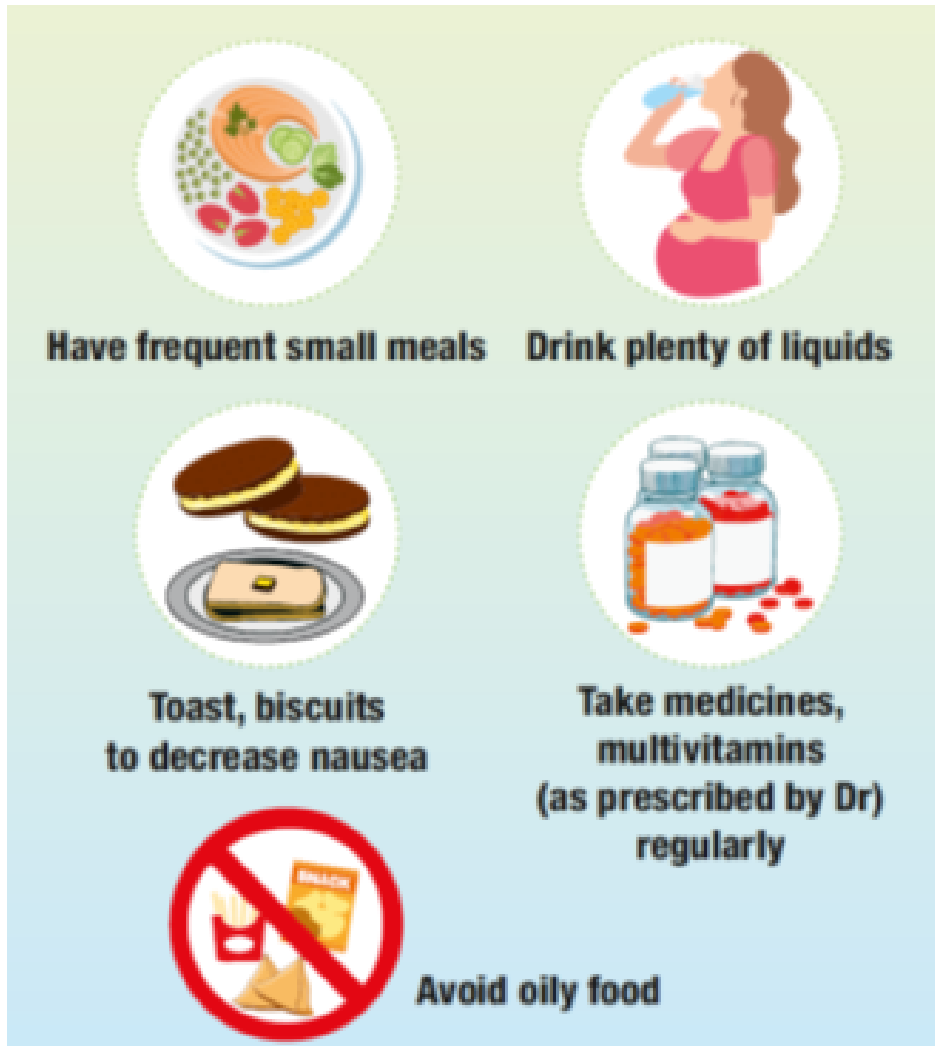


NutriConnect - Signs & Symptoms during Pregnancy

Nausea, Vomiting & Acidity

More common in first 3 months



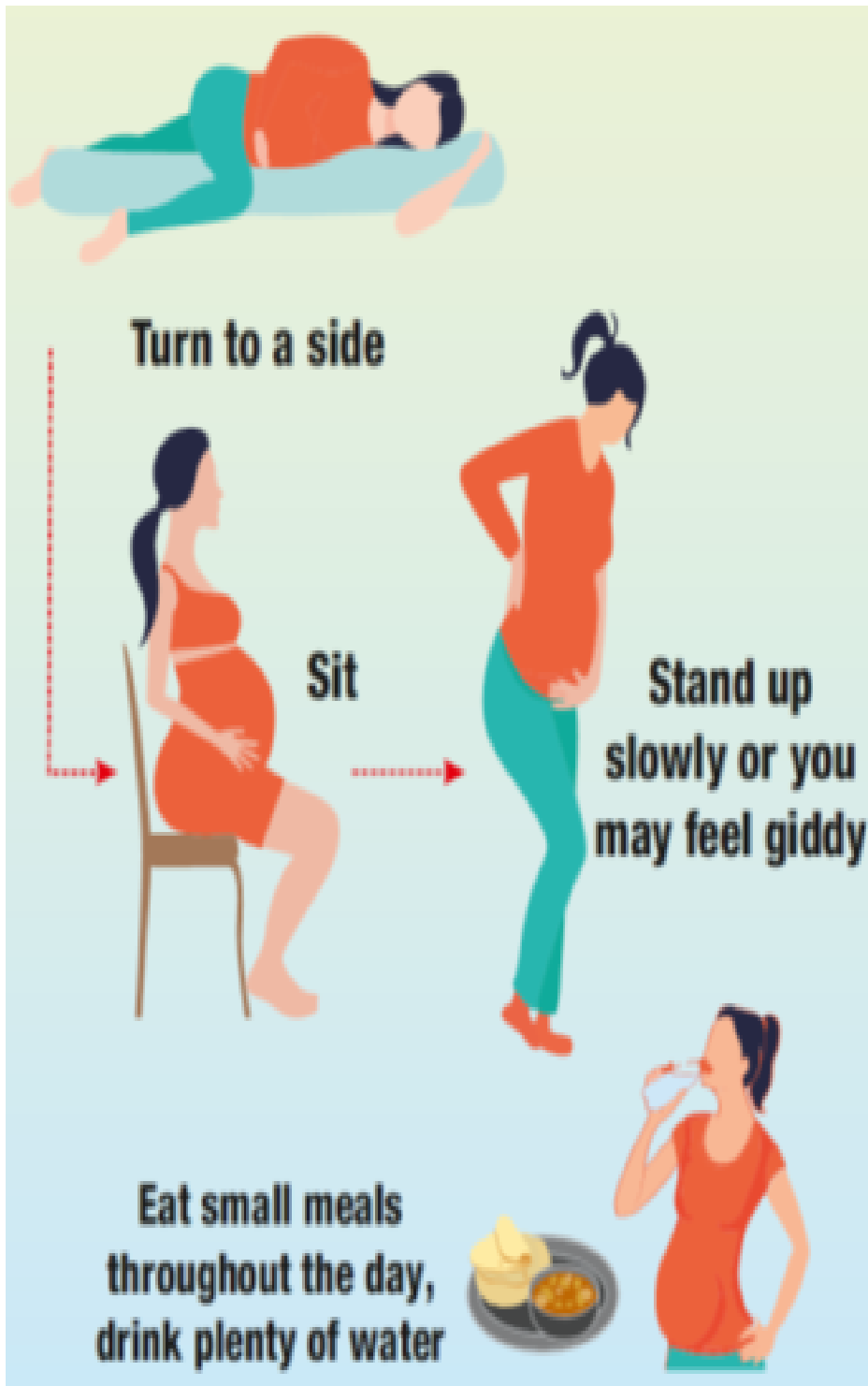
Constipation

Common in pregnancy



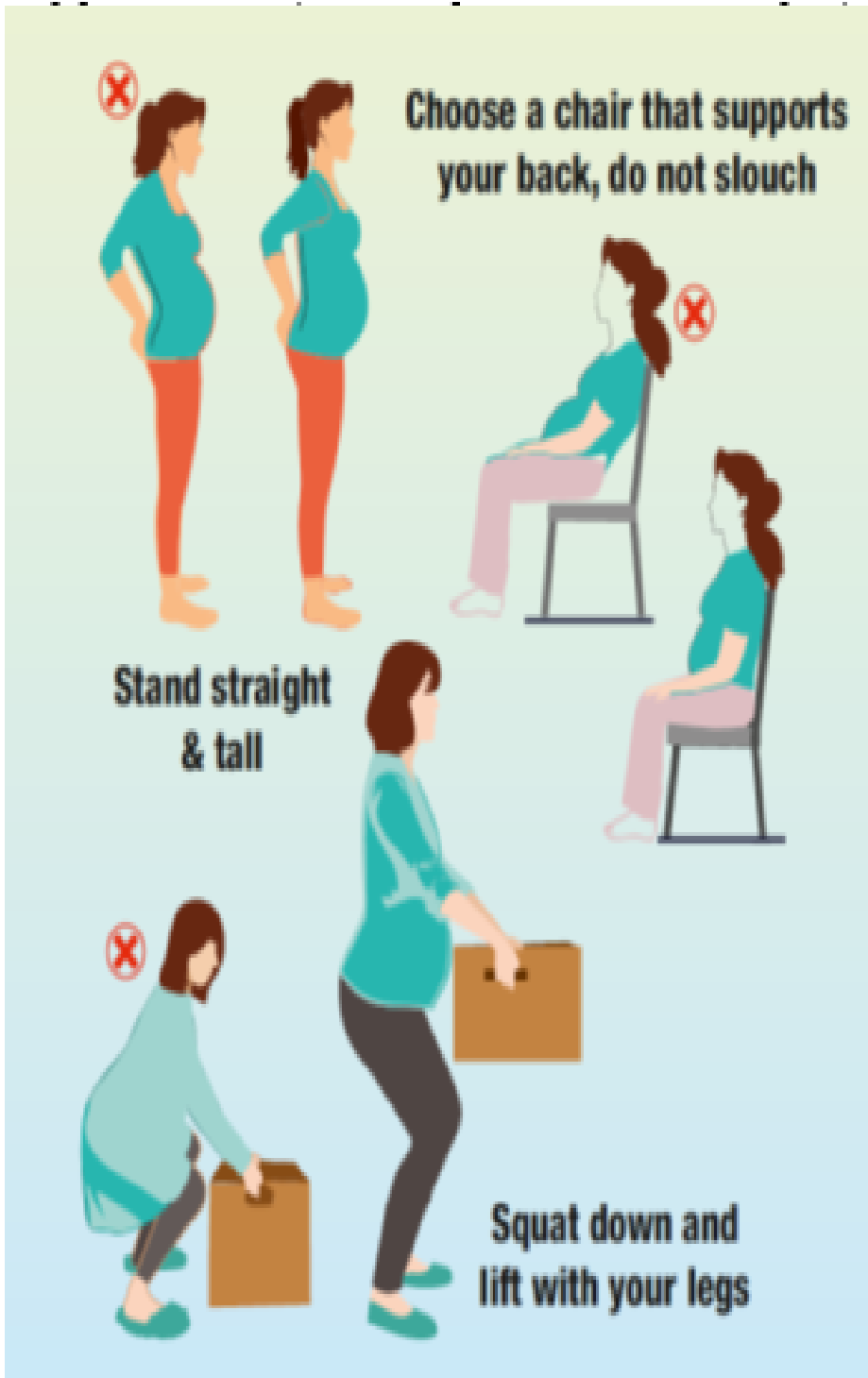
Dizziness

May occur due to hormonal changes, increase in blood volume, exertion, hunger, etc.



Backache

Weight gain, hormonal and postural changes are few causes-Practice good posture



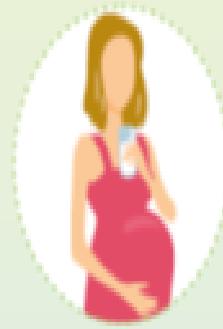
Leg Cramps

Mostly in last months

Occur Suddenly



**Stretch- point
foot & toes towards
face**



Drink lots of fluids



**Increase calcium in diet,
e.g. milk, milk products**

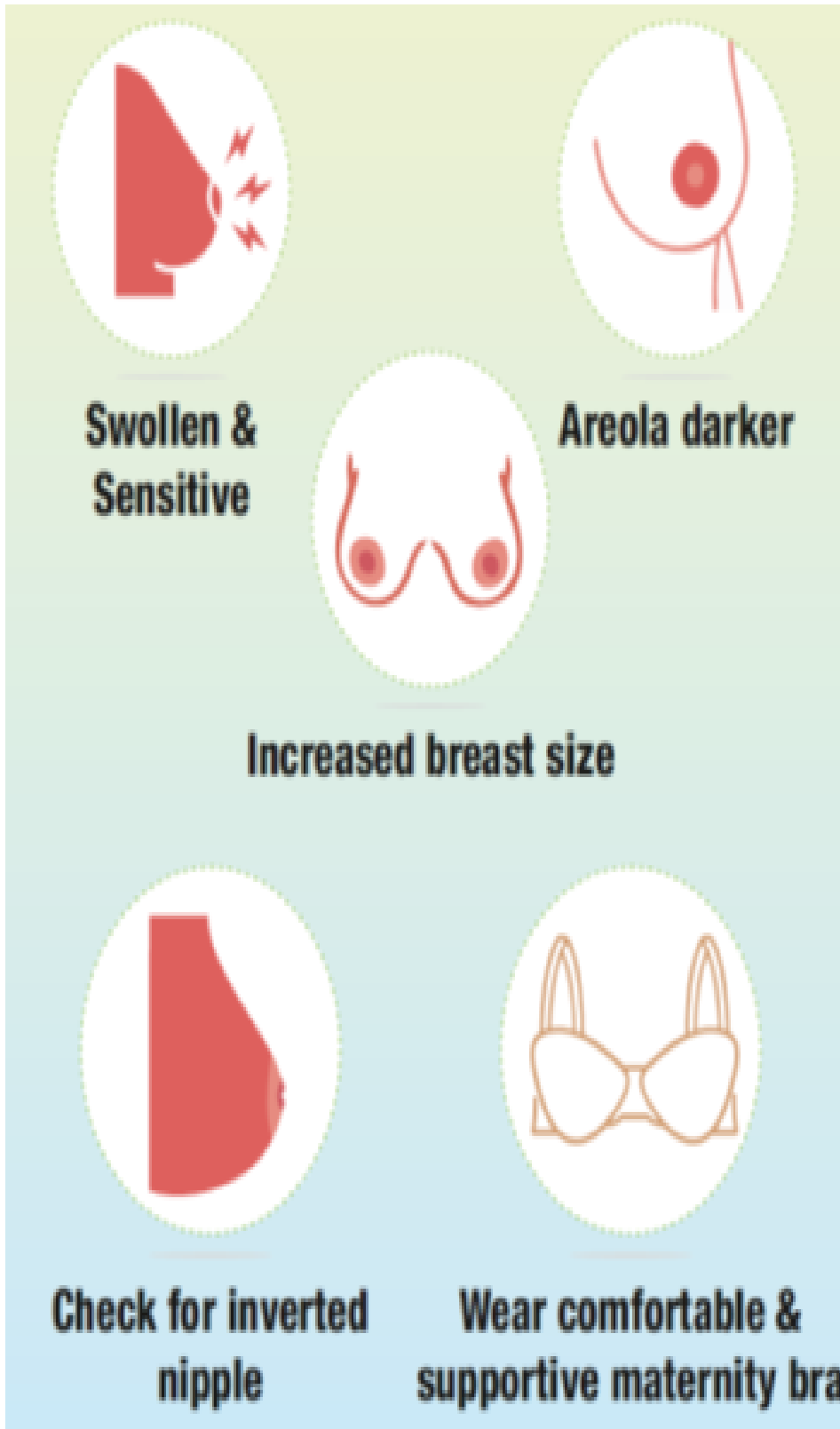


**Walk, exercise
regularly**



**Massage area,
apply ice**

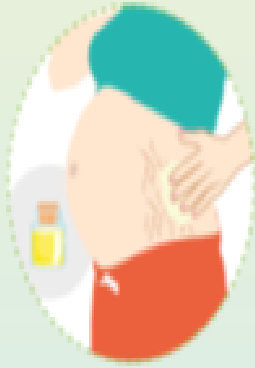
Breast Discomfort



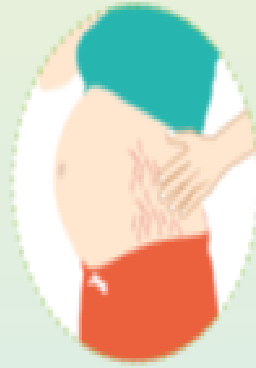
Itching and Stretch Marks

Develop on skin surface, usually on tummy, upper thighs and breasts

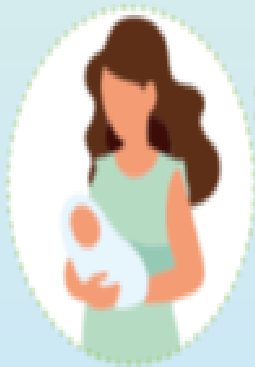
They have been linked to increasing pregnancy hormones and stretching of the tissue under the skin.



**Coconut oil,
Vitamin E oil or
stretch creams can
apply with cotton**



**Contact your
doctor if the itching &
redness is intense**

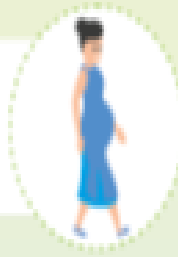


**Stretch marks are not harmful
& become less noticeable
after the baby is born**

Swelling of Feet

Commonly begins second trimester onwards

**Walking can help improve
your circulation**



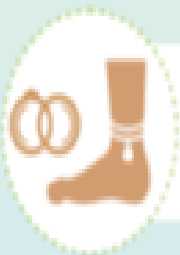
**Rest legs on a stool/chair
while sitting**



**Keep a pillow below feet
while sleeping**



Remove all jewellery



**Dietary changes
& increase fluid intake**



Call doctor in case of sudden swelling with dizziness or blurred vision, headache

References

1. <https://www.ucsfhealth.org>

2. <https://www.webmd.com>

3. <https://www.mayoclinic.org>

4. www.clevelandclinic.org

5. <https://www.medicalnewstoday.com>

6. www.nhs.uk

7. <https://www.healthlinkbc.ca/health-topics/aa88316>