

NEWS

You're having a baby, so how do you feel? We asked some New York mothers to tell us, candidly, what went through their minds when they first found out they were pregnant.

“It was a mix of laughter and tears. I knew my life was going to change, which was exciting but scary.”

-Renata, NY

“It was the best I'd felt and the worst I'd felt in a long time. He is sitting here smiling at me right now, though, so it's all worth the pain and the discomfort.”

-Meghan, NY

“I felt scared, to be honest. I knew a huge change was going to happen. Life as I knew it was going to be over.”

-Loralee, NY

Hemorrhoids: Harmless yet horrible

Pregnant women often have hemorrhoids—painful, itchy varicose veins in the rectal area.

The main causes of hemorrhoids are the extra blood flow in the pelvic area and the pressure that the growing uterus puts on veins in the lower body. Constipation can make hemorrhoids worse because straining during bowel movements traps more blood in the veins.

Hemorrhoids often improve after the baby is born. Talk to your doctor about using over-the-counter creams and suppositories. You also can try these tips for relief (or

to avoid the problem in the first place):

- Eat a high-fiber diet and drink plenty of liquids.
- Keep your weight gain within the limits your doctor suggests.
- Sitting for a long time puts pressure on the veins in your pelvic area. Get up and move around.
- If you do get hemorrhoids, apply an ice pack or witch hazel pads to the area to relieve pain and reduce swelling.
- Try soaking in a warm (not hot) tub a few times a day.

MICHELLE BROWN, MD, OB-GYN
ACOG
editorial@mediaplanet.com

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BEST TIPS

Managing tough symptoms

Pregnancy can produce some unpleasant symptoms. Here's how to handle five of the toughest complaints from Jeanne Conry, MD, an ob-gyn in Rosville, California:

Nausea and vomiting

➔ Eat smaller, more frequent meals. Munch on dry toast, crackers, and pretzels. Drink plenty of fluids, and avoid smells that upset your stomach.

Heartburn

➔ Eat slowly and chew your food well. Wait 30 to 60 minutes before lying down. Avoid spicy or fried foods.

Swollen legs and ankles

➔ Don't cross your legs. Lie on your left side. Elevate your feet a few times a day.

Hemorrhoids

➔ Eat more fiber. Drink plenty of water. Avoid sitting for long periods of time. Take a warm bath or use ice packs when severe.

Try our facial scrub, acne cream, stretch mark cream, nipple gel & morning sickness supplement.

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