

Fainting/lightheadedness: Being lightheaded or fainting can occur in pregnancy for several reasons. Some of the most common are low blood sugar, dehydration, pressure on vessels from the growing baby, and a drop in blood pressure when standing too quickly. To prevent this:

- Change positions slowly, especially from lying to standing.
- Avoid lying on your back. Lie on your side, with a pillow, blanket, or wedge under your abdomen.
- Drink 6-8 glasses of water daily.
- Make sure to eat small, frequent meals, with adequate protein, throughout the day.

Numbness and tingling of fingers: During the second and third trimesters, you may experience numbness and tingling of the fingers. This is usually caused by changes in your body that can cause nerves to be pressed on. Symptoms are usually mild and often go away on their own. If problematic, avoid activities that make it worse. Make sure to take breaks and rest your hands as needed. You may splint your wrist to improve mild to moderate symptoms. Use of cool packs can help reduce inflammation that could be causing pressure on the nerves in the wrist.

Groin pain/lower abdominal pain (round ligament pain): Rapid growth of your baby in the early second trimester leads to tension or stretching of the round ligaments. Women tend to notice the pain between 14 - 20 weeks' gestation, particularly with a quick change of position. This discomfort can often occur earlier or be more pronounced with each subsequent pregnancy. The pain is usually noted immediately above the pubic bone on the right or left lower sides and may be a sharp shooting pain sensation. Pregnancy support belts, using pillows for support, and changing positions slowly can help to provide relief of this discomfort.

Flatulence: Excess bloating and gas are common discomforts in pregnancy. Avoid foods that stimulate formation of gas, such as onions, beans and lentils, collard greens, cauliflower, brussels sprouts, cabbage, and turnips. You may want to increase natural probiotics, such as yogurt or buttermilk.

Heartburn: One of the most famous discomforts in pregnancy is heartburn. As your baby grows, it puts pressure on the stomach, causing issues with digestion. Below are some important steps to follow if heartburn is a problem for you.

- Eat small, frequent meals throughout the day instead of large meals.
- Eat slowly, so you do not overeat.
- Do not drink with meals. Wait 30 minutes after a meal to drink any liquids.
- Avoid spicy foods.
- Avoid caffeine and limit fatty or fried foods.
- Do not lie down immediately after eating. Instead, standing or sitting after meals is recommended.
- If you do get heartburn when lying down, make sure to keep your head and shoulders elevated, using several pillows or a wedge.
- Avoid antacids containing sodium bicarbonate (Alka-Seltzer) or baking soda.
- Taking high doses of antacids containing calcium carbonate (Tums) for long periods of time can cause acid rebound, which is where the stomach produces even more acid after eating or drinking.