

Q. Is Exercise During Pregnancy Safe? Ans. In general, exercise is safe for women with normal pregnancies who have no pre-existing health problems, but you should always get approval from your doctor before starting any fitness program.

Q. Why backache occurs in pregnancy and what can be done to get relief? Ans. Mild continuous backache is not alarming it is due to relaxation of the ligaments of joints (to facilitate the passage of the child during labor) and faulty posture in pregnancy. Improvement of posture by keeping the back as straight as possible, taking rest in hard bed, massaging the back muscles help in b a c k a c h e .

Q. I am having nausea and vomiting specially in the morning and I am pregnant what can I do? Ans. To avoid vomiting and nausea, move your limbs for few minutes before getting out of bed or take a dry toast or biscuit before rising from the bed and avoid fatty foods and liquid on an empty stomach. If these do not relieve the symptoms, take anti-vomiting drugs like doxinate(preferably consult your doctor for a prescription) before sleeping. If excessive vomiting occurs, consult your d o c t o r .

Q. I am pregnant and I experience severe leg cramps while sleeping, what can I do? Ans. Leg cramps are common in pregnancy and may occur due to deficiency of calcium. So take calcium supplements in form of milk and milk products or calcium tablets. Massaging the leg, application of local heat may help. Take multivitamin tablets also.

Q. I am 7 months pregnant and my feet get swollen during evening. What should be done? Ans. Physiological leg oedema is common in pregnancy and no treatment is required if it is not associated with anaemia, high B.P. and any urinary problem. It occurs due to prolonged standing/walking. It subsides with rest and elevation of the limbs. No drug is needed for it. If it is associated with high blood pressure, then you should see your doctor.

Q. I am pregnant and severely constipated. I sometime pass blood in stools, what can I do? Ans. Constipation is a common problem of pregnancy due to hormonal effect. Take plenty of fluids, vegetables and high fibre diet. A glass of lukewarm water early in the morning may be helpful. Mild laxative like Isabgol (psyllium husk) 1-2 teaspoons in milk or 1-2 teaspoons cremaffin pink at bed time can be taken. Bleeding in stools may be due to hard stools or piles. Regular use of l a x a t i v e t o k e e p t h e s t o o l s o f t m a y b e h e l p f u l .