

# Pregnancy well-being

## Meet the EXPERT



M&B' panellist **Sonali Shivlani** is an Internationally Certified Pregnancy Consultant and a child nutrition counsellor. She is the executive director of CAPPA India, and also trains aspiring birth professionals to achieve certification in pregnancy, birth and lactation counselling.

### WARNING SIGNS DURING PREGNANCY

Pregnancy brings many changes and some of them may appear scary but can be completely normal. However, there are some signs that you must report to the doctor as soon as possible:

- Cramps in the abdomen or lower back spasms which come and go and seem to follow a pattern.
- Bleeding or spotting.
- Excessive vaginal discharge, which makes you feel very damp and uncomfortable.
- Sudden splitting headache which cannot be explained.
- Blurry vision.
- Feeling dizzy and disoriented.
- Excessive vomiting wherein you can hold absolutely no food or liquid.
- A significant decrease in foetal activity.
- When the body temperature crosses 99.5 degrees Fahrenheit.
- Pain or burning sensation while passing urine.
- Severe pain in your calf which is persistent and does not go away with stretching and walking.
- Excessive pelvic pressure which feels like your baby is pushing down. If this happens post week 37, then it's normal.

- Persistent swelling in the face, puffiness around the eyes and sudden onset of swelling of hands feet and ankles.
- Rapid weight gain or unexplained weight loss.
- Excessive itching of the torso, arms, legs, palms, soles of the feet or if you have a feeling of itchiness all over your body.
- If you experience a fall or physical trauma which could have resulted in abdominal injury.
- If you are feeling overly anxious, irritable, unable to focus or any other such signs which could indicate that you may be headed towards depression.
- If you have shortness of breath or difficulty in breathing even in a state of rest.
- Regular contractions which happen before week 37 and can be timed and placed in a pattern.
- Any other sign or symptom which makes you feel uncomfortable. After all, the most important thing is to trust your instincts. **MB**

### EXERCISING DURING PREGNANCY

Exercise during pregnancy has many benefits for the mother. It helps in making her feel energetic, improves blood circulation, prepares her body for labor, helps her sleep better, and postpartum recovery is also faster. But did you know that exercise during pregnancy also benefits the baby? When you exercise your baby exercises as well. This means a healthier baby, higher metabolism and also a good birth weight. Research has shown that mothers who engage in moderate exercise during pregnancy give birth to babies with birth weight in the normal range.

