

Varicose veins: Increased levels of hormones, along with a growing uterus, can cause some pregnant women to develop varicose veins. These can occur in the legs or vulva. Wearing support hose can minimize the development of these. If this is a problem for you, elevation of your legs, while lying on your left side can help. Make sure to eat foods rich in Vitamins A, B, C, and E. Vitamin E supplements up to 600 IU per day are safe.

Feeling hot and sweating: As your hormones change and your pregnancy progresses, this may become a problem for you. Make sure to wear layered, loose-fitting clothes that absorb perspiration and take frequent baths and showers as necessary.

POSTPARTUM DEPRESSION

Postpartum depression (PPD) is a type of major depression that affects about one in 10 new mothers within the first year after childbirth. PPD has the potential to negatively impact a mother's health and her ability to care for her infant.

Up to 80% of new mothers experience the "baby blues". Baby blues are normal reactions following childbirth triggered by hormonal changes and stress. Characterized by mood swings, mild sadness, irritability, and some worry the blues usually occur around 3-5 days after delivery and tend to go away as hormone levels stabilize. The baby blues differ from PPD in that the symptoms tend not to be severe, do not need treatment and generally do not last beyond two weeks.

A woman with PPD experiences these symptoms much more strongly and can be impaired to the point where she is unable to do everyday tasks. PPD can begin at any time within the first year after giving birth and lasts longer than the blues. While PPD is a serious condition, it can be treated with medication and counseling.

National Maternal Mental Health Hotline, **1-833-TLC-MAMA** (1-833-852-6262).

WHAT PROBLEMS SHOULD I CALL MY PROVIDER FOR?

Although being uncomfortable can be a part of pregnancy, there are some warning signs you shouldn't ignore. If you experience any of the following, contact your provider immediately:

- Severe and/or lasting pain in any body part and no relief with bed rest and/or Tylenol.
- Sudden onset of blurred vision with or without headache.
- Severe headache, unrelieved by Tylenol or rest in the 2nd or 3rd trimester.
- Any large gush of fluid or continual vaginal leaking of fluid.
- Any bleeding from the vagina. Spotting is not uncommon, but please call for any vaginal bleeding like a period with or without pain or cramping.
- If the baby stops moving or has a significant decrease in movement of less than 6-10 times in one hour after performing fetal kick counts.
- A hot, reddened, painful area on your calf or behind your knee.
- A fever of 100.4 degrees or higher.
- Sudden swelling or puffiness in your face, or sudden swelling all over.
- Pain or burning with urination.
- More than 6 painful contractions in one hour before 35 weeks pregnancy.
- Sudden weight gain (more than 5 pounds in one week).
- Any forceful injury to the abdomen, or if you trip or fall and hit your abdomen.
- Persistent vomiting with inability to keep food and fluids down for greater than 24 hours or persistent diarrhea for greater than 24 hours that are not relieved with the over-the-counter medications listed on the approved medication list in this booklet.