆ compute for a pregnant woman's expected date of delivery; and
- ◆ explain what to do once pregnancy is confirmed.



Let's Try This

If you're pregnant right now, write down three to five major signs that you've experienced due to your condition. If you're not pregnant, just list three to five signs that (you think) tell that a woman is pregnant. Write your answers below.

1. _____

2. _____

3. _____

4. _____

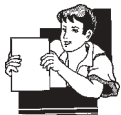
5. _____

Now, look for a learning partner. He/She might be a friend, co-learner, co-worker or family member. Discuss with him/her the signs of pregnancy you've listed down. Does he/she agree that these are indeed signs of pregnancy? Ask him/her to add other signs to your list. Write them below.

6. _____

7. _____

8. _____



Let's Learn

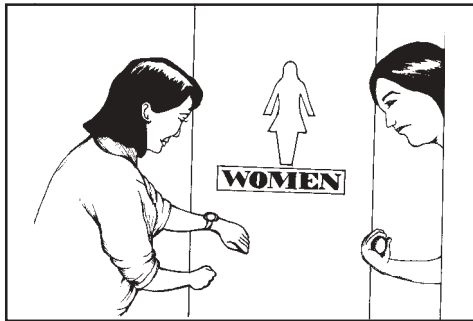
Aside from the immediate stoppage of menstruation, there are other common physical and emotional changes that a pregnant woman may experience. These are listed below.

The Physical Changes

Morning sickness. This is one of the most common signs of pregnancy. The pregnant woman feels nauseous and dizzy. This often causes her to vomit. This kind of ailment is called "morning sickness" because in most cases, pregnant women experience it only in the morning. However, some pregnant women also experience nausea and vomiting in the afternoon or evening. This sign usually appears on the sixth week of pregnancy, and continues until the third month. To ease morning

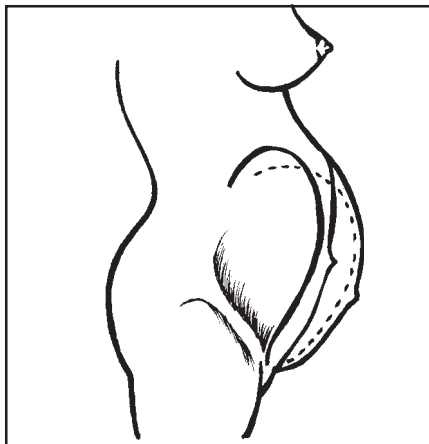


sickness, the pregnant woman should avoid fatty and spicy foods. It will also help if the living areas (both at home and at work) of the pregnant woman are well-ventilated.



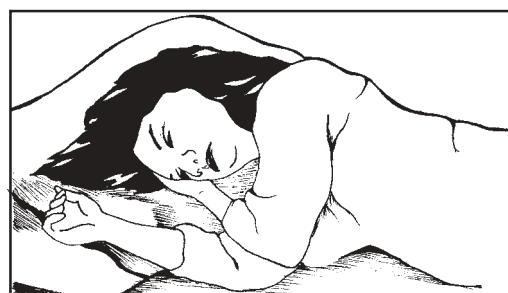
Frequent urination. This sign is normal for pregnant women. Frequent urination is caused by the pressure on the bladder brought about by the continuous growth of the unborn baby.

Changes in the breasts. When pregnant, marked changes appear in a woman's breasts. The **areola**, or the area around the nipple, begins to darken (its color changes from pink to dark brown). The pregnant woman experiences *a sense of tension and a pricking sensation* in them. Her breasts will continue to increase in size throughout her pregnancy due to the expanding milk ducts. Pregnant women are advised to keep their breasts clean by washing with a mild soap and clean water. They must consult a doctor if their breasts become red or swollen.



Enlargement of the abdomen. Together with the foregoing signs and symptoms is a gradual enlargement of the abdomen (stomach area). Any enlargement that is out of proportion to the stage of development of the fetus could also mean a multiple pregnancy (twins, triplets, etc.).

Sleepiness. Pregnant women may feel so tired that they tend to sleep up to 12 hours a day.

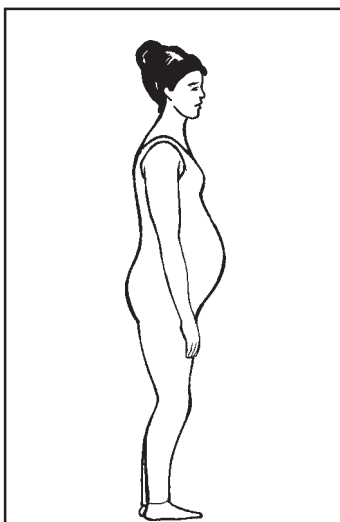
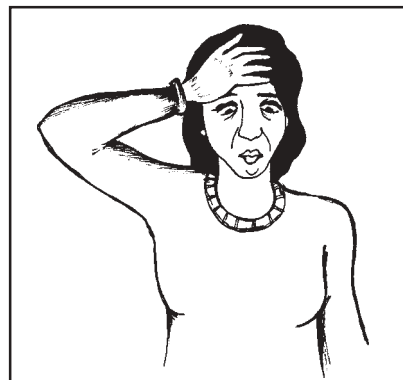


The Emotional Changes

Cravings. Usually the appetite of a pregnant woman is increased. In some instances, she may also manifest an uncontrollable desire for particular foods. Despite the cravings, pregnant women should not be tempted to “eat for two” (overeat). Overeating results to weight gain. And if the pregnant woman gets overweight, she may face difficulties during labor. It is advisable for her to eat a moderate amount of food because digestion is slower during pregnancy due to a hormone called **progesterone**. The progesterone level is higher during pregnancy and this relaxes the muscles of the intestine. Thus, food is digested more slowly.



Mood Swings. Pregnant women experience changes in disposition, like being moody and easily excitable. Mood swings may become more frequent and erratic, such that the pregnant woman feels happy, depressed, sick, tired and worried, in turns.



Body Awareness. A pregnant woman may become very conscious of her (body) figure. She may get worried about her new shape. Pregnant women who feel that they are becoming unattractive to their partners are advised to talk about their fears and worries with them (or with a trusted friend or relative).



Let's Review

To know how much you have understood our discussion about the common signs of pregnancy, please complete the table on page 8. Notice that in the first column are the three most common pregnancy signs. These are morning sickness, breast changes, and cravings. In the second column, write down the changes that a pregnant woman may experience for each given sign. And in the third column, write down your

suggestions on how the pregnant woman can cope with the changes involved with each sign. You may ask help from your female friends and relatives (especially those who have already gone through pregnancy) in completing the table.

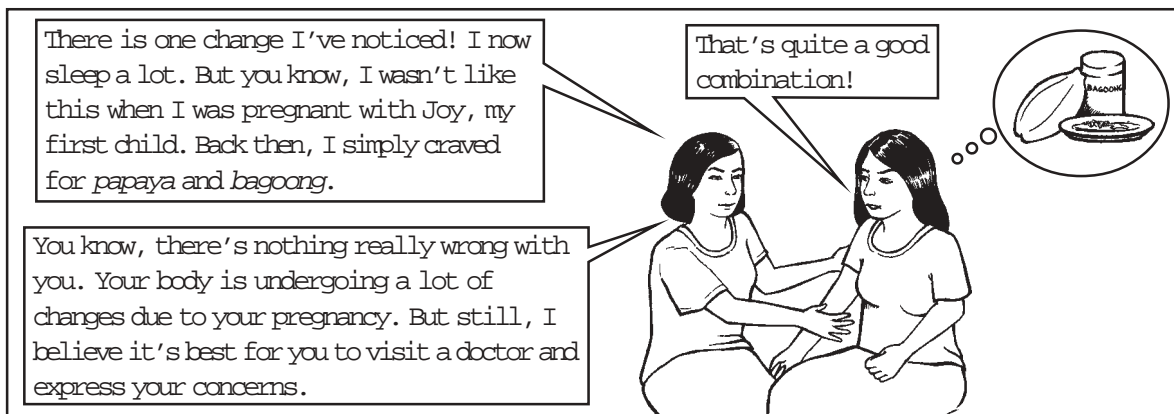
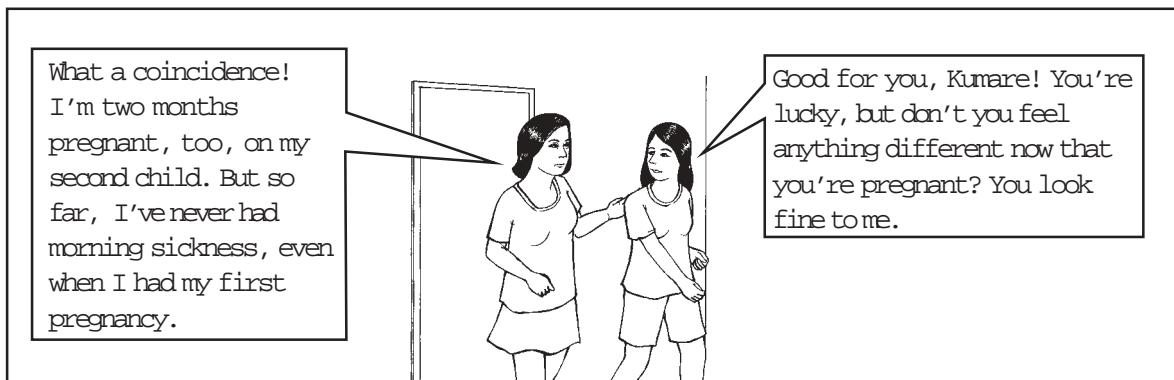
Pregnancy Sign	Changes Experienced	How to Cope With the Changes
1. Morning sickness		
2. Changes in the breasts		
3. Cravings		

Were you able to complete the table? Let's see how you did. Compare your answers with those in the *Answer Key* on pages 38–39.



Let's Read

At a health center in Barangay Damijan, Celia bumped into her Kumareng Tina one afternoon.





Let's Review

Did you enjoy reading the story? Great! Now it's time for you to answer the following questions. Write your answers in the spaces provided.

1. What are the pregnancy signs that Tina is experiencing?

2. What are the pregnancy signs that Celia is experiencing?

3. What was Celia's advice regarding Tina's condition?

4. What are the differences between the signs and symptoms that Celia experienced during her first pregnancy and the signs and symptoms she experienced during her second?

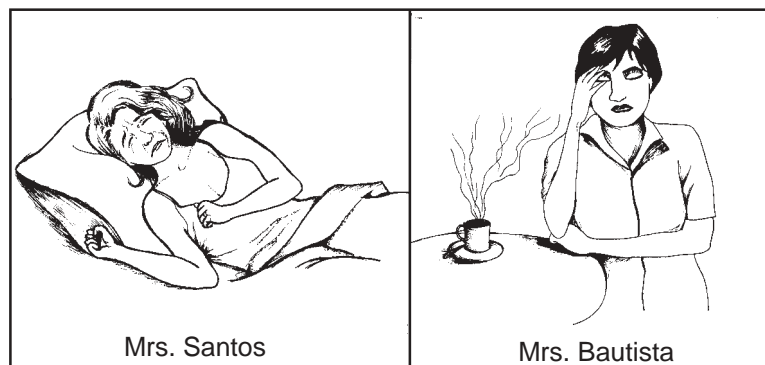
Have you finished answering the questions? If so, you may now refer to the *Answer Key* on page 40 to find out if your answers are correct.



Let's Think About This

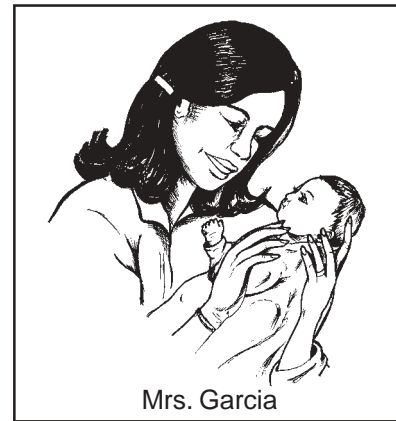
Remember that not every pregnant woman experiences all the common symptoms at the same time. For example, in the comic strip, Celia and Tina experienced different symptoms of pregnancy. Pregnancy among women differs in two main ways:

- ◆ Here are Mrs. Santos and Mrs. Bautista. Mrs. Santos usually suffers from **morning sickness** while Mrs. Bautista experiences **sleepiness**. Both women are three



months pregnant. This illustrates that it is possible for one pregnant woman to experience signs different from those experienced by another pregnant woman.

- ◆ This is Mrs. Garcia. She's now four months pregnant with her second child. She suffered from morning sickness during her first pregnancy. However, during her second pregnancy, she just sleeps a lot. This implies that a woman may experience different signs and symptoms for each pregnancy.



Let's Study and Analyze

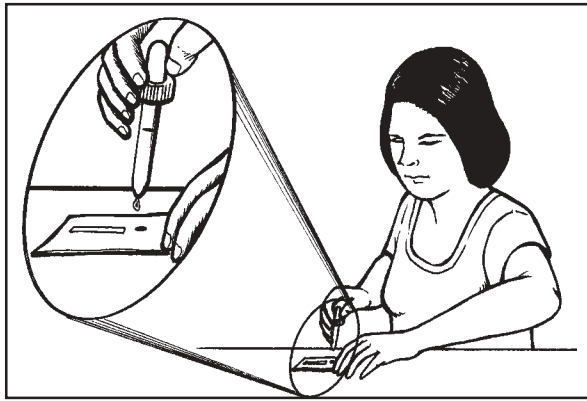
Stoppage of menstruation does not absolutely mean pregnancy. There are instances wherein women experience irregularities in their menstrual periods—either stoppages or delays—even though they are not pregnant.

How can you know if a woman is really pregnant?

Here is a story about how two women, Kristine and Joanne, found out for sure that they were pregnant.



One morning, Kristine visited Dr. Montes to ask why she easily gets tired and frequently urinates. Dr. Montes suspected that Kristine might be pregnant. However, he still needed to have Kristine undergo a pregnancy test. After he got the results, Dr. Montes congratulated Kristine for her very first pregnancy. Kristine excitedly asked her doctor when she would give birth. Dr. Montes asked for Kristine's last menstrual date in order to compute for her **Expected Due Date (EDD)**. Kristine was advised that she was likely to deliver on the 15th of July the next year. Dr. Montes also advised Kristine to eat foods rich in calcium, iron and folate. He also encouraged her to drink the prescribed milk for expectant mothers. And finally, Dr. Montes advised Kristine to return in a month's time for another checkup.



Joanne has already missed her menstrual period for a month. She suspected that she was pregnant. She planned to see Dr. Montes, the doctor recommended by a friend, but she never found time to visit him.

One evening, Joanne saw a TV commercial about a self-administered pregnancy test. She found out that she can

actually take this test at home to confirm her condition. The following day, Joanne bought the pregnancy test kit from the nearest drugstore and administered it by herself at home. With all smiles, Joanne then confirmed her pregnancy to her husband that evening. They decided that now they knew Joanne was pregnant, she should visit Dr. Montes so that she could be advised on how to have a healthy pregnancy.

Were the stories of Kristine and Joanne interesting? Notice that both have answered the question *Am I really pregnant?* in two different ways.



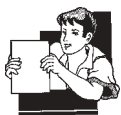
Let's Review

To review what you have just learned about confirming pregnancy, take the following quiz. Fill in the blanks to complete the sentences. To make this exercise easier for you, choose your answers from the words or phrases inside the box.

last menstrual period	see a doctor	drugstores
self-administered pregnancy test		menstruation
right foods to eat	vitamins to take	

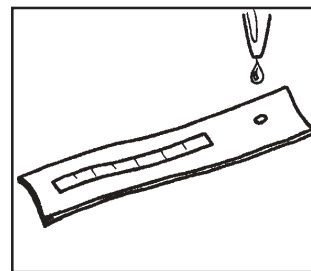
- There are two ways to confirm pregnancy. One may take a _____ or _____ for a urine test.
- The doctor can estimate a pregnant woman's expected delivery date by determining the date of the first day of her _____.
- Self-administered pregnancy test kits can be bought in _____.
- After confirming pregnancy through a home pregnancy test, it is still best to see a doctor to get immediate health advice on matters such as the _____ and the _____.
- Stoppage of _____ does not absolutely confirm pregnancy.

When you have finished the test, refer to the *Answer Key* on page 40 to check if you got the right answers.



Let's Learn

These days, a woman may take a one-step pregnancy test for early confirmation of pregnancy. This may be done at home or at work. This test is very simple. All that needs to be done is put 3 to 4 drops of urine on a device known as a “strip.” Pregnancy is easily indicated either through a certain color-code or a positive (+) sign. Some common brands of these test kits are: Advisor, Biosign hcg, Evaplan strip, Evatest, Event Test, Blue Cross and Ovusign. These products can be bought in drugstores even without a doctor’s prescription.



After confirming pregnancy, the woman is often excited to know when she will give birth. With the help of the doctor, she will be able to know this in two ways. These are by (1) calculating the Expected Due Date (EDD), or (2) looking at the Gestation or Obstetric Table.

1. *Calculating the Expected Due Date (EDD).* The assumed duration of pregnancy is usually 280 days (or about 9 months) from the first day of the last menstrual period. Use the following method to estimate the date of delivery:

Step 1	—	Determine the first day of your last menstrual period.
Example:		<div style="display: flex; justify-content: space-between; align-items: flex-start;"> <div style="text-align: center;"> first day of last menstrual period ↓ </div> <div style="text-align: center;"> NOT the last day of last menstrual period ↓ </div> </div>
		NOVEMBER 15 16 17 18 19 20
Step 2	—	Add 7 days to your answer in STEP 1.
		November 15 + 7 = NOVEMBER 22
Step 3	—	Count back 3 months from your answer in STEP 2.
		November 22 ↓
		1 month — October 22 2 months — September 22 3 months — August 22
Expected Due Date =		AUGUST 22, the following year

2. Looking at the Gestation or Obstetric Table

Step 1 — Locate on the Gestation Table the first day of your last menstrual period.

Step 2 — Find the date that is located below your answer in STEP 1. This is the approximate date of delivery.

GESTATION TABLE

Expected due date																																	
1st day of your last menstrual period																																	
JAN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	JAN	
OCT	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	NOV	
FEB	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				FEB	
NOV	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5				DEC	
MAR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MAR	
DEC	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	JAN	
APR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		APR	
JAN	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4		FEB	
MAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	MAY	
FEB	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1	2	3	4	5	6	7	MAR	
JUNE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		JUNE	
MAR	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6		APR	
JUL	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	JULY	
APR	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	MAY	
AUG	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	AUG	
MAY	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	JUNE	
SEPT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		SEPT	
JUNE	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7		JULY	
OCT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	OCT	
JULY	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	AUG	
NOV	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		NOV	
AUG	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6		SEPT	
DEC	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	DEC	
SEPT	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7		OCT	

Notice that the two methods result in the same date. A woman whose last menstrual cycle began on November 15 will probably give birth on August 22 the following year.

But remember: the dates computed through these methods are only estimates. There are cases wherein pregnant women deliver ahead or behind the calculated due dates.



Let's Try This

Do you remember Kristine's story? If you can recall, Dr. Montes advised her that she would be giving birth on July 15 of the following year. How did Dr. Montes arrive at this? He just asked Kristine the first day of her last menstrual period and her answer was October 8 this year. He then checked this date on the Gestation Table and was able to tell Kristine's delivery date. Can you see this in the gestation table on the previous page? I have encircled the dates for you.

But what if the first day of Kristine's last menstrual period was on September 12? Can you find Kristine's expected due date (EDD) by looking at the Gestation Table? Please write down your answer.

Kristine's EDD = _____

Meanwhile, December 15 was the first day of Joanne's last menstrual period. Can you help her know when she would be delivering? Compute for Joanne's EDD using method 1, without the Gestation Table.

Step 1: _____

Step 2: _____

Step 3: _____

Joanne's EDD = _____

Finished? Here are the answers that you should have arrived at:

If Kristine's last menstrual period was dated September 12, she is then expected to deliver on **June 19 of the next year**. How did we get this?

Just locate Kristine's last menstrual date (which is September 12) on the gestation table. Afterward, locate the date that is positioned just below September 12. Notice that you'll arrive at the date—19. Then locate the month (at the left side of the table) where this 19 falls. You'll definitely find the month of June. And since pregnancy normally lasts for 9 months, we can now assume that Kristine will give birth the following year on June 19.

To compute for Joanne's expected due date without using a Gestation Table, we must use the following steps:

Step 1: December 15
(This is the first day of Joanne's last menstrual period.)

Step 2: December 15 + 7 days = December 22
(We add 7 days to the first day of the last menstrual period.)

Step 3: December 22 – 3 months = September 22
(We count back 3 months from December 22 to get the answer, September 22.)

Joanne is more or less expected to give birth on **September 22 of the following year**. To further check Joanne's EDD, compare your answer with that found when using the Gestation Table. Find out if the EDD you have computed for Joanne is the same with that in the table.



Let's See What You Have Learned

Write **T** if the statement is true and **F** if it is false. If the statement is false, explain why it is so. Please write your answers in the blanks provided.

1. Frequent urination during pregnancy is caused by the pressure on the bladder brought about by the continuous growth of the unborn baby.

2. Pregnant women may have mood swings ranging from being very happy to being very depressed.

3. It's good for a pregnant woman to increase her daily food intake in order to "eat for two" (i.e., for herself and her growing baby).

4. A mother who has been pregnant before may experience different pregnancy signs during a later pregnancy.

5. The self-administered pregnancy test is so simple that all you need to do is put a few drops of blood on a device known as a "strip."

6. In calculating the Expected Due Date of a pregnant woman, you must be able to know the last day of her last menstrual period.

7. The Gestation Table can help a pregnant woman determine the exact date she will deliver her baby.

8. All pregnant women experience the same pregnancy signs.

9. If a pregnant woman gets figure-conscious, it is best for her to share her fears with her partner, a close friend or a relative.

10. The increase in a pregnant woman's breast size is due to the expanding milk ducts.

If you have finished answering the questions, compare your answers with those in the *Answer Key* on pages 40–41.



Let's Remember

- ◆ There are several signs that can indicate pregnancy even before the woman consults a doctor. These signs involve both physical and emotional changes in women. The most common sign is the stoppage of menstruation.
- ◆ Not all pregnant women experience all the common pregnancy signs at the same time.
- ◆ Pregnant women experience and deal with pregnancy signs differently.
- ◆ A woman can confirm her pregnancy either by using a one-step pregnancy test kit that is available in drugstores or by consulting a doctor.
- ◆ It is best for a woman to immediately see a doctor if she believes that she is pregnant. This way, she will be able to receive further advice and the needed medications to fully support her health and that of her baby at the soonest possible time.
- ◆ A pregnant woman may use two methods to estimate her delivery date. She can either compute for the expected due date based on the first day of her last menstrual period or refer to the Gestation Table.

How to Live a Healthy Lifestyle When Pregnant

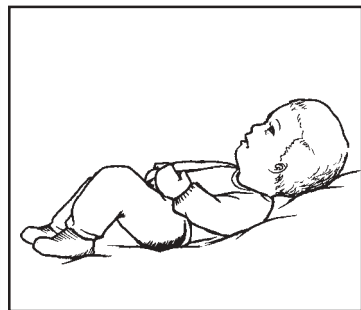
Pregnancy is a joyous experience that should be shared by the couple. And even though the pregnant woman will experience many physical and emotional changes, these lead to a miraculous blessing—a child. Therefore, it is important for her to know how to make her pregnancy a meaningful and successful one. It is sensible to accept that parenthood doesn't begin only after the delivery of the child, but it actually begins once pregnancy is confirmed. Thus, a healthy lifestyle is necessary to ensure the health of both the mother and child.

After studying this lesson, you should be able to:

- ◆ discuss the proper nutrition that a woman should have during pregnancy; and
- ◆ identify exercises and health practices that are good for pregnant women.



Let's Read



Sandra found out that she was two months pregnant. Even so, she still continued to smoke. Her friends and family advised her to stop the habit. She did try but to no avail. Sandra also loves to drink coffee. She drank about two to three cups a day during her pregnancy. When the big day finally arrived, Sandra was blessed with a 5.0-pound baby boy. She named him Sander. Sander was physically well until he reached the age of one. At this point, he began to have asthma attacks.



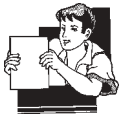
Let's Try This

1. Why do you think Sandra continued to smoke even when she was pregnant?

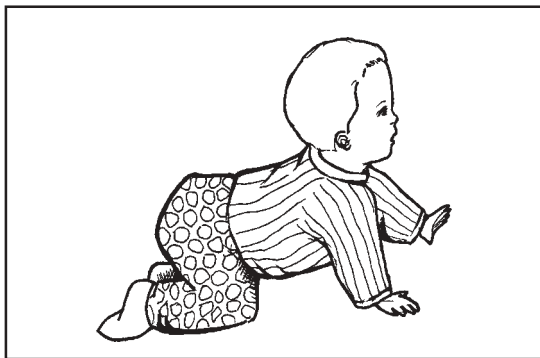
2. What was the first sign that showed Sander was not a healthy baby?

3. Why do you think Sander suffered from asthma attacks?

See if your answers are similar to the ones in the *Answer Key* on page 41.



Let's Learn



There's a common saying, "What you put in is what you put out." This applies very well to pregnant women. What a pregnant woman puts in is what she will put out. This means that the food she eats and the habits she has while pregnant will determine the kind of baby she will have. In other words, if a pregnant woman wants to have a healthy baby, then she should have a good diet and good health habits.

Do you know what kinds of foods are healthy for a pregnant woman? Do you also know what health practices or habits she should follow? Let's find out.

Let us first look into the special nutrients that every pregnant woman should include in her diet. These are:

- ◆ **Folate.** This is a form of the vitamin B complex. This nutrient helps the formation of red blood cells. A pregnant woman is required to have 50% additional folate to sustain blood formation and tissue growth for herself and her baby. Additional folate intake during the first three months of pregnancy helps prevent birth defects of the brain and/or spinal cord. Folate is found in liver, yeast, wheat germ, legumes, whole grains, cereals and milk. It is thus advisable for pregnant women to eat these kinds of food.



Calcium-rich foods

- ◆ **Calcium.** This is important for building strong, healthy bones and teeth. Lack of this nutrient may result in *osteoporosis* (the thinning and weakening of bones which can easily lead to fractures). Foods rich in calcium include milk, *kuhol*, *gamet* (seaweed), *malunggay*, *saluyot*, carabao's milk, *dilis*, *susong pilipit*, *talangka*, *salinyasi*, cheese, *bagoong*, dried fish, *galunggong*, sardines and evaporated milk.

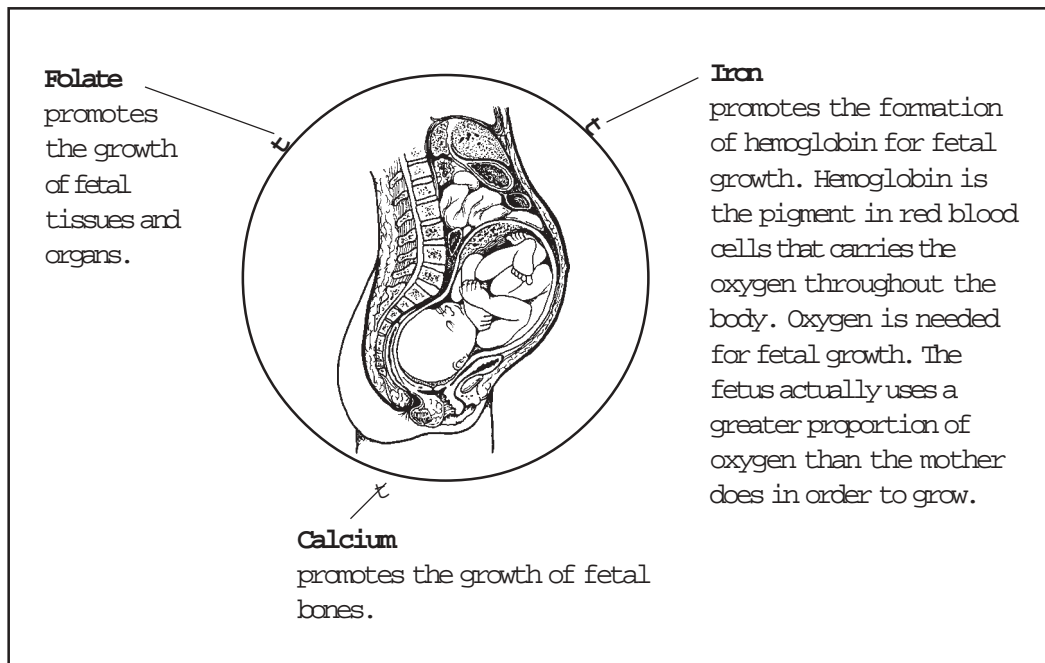


Iron-rich foods

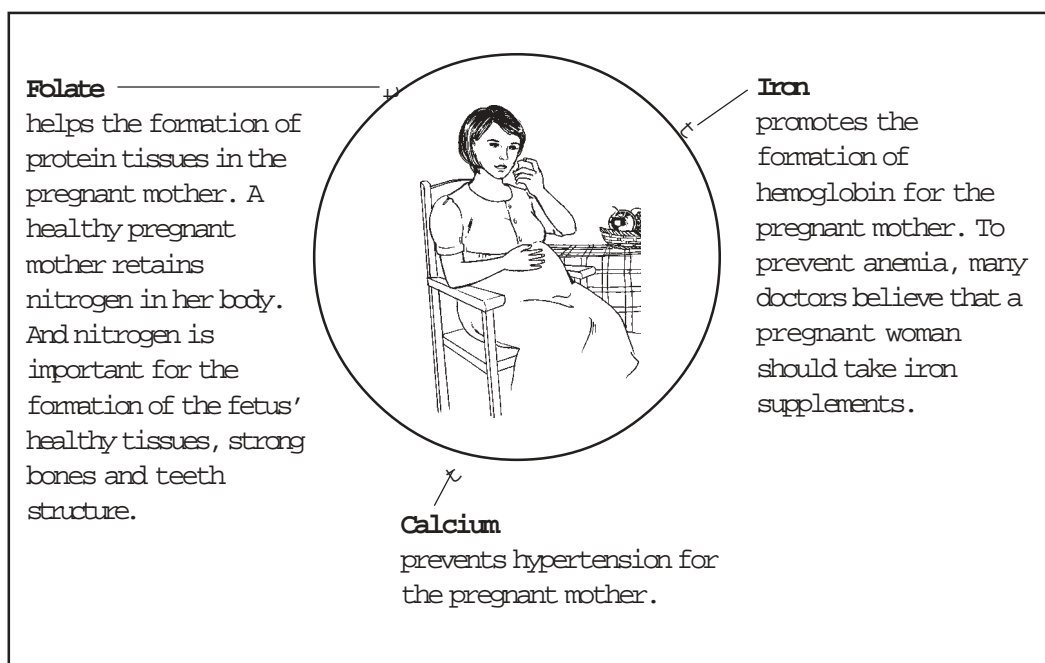
- ◆ **Iron.** Lack of this nutrient may lead to anemia (a condition caused by the greatly decreased number of red blood cells). Lack of iron makes a person pale, tired, breathless and weak. Iron is found in the internal organs of animals (pork or beef liver is the richest source of iron), leafy vegetables, dried fruits, egg yolk and whole grains. Foods rich in iron specifically

include spaghetti, dried beans, *ampalaya* leaves, *kamote* leaves, *gabi* leaves, malunggay leaves, peanuts, green and red mongo beans, mustard leaves, *petsay*, saluyot, *sitao* leaves, soybeans, eggs, *alimango aligue*, clams and sesame seeds.

Each nutrient contributes to the growth of the unborn baby in different ways:



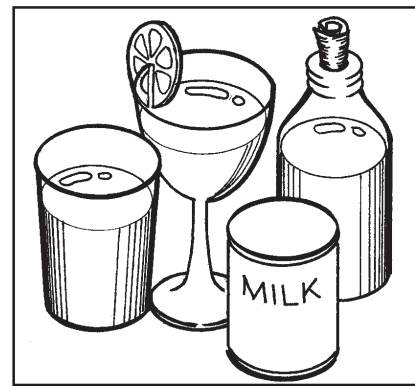
Note that these key nutrients do not only benefit the unborn baby. They are also known to support the mother's need for extra energy during the course of her pregnancy.



Proper Nutrition. Eating the right kinds food, or having the proper nutrition, will definitely affect the health of the unborn baby. Therefore, it is best for the pregnant mother to:



- eat plenty of fruits and vegetables. Pregnant women are best advised to eat citrus fruits, tomatoes, potatoes and green and leafy vegetables—preferably raw. These foods are rich in ascorbic acid that helps the formation of connective tissues and promotes resistance to infection.
- drink adequate fluids. Pregnant women should drink at least six to eight glasses of fluid every day. These fluids include water, fruit juices and milk. Water is known to carry nutrients to the cells. It also helps regulate the body temperature. Drinking enough fluids helps prevent pregnant women from becoming constipated.
- eat moderate amounts of food because digestion is slower during pregnancy. Doctors recommend that pregnant women eat light meals and light snacks in between to lessen hunger.

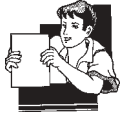


Let's Try This

Among the foods we have mentioned, list down at least three of your favorites that are rich in each of the nutrients needed by pregnant women. Write your answers in the table below.

Special Nutrients Required During Pregnancy	Food
Folate	1. 2. 3.
Calcium	1. 2. 3.
Iron	1. 2. 3.

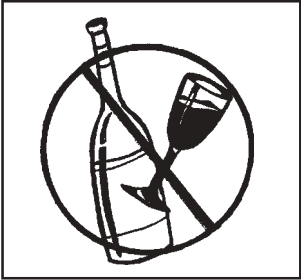

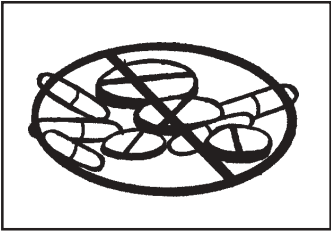
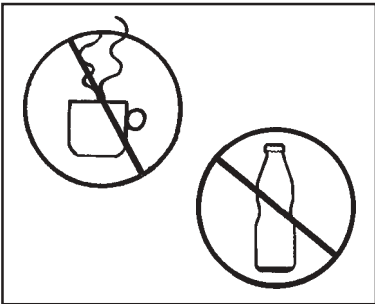
When you are done, refer to the *Answer Key* on pages 41–42. Check if the food items you have listed are correctly classified as rich in folate, calcium or iron.



Let's Learn

In the previous section, you learned about foods and nutrients that a pregnant woman should eat or take. Well, do you know that in contrast to these, there are certain substances that she should abstain or stay away from?

Let's find out the things that every pregnant woman should avoid.

Avoid	Why should it be avoided?
 Alcoholic drinks	Alcoholic beverages have high caloric content but are low in nutrients. Pregnant women who drink too much alcohol may give birth to babies with mental disorders and facial abnormalities.
 Smoking	Pregnant women who smoke face the risk of having a premature or underweight baby.
 Taking nonprescribed medicines	When pregnant women take drugs or medications that are not prescribed by their doctors, they run the risk of delivering sick or abnormal babies.
 Caffeine and cola	When pregnant women drink too much coffee or soft drinks that have high caffeine content, they may give birth to abnormal or low-birth-weight babies.



Let's Try This

Here's a checklist that aims to make pregnant learners aware of what a healthy-pregnancy lifestyle is all about. However, if you're not pregnant (but a supportive father-to-be, a caring friend or a relative of a pregnant woman), you may take some time with an expectant mother and guide her in answering the following questions. Just put a check mark (✓) under the appropriate column, depending on your (or the expectant mother's) answer to each question. You will not be graded for this test, so please be honest in answering the questions.

Question	Yes
1. Do you drink at least six to eight glasses of liquid every day?	
2. Do you do some walking as a form of exercise?	
3. Do you take only doctor-prescribed medications when you don't feel well?	
4. Are you now wearing comfortable and light clothing?	
5. Are you now using low-heeled shoes?	
6. Do you wash your genital area after urinating and moving your bowels?	
7. Do you brush your teeth after every meal?	
8. Do you take time to REALLY rest if needed?	
9. Do you communicate with your doctor when the need arises (e.g., when you don't feel well)?	
10. Do you take care of your nipples by washing them with mild soap and water?	

Thank you for being really honest!

Note for pregnant learners:

If most of your answers are *yes*, that's great! This means that you've been conscious of your health and that you are improving your chances of delivering a healthy child.

Note for nonpregnant learners:

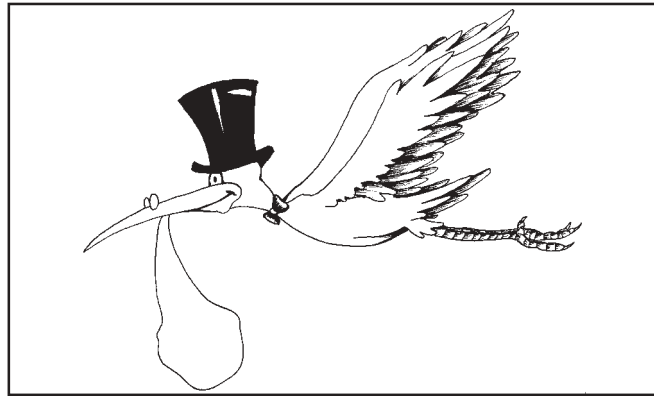
Well, were you able to get more *yes* answers from the expectant mother you've guided? If so, then that's great too!

Note for all:

You don't really have to feel bad about your *no* answers. You can still turn each *no* into a *yes* once you learn about the health care tips that will guide you on how to have a healthy lifestyle during pregnancy.



Let's Think About This



“The best gift a mother can give her baby is a good start in life.” This is the reason why after the doctors have congratulated their pregnant patients, they would immediately tell them what to take, what to avoid and what to do. These doctors are actually taking part in giving a good start to the unborn children’s lives. But it doesn’t end there. The doctors also advise continuous monthly checkups to make sure that the pregnant mother and her unborn baby will stay healthy. Before we discuss some of the health-related tips that doctors often give their patients, do the following activity first.

Suggest at least four (4) health tips for pregnant women. Then identify the benefit/s of each health tip. Please write your answers in the spaces provided. You may ask a friend, relative or anyone who has already gone through pregnancy to help you.

Health Tip 1:

Benefit/s:

Health Tip 2:

Benefit/s:

Health Tip 3:

Benefit/s:

Health Tip 4:

Benefit/s:

Find out if your answers are similar to what will be discussed next.

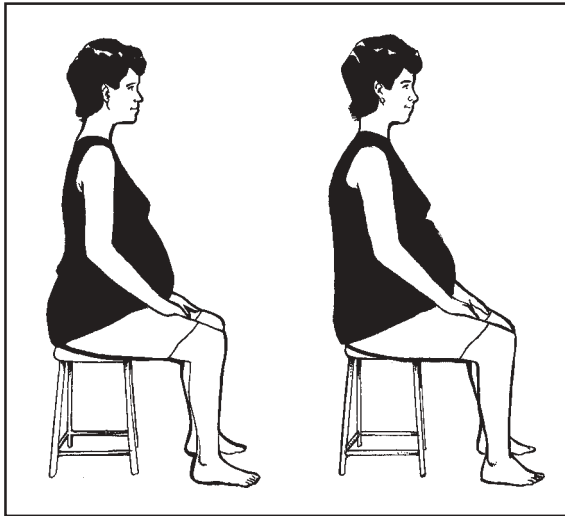


Let's Try This



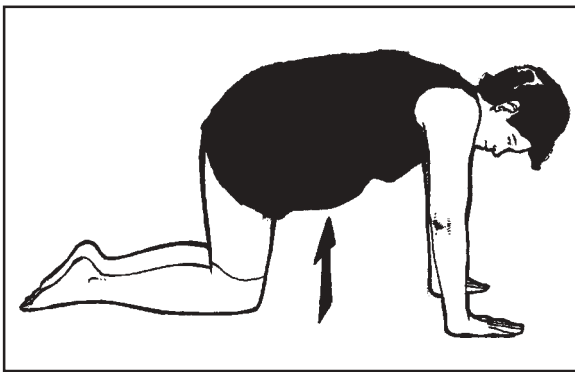
- ◆ Exercise is good even for pregnant women. However, pregnant women should not over-exert themselves. They may do outdoor exercises, specifically walking. But before engaging in any activity, they should ask their doctors first.

On the following pages are some prenatal exercises that may strengthen the abdominal muscles and relieve back stress. Why don't you try them even if you're not pregnant to see how they are done? While practicing each exercise, think about how they might help a pregnant woman and her baby to be healthy during pregnancy.



Pelvic Tilt

Sit on a chair with your feet resting flat on the floor. Rock your pelvis forward. Then pull in your stomach. Rock back on your hips. Repeat several times.



Cat Stretch

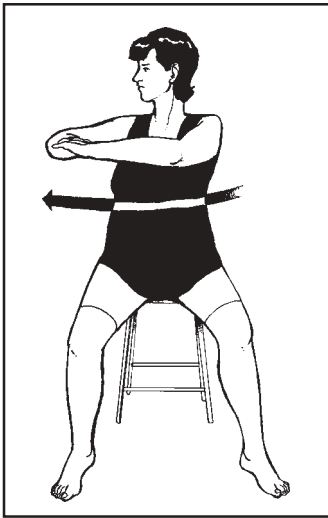
Kneel on your hands and knees with your back relaxed. Do not arch your back. Inhale and relax. As you exhale, pull your buttocks under and forward until you feel your back straighten at the waist and your abdomen tighten. Hold for a count of 5, then exhale and relax. Do this exercise 4 to 5 times.

Now, here are some exercises that increase mobility.



Hip Circling

With your feet apart and knees slightly bent, place hands on hips. Slowly circle your hips from the waist in one direction for 5 to 10 times. Then repeat the other way.



Twisting

Sit on a chair with your feet flat on the floor and knees apart. Lift your arms to chest level. Twist your body to the right as far as you can, then to the left. Repeat several times.

Since the legs carry a lot of extra weight during pregnancy, here are some exercises that may improve circulation in the legs.



Leg Strengthening

Stand with your back to a wall and your feet apart. Slowly bend your legs until you feel a pull on your thigh muscles. Hold for a count of 20, then return to a standing position. Repeat this 5 times.



Wall Push-Away

Stand a couple of feet away from a wall, with your hands in front of your shoulders. Place hands on the wall and lean forward. Bend your elbows as your body leans into the wall. Keep heels flat on the floor. Slowly push away from the wall and straighten. Do this on a count of 20 times. Repeat 10 times.

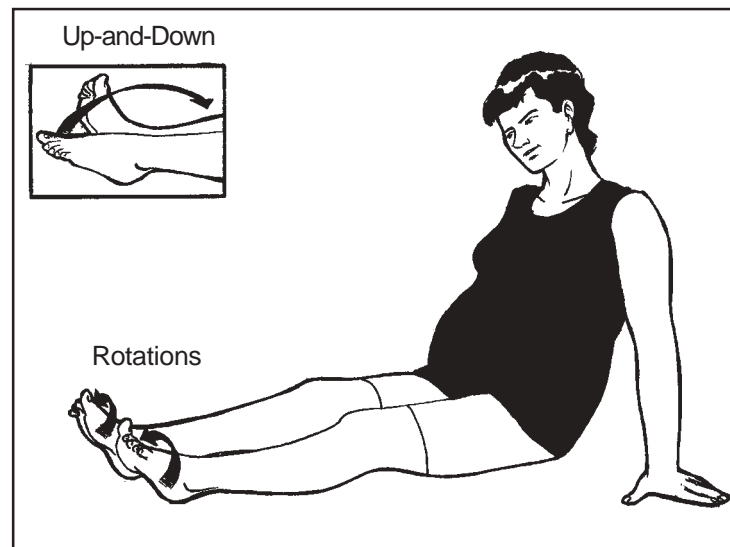
To prevent varicose veins and swollen ankles and legs do the following exercises:

Up-and-Down

Sit on the floor. Support your arms by placing the palms of your hands flat on the floor at your back. Move one foot up and down from the ankle, without pointing the toes. Repeat with the other foot. Perform 10 to 20 times per foot, twice a day.

Rotations

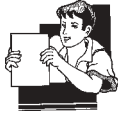
Make a circling movement with each foot 10 times one way, and again 10 times the other way. Keep toes relaxed. Repeat twice a day.



Well, how did you do with the exercises? Were you able to do them all successfully? So, why do you think these activities are useful for pregnant women?

Exercise further prepares women for labor and childbirth. However, there are two important things that pregnant women must consider before doing some exercises:

- ◆ Consult a doctor first to know if it's safe to do some exercises and if so, what kind of exercises you can do.
- ◆ It is best to have another person (husband, friend or relative) around while exercising. This will allow the person to help in case of accidents.



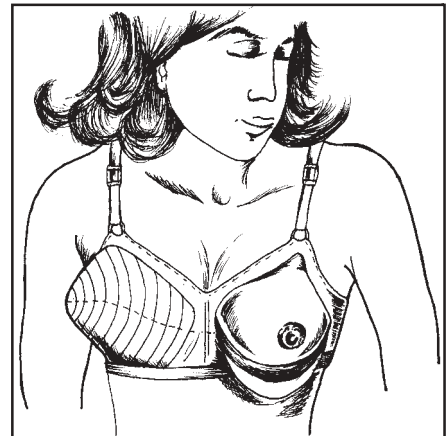
Let's Learn

Below are some useful health tips that pregnant women should follow.

- ◆ Working pregnant women should take advantage of their rest periods. Pregnant women should lie down as often as possible. This will help them keep the energy they will need to continue doing their daily tasks.
- ◆ During pregnancy, the enlarged uterus sometimes interferes with the normal digestion of food—resulting in either irregular bowel movement or constipation. Pregnant women can overcome this problem by eating fiber-rich foods such as oatmeal, green vegetables, prunes, oranges and apples.

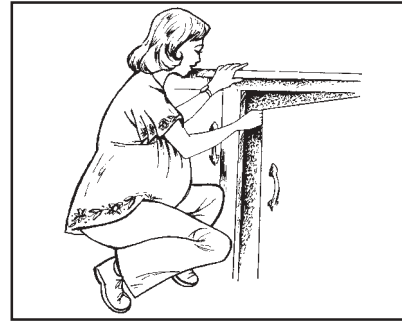


- ◆ Pregnant women should never wear tight brassieres. These will only make nursing more difficult once the baby is born. It is best to use an uplift type of bra that pulls the breasts up and out but doesn't press on the nipples. The nipples should be washed every day with mild soap and water.

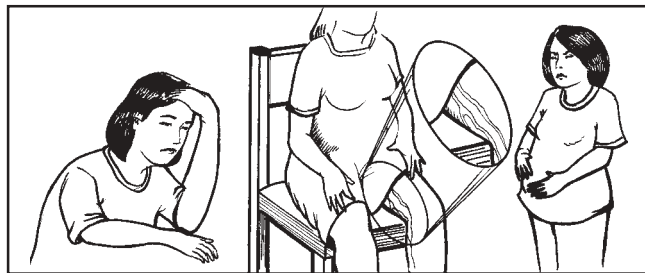


- ◆ It is important to brush the teeth after every meal. Pregnant women are prone to tooth decay which may be brought about by lack of calcium. While pregnant, a woman needs lots of calcium for the baby growing inside her. This may lessen her own calcium supply. Thus, doctors give special calcium-rich vitamins to their pregnant patients just to ensure strong and healthy teeth and bones for her and the baby.
- ◆ Since pregnant women are prone to several vaginal infections, she should always keep herself clean. The genital area should be washed thoroughly with mild soap and clean water, especially after urinating or moving the bowels.

- ◆ Generally, pregnant women should wear loose clothing. There should be no or as little pressure as possible upon the waist. Pregnant women should not wear high-heeled shoes, for these may cause varicose veins and swelling of the ankles and feet. The extra weight carried by a pregnant woman also makes it difficult for her to keep her balance in high-heeled shoes.



- ◆ Pregnant women should only take medications that the doctor prescribed for them. They are also advised to take their vitamins regularly as prescribed.
- ◆ Pregnant women must inform or see their doctors if they begin to feel unwell. Some of the danger signs include fever, blurring of vision, vaginal bleeding, continuous headache and abdominal pains.



Let's See What You Have Learned

Encircle the letter of the best answer that would complete the statement.

- It is important for pregnant women to take care of their kidneys. The most convenient and economical way to do this is to drink at least _____ glasses of liquid daily.
 - 4 to 5
 - 1 to 3
 - 6 to 8
 - none of the above
- Pregnant women should eat foods rich in calcium. This special nutrient makes the unborn baby's _____ strong and healthy.
 - bones
 - hair
 - eyes
 - none of the above
- In taking care of the nipples, the pregnant woman must _____.
 - wash them with alcohol
 - wash them with mild soap and water
 - wear tight brassieres
 - put perfume on them

4. The best type of shoes for pregnant women are _____.
a. high-heeled shoes c. colorful shoes
b. wedge-soled shoes d. low-heeled shoes
5. It is best for the pregnant woman to have _____ around while she is doing some exercises, so that this person can help her in case of accidents.
a. someone c. a relative
b. a friend d. any of the above
6. During pregnancy, fiber-rich foods like fruits and cereals will keep pregnant women from being _____.
a. constipated c. dizzy
b. overweight d. sleepy
7. If a pregnant woman continuously suffers from fever and headache, it would be best for her to _____.
a. take paracetamol c. wait for the pain to pass
b. drink lots of water d. see a doctor
8. To lessen hunger, the pregnant woman must _____.
a. “eat for two” c. eat light snacks in between meals
b. drink soft drinks d. sleep more
9. Working pregnant women should take advantage of their rest periods. This means that they should _____.
a. eat more during rest periods c. rest by lying down as often as possible
b. drink more water during rest periods d. all of the above
10. There are two ways to find out the expected delivery date of a pregnant woman. One is by calculating the Expected Due Date (EDD) and the other is by looking at the _____.
a. calendar c. prenatal book
b. Gestation Table d. none of the above

If you're finished, please compare your answers with those in the *Answer Key* on pages 42–43.



Let's Remember

- ◆ A pregnant woman must eat the right kinds of food. Proper nutrition plays a great role in the success of a woman's pregnancy.
- ◆ Pregnant women must know how to take care of themselves physically as they go through this exciting but demanding stage of womanhood.
- ◆ If a pregnant woman is not feeling well, she must immediately seek medical attention.
- ◆ Pregnant women must avoid smoking, drinking alcohol, taking non-prescribed medicines, and drinking too much coffee or soft drinks.
- ◆ Exercising when pregnant is good because it further prepares the woman for labor and childbirth.

You have almost reached the end of this module. Congratulations! You have been a patient and diligent learner. Did you like the module so far? Did you learn a lot from it? To help you remember its main points, you can read the module summary on the next page. Then, as a final activity, answer the post-test that follows. Good luck!



Let's Sum Up

To help you remember the important points discussed in this module, here is a summary:

- ◆ Women can tell if they are pregnant through several signs. These signs involve several physical and emotional changes. Aside from the stoppage of menstruation, other physical changes that a pregnant woman may experience include sleepiness, morning sickness, frequent urination, increase in breast size, darkening of the areola and enlargement of the abdomen. Emotionally, the pregnant woman may experience cravings, mood swings and being figure-conscious. However, not all pregnant women experience these signs. Each pregnant woman deals with the changes brought about by pregnancy in her own distinct way.
- ◆ There are two possible ways to confirm pregnancy. A woman may consult a doctor or she may take the self-administered one-step pregnancy test. Even if she confirms pregnancy through a do-it-at-home pregnancy kit, she should still consult a doctor afterward to get medical advice.
- ◆ There are two ways to find out the expected delivery date of a pregnant woman. Upon knowing the first day of her last menstrual period, she may compute for her Expected Due Date (EDD). She may also simply look at the Gestation Table.
- ◆ To assure a healthy pregnancy, the pregnant woman should eat the right kinds of food, specifically those rich in folate, iron and calcium. Aside from this, she should be able to prepare herself physically for labor and childbirth through proper exercise and good hygiene. To further ensure the unborn child's health, the pregnant mother must avoid smoking and drinking alcohol, coffee and soft drinks. She should also avoid taking nonprescribed medicines.
- ◆ If a pregnant woman doesn't feel well, she should immediately see a doctor.



What Have You Learned?

To see how well you have understood this module, complete the following statements. Take note of the words in **bold print**. They are meant to guide you with your answers. Write your answers in the spaces provided.

1. A pregnant woman may not necessarily experience **all the signs** of pregnancy. This means that

_____.
2. Once a woman confirms that she's pregnant, **the first thing she must do** is consult a doctor so that she can get _____
_____.
3. The pregnant mother must eat foods rich in **calcium** because
_____.
4. If a pregnant woman **doesn't feel well**, she must consult a doctor so she can get _____.
5. If a pregnant woman **wishes to exercise**, she must first visit a doctor and ask
_____.
6. The **Expected Due Date** can be computed by determining the pregnant woman's _____.
7. Pregnant women deal with the changes brought about by their pregnancies in their **own distinct ways**. This means that

_____.
8. The pregnant mother must **avoid smoking** because

_____.
9. It is advisable for pregnant women **to wear low-heeled shoes** because
_____.
10. **Digestion is slower** during pregnancy. This is due to a **hormone** called
_____.

How did you find the test? Were you able to complete the sentences? You may now compare your answers with those in the *Answer Key* on page 44.

Congratulations! You are done with this module. Would you like to learn more about pregnancy? If yes, read the second part of this module, entitled ***Healthy Pregnancy Part 2: The Unborn Baby and Childbirth***.



Answer Key

A. Let's See What You Already Know *(pages 2–3)*

1. The correct answer is **(a)**. A pregnant woman should be careful in choosing her food. Her food intake is a great factor that will affect the health and growth of her unborn baby.

(b) is incorrect. Taking nonprescribed medicines may negatively affect the health of both the pregnant mother and her unborn child.

(c) is incorrect. Doing rigorous exercises may easily tire the pregnant mother, which may affect the health of her unborn baby.

(d) is incorrect. Pregnant women don't normally stay in bed during the final three months of pregnancy unless it is advised by their doctor.
2. The correct answer is **(d)**. Irritability, weight gain and morning sickness or vomiting are some of the common signs of pregnancy.
3. The correct answer is **(d)**. It is important to have both the pregnant mother and her unborn baby protected at all times. Therefore, their health conditions must be monitored regularly.

Both (a) and (b) are incorrect. A doctor will have to see her pregnant patient regularly to guarantee her health and that of her unborn child. Giving advice on medicine intake and physical exercise is just part of the checkup.

(c) is incorrect. A pregnant woman should not only visit her doctor because she was advised to. The pregnant woman must consider her visits part of her responsibilities in ensuring a healthy pregnancy and a healthy baby.

4. The correct answer is **(d)**. Fluid discharge from the vagina, abdominal pains and severe headaches are emergency signs (during pregnancy) that need immediate medical attention. If a pregnant woman experiences any of these, she should see her doctor right away.
5. The correct answer is **(a)**. A pregnant woman urinates frequently due to the pressure on her bladder caused by the continuous growth of her unborn child.

Both (b) and (c) are incorrect. Frequent urination during pregnancy is neither caused by the woman's vitamin intake nor her weight gain.

6. The correct answer is **(c)**. A doctor can estimate the pregnant woman's date of delivery by determining the first day of her last menstrual period. Therefore, (a), (b) and (d) are incorrect.
7. The correct answer is **(c)**. Every pregnant woman should include milk in her diet. Milk is rich in special nutrients needed in making the pregnant mother and her unborn child healthy.

(a) and (b) are incorrect. These foods are not considered nutritious. They may only cause the pregnant woman to gain unwanted weight.

(d) is incorrect. Pregnant women should not drink alcohol because this can damage the growth of the unborn child.
8. The correct answer is **(b)**. Calcium is a special nutrient needed during pregnancy because it makes the unborn baby's bones healthy.

(a) and (c) are incorrect. Folate and iron are the other two special nutrients needed during pregnancy. However, they do not necessarily make the unborn baby's bones healthy.
9. The correct answer is **(d)**. A pregnant woman will definitely experience changes in her bowel movements, nipples and moods.
10. The correct answer is **(b)**. Folate, calcium and iron are the three special nutrients needed by pregnant women. These nutrients make both the pregnant mother and her unborn child healthy. There may be other vitamins and minerals that a pregnant woman needs. However, folate, calcium and iron are the three most important nutrients needed during pregnancy.

B. Lesson 1

Let's Review (pages 7–8)

Pregnancy Sign	Changes Experienced	How to Cope With the Changes
1. Morning sickness	Morning sickness is a pregnancy sign that makes some pregnant women feel dizzy and nauseous. Therefore, there is a tendency for them to vomit when they experience morning sickness.	Pregnant women should avoid spicy and fatty foods to ease morning sickness. Doctors would even recommend that pregnant women eat frequent light meals because nausea in pregnancy increases when the stomach is empty as well as when it is full. It is also best for pregnant

Pregnancy Sign	Changes Experienced	How to Cope With the Changes
		women who suffer from morning sickness to keep their living areas well-ventilated. This will allow them to breathe enough air to avoid dizziness.
2. Changes in the breasts	During pregnancy, the size of a woman's breasts increases due to her expanding milk ducts. Aside from this, the pregnant woman will feel some pricking sensations later on.	The pregnant woman should keep her breasts clean with mild soap and clean water. It is also best for her to see a doctor if she experiences redness or swelling of her breasts to avoid more serious problems. She should never wear tight brassieres to avoid having breast abscess (a collection of pus in the breast of a lactating mother).
3. Cravings	When a pregnant woman craves, her desire for a particular food increases to some extent.	Even if it is accepted for a pregnant woman to crave more food, it is still important for her not to "eat for two" or overeat. Aside from avoiding gaining too much weight during pregnancy, eating small amounts of food at a time is also advised by doctors. In addition, digestion is slower during pregnancy. Therefore, there is a need for pregnant women to discipline themselves when eating.

Let's Review (page 10)

1. Tina experiences daily morning sickness and craves for *saba* with fish sauce (patis).
2. Celia experiences sleepiness and craves for green apples with vinegar.
3. Celia advised Tina to visit a doctor to whom she may address her concerns about her pregnancy.
4. Celia did not experience morning sickness even during the first time she got pregnant with Joy, her first child. However, when she got pregnant the second time, she realized that she sleeps more. Also, while she craved for papaya and bagoong during her first pregnancy, she craves for green apples with vinegar during her second one.

Let's Review (page 12)

1. self-administered pregnancy test; see a doctor
2. last menstrual period
3. drugstores
4. right foods to eat; vitamins to take
5. menstruation

Let's See What You Have Learned (pages 16–17)

1. **T**
2. **T**
3. **F**—"Eating for two" (overeating) will only make the pregnant mother gain more weight. If the pregnant mother gets overweight, she may have difficulties during labor.
4. **T**
5. **F**—If a woman decides to take the self-administered pregnancy test, she needs three to four drops of urine (not blood) on a device known as a "strip."
6. **F**—In finding out the Expected Due Date, the pregnant woman must be able to tell the date of the first day (not the last day) of her last menstrual period.
7. **F**—The Gestation Table is used only to estimate when the pregnant mother will deliver her child. Due to uncontrollable circumstances, childbirth may happen even before or after the estimated schedule found in the Gestation Table.

8. **F**—A pregnant woman may experience several pregnancy signs which are not similar to the pregnancy signs experienced by another pregnant woman.
9. **T**
10. **T**

C. Lesson 2

Let's Try This (page 20)

1. There are two possible reasons why Sandra continued to smoke even though she knew she was already pregnant. One is that although she knew smoking was bad for her and her baby, its negative effects may not have been that clear to her. Secondly, Sandra have actually been aware of the negative effects of smoking but just could not stop the habit due to her addiction to nicotine, which is a very active ingredient of cigarette.
2. The first sign that showed Sander was not a healthy baby was his low birth weight of 5.0 lbs.
3. Sander had likely developed asthma because of his mother's (Sandra) smoking during pregnancy. Sandra may have not been aware that cigarette smoke contains toxins and that these got into her blood and seeped into the placenta. These toxins decreased blood flow and reduced the oxygen supply to Sander when he was still inside his mother's womb. When Sander was finally born, the toxic effect of his mother's smoking affected his lungs and increased his risk of developing asthma.

Let's Try This (page 23)

List of foods rich in folate, calcium, and iron

Special Nutrients Required During Pregnancy	Fo
Folate	liver yeast wheat germ legumes whole grains cereals milk
Calcium	milk kuhol gamet (seaw malunggay saluyot carabao's mi dilis susong pilipit

Calcium	<i>talangka</i> salinyasi cheese bagoongdrie galunggong sardines evaporated r alimango aligue clams sesame seed
Iron	pork or beef dried fruits egg yolk whole grains spaghetti dried beans ampalaya leaf kamote leaves gabi leaves peanuts green and red mustard leaves petsay saluyot sitao leaves soybeans

Let's See What You Have Learned (pages 32–33)

- The correct answer is **(c)**. Drinking at least six to eight glasses of water every day will make the kidneys healthy. It will also help prevent constipation.
- The correct answer is **(a)**. Calcium is a special nutrient that makes fetal bones healthy.

Both (b) and (c) are incorrect. Calcium does not develop or improve the hair and eyes.
- The correct answer is **(c)**. The nipples can be easily taken care of by washing them every day with mild soap and water.

(a) is incorrect. Washing the nipples with alcohol might only dry the nipples. Also alcohol may only cause the nipples to crack and swell.

(b) is incorrect. Wearing tight brassieres will only result to nursing problems later on. In fact, it can lead to irritation.

(d) is incorrect. Putting perfume on the nipples does not make them healthy. In fact, it can lead to irritation.
- The correct answer is **(d)**. Low-heeled shoes will allow a pregnant woman to balance the extra weight she carries in front.

(a) is incorrect. High-heeled shoes may actually cause varicose veins, swelling of the feet and ankles, and may make it difficult for a pregnant woman to keep her balance.

(b) and (c) are incorrect. They do not contribute at all to the woman's needs in her time of pregnancy.

5. The correct answer is **(d)**. The pregnant woman's husband, a friend or relative can stay with her while she exercises. What's important is that she has someone to look after her when she exercises so that this person can easily help her in cases of accidents.

6. The correct answer is **(a)**. When pregnant women are constipated, doctors usually advise them to eat fiber-rich foods.

(b) is incorrect. Eating fiber-rich foods alone will not prevent one from becoming overweight.

Both (c) and (d) are incorrect. Eating fiber-rich foods will not prevent a person from becoming dizzy and sleepy.

7. The correct answer is **(d)**. It's always best for the pregnant woman to see her doctor first, especially when she doesn't feel well.

Both (a) and (c) are incorrect. These practices might just make things worse for the pregnant woman.

(b) is incorrect. Drinking lots of water may help. But it doesn't serve as a remedy for fever and headache.

8. The correct answer is **(c)**. Eating light snacks in between meals will ease or lessen a pregnant woman's hunger.

Both (a) and (b) are incorrect. These practices will just make the pregnant woman overweight.

(d) is incorrect. Sleeping more will not lessen the feeling of hunger.

9. The correct answer is **(c)**. Pregnant women tend to get easily tired because of their condition. Therefore it is best for them to rest whenever the opportunity arises.

10. The correct answer is **(b)**. The Gestation Table is another method of calculating a pregnant woman's EDD.

D. What Have You Learned? (page 36)

Here are some answers. You may have different answers which may also be correct, so long as the same ideas or meanings are maintained. Show your answers to your Instructional Manager or Facilitator for additional feedback.

1. ...a pregnant woman may experience only one (out of all the signs presented in this module) pregnancy sign.
2. ...healthy advice concerning her pregnancy.
3. ...this will avoid hypertension in the course of her pregnancy.
4. ...immediate medical attention.
5. ...what exercise is safe for her to do.
6. ...first day of her last menstrual period.
7. ...pregnant women experience different pregnancy signs. Therefore, they have different ways of dealing with them.
8. ...this habit negatively affects not just the growth of the unborn baby but also triggers future respiratory problems for both mother and child.
9. ...these will balance the extra weight that the pregnant mother is carrying in front.
10. ...progesterone.



Glossary

Anemia Deficiency or sickness in which the person lacks red blood corpuscles

Areola Area around the nipple

Bladder Membranous bag in the abdominal area that contains urine

Cell The simplest biological unit

Childbirth Process of giving birth

Conception The meeting of a man's sperm and a woman's egg which marks the formation of a new life inside the woman's womb

Connective tissues Fibrous tissues connecting and supporting the body's organs

Constipation Irregular and difficult bowel movement

Digestion The process in which food that is eaten is broken down into a form that can be absorbed in the stomach

Expected Due Date (EDD) Date based on the first day of the woman's last menstruation. It is an approximation of a pregnant woman's delivery date

Fetal growth This refers to the growth of the unborn baby

Fetus The unborn baby

Genitals The external reproductive organs

Gestation Table (obstetric table) Gives the approximate date of delivery of a pregnant woman. It uses as basis the first day of the last menstruation

Labor Process of delivering the baby or giving birth; physiologic mechanism by which the products of conception are expelled from the uterus

Progesterone A female hormone which causes the womb to prepare for pregnancy



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