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Your Questions Answered – Pregnancy & Beyond

With pregnancy comes loads of questions on your bump and baby.
MH has spoken to the experts and here's what they have to say.

Just found out you're pregnant? Or are you due any day now? Wherever you are in your pregnancy and parenting journey, you're bound to have endless questions. From taking care of your bump to taming that toddler tantrum, read on to find out what some of these experts have to say.



I just found out I'm pregnant again! Is it safe to carry my three-year-old around now that I'm expecting?

Carrying your toddler around probably is not a good idea. The main concern is that this will put a lot of pressure on your lower back and cause back pain. Also, body changes early in pregnancy can make you more prone to feeling lightheaded when you stand up. So if you reach down and lift a toddler straight up, you may feel weak or dizzy.

As a mother of three myself, I know it is difficult to make your toddler understand. But ideally, you should sit down and have your toddler sit on your lap for hugs. If you must lift your toddler from time to time, take care about getting into the right position to avoid straining your back. Bend your knees and try to keep your back straight. Flat shoes and back support products in pregnancy may help reduce the strain on your lower back.

Dr Kelly Loi, Obstetrician & Gynaecologist at the Health & Fertility Centre for Women, at Paragon Medical

**40 Weeks
and
Counting**

I had anaemia in my first pregnancy and am hoping to prevent it for my second. How can I do that?

It is quite normal for women to experience mild anaemia to some extent during pregnancy. This occurs because during pregnancy, your body needs to produce more blood to support the growth of your baby. If you're not getting enough iron or certain nutrients, your body might not be able to produce the amount of red blood cells required to make this additional blood.

The most common types of anaemia are iron deficiency, folate deficiency and vitamin B12 deficiency anaemia. In iron-deficiency anaemia, the blood cannot carry enough oxygen to tissues throughout the body. Folate deficiency anaemia can directly contribute to birth defects like neural tube abnormalities (spina bifida) and low birth weight. Vitamin B12 deficiency may also contribute to neural tube abnormalities and preterm labour.

If you were anaemic during your first pregnancy, you may need to start taking oral iron, folic acid and vitamin B12 supplements early in your pregnancy in addition to your regular vitamins. It may also be a good idea to eat more foods that are high in iron, folic acid and vitamin B12 in your diet.

Aim for at least three servings of iron-rich foods daily. Strawberries, citrus fruits, bell peppers, kiwis and tomatoes are high in vitamin C which can help your body absorb more iron. Remember to try to aim for a well-balanced diet and regular exercise throughout your pregnancy.

Dr Christopher Ng, Obstetrician and Gynaecologist from GynaeMD Women's & Rejuvenation Clinic

