



Health Tips For Women's Wellness

ISSUE: FEBRUARY 2024



CareNine is a pregnancy support program structured to educate, guide and reassure 'mothers-to-be' with the help of counselling from specialists; all under one roof.



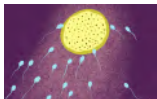
Women's Health: Burnout symptoms to look out for and how to prevent them?

In India, where work-life balance is negligible and long working hours are the norm, recognizing and preventing burnout is crucial. Read on to identify the common symptoms and learn how you can deal with them.



Preconception Care: 4 most common pregnancy complications and how to deal with them?

Pregnancy is a time filled with joy, anticipation and dealing with a surprising number of myths. While some myths are harmless, others could impact maternal health. Here, we debunk these myths.



CareNine: What does conception mean for pregnancy?

Understanding conception is crucial for anyone planning a family or navigating pregnancy. It's not just the meeting of sperm and egg; it's the start of a series of intricate developmental processes.



CareNine Beyond: Tips to encourage vegetarian food habits in children

The benefits of a vegetarian diet are endless, but most kids find it difficult to stick to a vegetarian diet, quelling the lack of variety. Here, we help you with tips to encourage vegetarian food habits.



CareNine: Unbelievable pregnancy myths that people still believe



Labour and birth can feel intimidating, especially if you're going through it for the first time. Get an overview of the four stages of labour and birth here to brace yourself for the journey ahead.



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Women's Health:

Burnout symptoms to look out for and how to prevent them?

In today's fast-paced world, burnout has become increasingly common, significantly impacting mental and physical health. Burnout is not just about work – it can creep in anywhere, from relationships to family life. Recognizing the early warning signs and taking proactive steps can help you avoid burnout.

Symptoms to look out for

Emotional:

- Feeling constantly drained and empty, even after rest. You can identify this as a sense of dread for Monday's right from Sunday evenings.
- Cynicism and negativity towards work, hobbies or life in general.
- Detachment from loved ones and activities you once enjoyed.
- Increased irritability and frustration.
- Feeling like nothing you do matters.

Physical:

- Persistent fatigue and low energy, even after adequate sleep.
- Frequent headaches, muscle aches and digestive problems.
- Changes in appetite or sleep patterns.
- Weakened immune system, making you more susceptible to illness. You frequently catch colds and flu.
- Basic tasks feel like a mountain-load of work.
- Insomnia despite severe exhaustion.
- Drastic weight changes.

Behavioural:

- Difficulty in concentrating and completing tasks.
- Making decisions can feel overwhelming.
- Procrastination, increased absenteeism and reduced productivity.
- Using unhealthy coping mechanisms like alcohol, drugs or excessive screen time.
- Negative thoughts and doubts creep in easily and you start questioning your abilities.
- Withdrawing from responsibilities.

What are the preventive measures?

- **Work-life balance:** Set boundaries between work and personal life. Stick to designated work hours and disconnect when you're off the clock.
- **Prioritize self-care:** Make time for activities you enjoy, whether it's reading, exercising, spending time with loved ones or simply meditating. Aim for 7-8 hours of quality sleep each night. Create a relaxing bedtime routine and stick to it.
- **Say no:** Don't be afraid to decline requests that overload your plate. Delegate tasks and prioritize effectively. Take short breaks throughout the day to recharge and avoid burnout at the finish line.
- **Improve your eating habits:** Swap processed foods for a balanced diet rich in fruits, vegetables and whole grains. Stay hydrated and limit caffeine and alcohol.
- **Connect with others:** Social support is crucial. Talk to friends, family or a therapist about your feelings and seek their guidance. Log off from social media, put away your phone and step away from the screen. Find solace in nature, meditation or spending time with loved ones.
- **Listen to your body:** Pay attention to your physical and emotional cues. When you feel overwhelmed, take a break, get some sleep or engage in relaxation techniques.
- **Learn time management:** Set realistic goals and deadlines for yourself to avoid last-minute panicking. Break down your tasks into small, achievable milestones for effective time management.
- **Seek professional help:** If you're struggling to cope, don't hesitate to seek help from a mental health professional. They can provide valuable guidance and support on your journey to recovery.

Remember: Burnout is not a sign of weakness but a call for action. By recognizing the symptoms early and taking proactive steps, you can prevent burnout from taking over and reclaim your well-being. So, take a deep breath, prioritize yourself and seek medical advice from your healthcare provider for a healthy life.

Sources:

- Healthline
- WebMD
- Mayo Clinic



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Preconception Care: 4 most common pregnancy complications and how to deal with them?

Pregnancy can sometimes be accompanied by unexpected bumps on the road. These "bumps" or pregnancy complications can sound scary but if you're aware, you can make sound decisions for your health. Here are the 4 most common pregnancy complications and how to manage them effectively:

Morning Sickness: Also known as Hyperemesis Gravidarum, a condition of extreme nausea and vomiting.

Symptoms: Nausea, vomiting, gagging, food aversions.

Impact: Can lead to dehydration, weight loss and nutrient deficiencies.

Management:

- Frequent small meals of bland foods.
- Ginger tea, lemonade or other soothing drinks.
- Vitamin B6 supplements (as advised by the healthcare provider).
- Avoid triggers like spicy or greasy foods.
- Hydration with small sips of water or electrolyte drinks.
- Rest when you feel tired.
- In severe cases, hospitalization and IV fluids might be necessary.

Gestational Diabetes: A form of diabetes occurring during pregnancy, characterized by high blood sugar levels.

Symptoms: Often no noticeable symptoms, sometimes increased thirst and urination.

Impact: High blood sugar levels can affect fetal development and increase the risk of complications during childbirth.

Management:

- A healthy diet with controlled carbohydrates and sugar intake.
- Keep your meals full of fruits, vegetables and whole grains.
- Regular blood sugar monitoring.
- Regular physical activity like brisk walking and exercise plan (as advised by the healthcare provider).
- In some cases, insulin medication might be needed.

Preeclampsia: A condition marked by high blood pressure and signs of damage to another organ system, often the kidneys.

Symptoms: High blood pressure, sudden weight gain, swelling in face and hands, severe headaches, vision changes, abdominal pain.

Impact: Serious condition that can impact blood flow to the placenta and baby, leading to complications like premature birth or low birth weight.

Management:

- Close monitoring by doctors and frequent checkups for early detection.
- Maintain a healthy weight and diet.
- Bed rest (in severe cases).
- Medication to control blood pressure.
- Early delivery of the baby might be necessary if the condition worsens.
- Hospitalization may be necessary for monitoring and treatment.

Urinary Tract Infections (UTIs)

Symptoms: Burning sensation while urinating, frequent urination, urgency, blood in urine.

Impact: Can lead to kidney infections if left untreated.

Management:

- Drink plenty of water.
- Empty the bladder completely when urinating.
- Cranberry juice or supplements (as advised by the doctor).
- Antibiotics prescribed by your healthcare provider.

Remember:

- Early detection and prompt management are key to managing pregnancy complications effectively.
- Regular prenatal checkups are crucial for monitoring your health and baby's development.
- Don't hesitate to ask questions to your healthcare provider.
- Maintain a healthy lifestyle with proper diet, exercise and adequate rest.
- Prioritize self-care and relaxation techniques like meditation and yoga to manage stress and anxiety.

With these tips, you can easily avoid the common pregnancy complications. You should have a proper idea about these problems and even discuss them with your healthcare provider. In case you are still affected by them, trust the advice of medical professionals. Rely on your family and friends for emotional support.

Sources:

- Johns Hopkins Medicine
- CDC
- Healthline



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CareNine: Unbelievable pregnancy myths that people still believe

Pregnancy is a beautiful journey but misinformation can cloud it with unnecessary worry and confusion. Let's debunk some of the most unbelievable pregnancy myths that persist in our society:

Myth 1: You have to eat for two.

Reality: You only need about 200 extra calories in the third trimester – that's roughly a banana and a handful of nuts. Overeating can lead to gestational diabetes and weight gain issues for both mom and baby. A balanced diet with appropriate calorie intake is essential.

Myth 2: Spicy food harms the baby.

Reality: Spicy food won't harm your baby unless it causes you heartburn or discomfort. Some spices like ginger can even soothe morning sickness. Enjoy your samosas and curries but remember moderation!

Myth 3: Sex during pregnancy is harmful to the baby.

Reality: Unless there are specific medical reasons, intercourse is safe and enjoyable during pregnancy. It can even boost your mood and intimacy with your partner. Just listen to your body and communicate with your healthcare provider.

Myth 4: Avoiding physical activity ensures a safe pregnancy.

Reality: Moderate exercise is beneficial unless medically advised otherwise. It enhances blood circulation, improves mood, reduces stress and helps manage weight gain. Avoid heavy lifting and severe workouts. Choose low-impact activities like prenatal yoga, swimming or brisk walking.

Myth 5: You shouldn't have seafood during pregnancy.

Reality: It's true certain seafood high in mercury should be avoided, many fish are safe and beneficial due to their high omega-3 content.

Myth 6: Pregnant women shouldn't travel.

Reality: With your doctor's approval, safe travel is possible. Pick comfortable modes of transport, stay hydrated and wear supportive clothing.

Myth 7: Your mood affects the baby's mood.

Reality: While stress and anxiety can impact you and the baby, it

doesn't mean your baby mirrors your every emotion. Focus on managing stress through healthy practices and don't blame yourself for occasional mood swings.

Myth 8: You can't get pregnant while breastfeeding.

Reality: While less likely, breastfeeding doesn't guarantee contraception. Consider reliable birth control methods to avoid an unplanned pregnancy.

Myth 9: Cravings reveal the baby's gender.

Reality: Longing for sweets? It doesn't mean you're having a girl! Cravings are simply hormonal fluctuations and have no connection to the baby's sex. Enjoy them in moderation but don't base nursery themes on cravings!

Myth 10: Ultrasounds determine the baby's sex.

Reality: While most 20-week scans are accurate, early ultrasounds can have a margin of error. Don't get fixated on the gender reveal!

Myth 11: Pregnant women shouldn't get vaccinated.

Reality: Most vaccines are safe during pregnancy and can protect both you and your baby from serious illnesses. Consult your healthcare provider about recommended vaccinations.

Myth 12: Full moons trigger early labour.

Reality: The moon may cause tides but there's no evidence that full moons influence labour or other pregnancy events. Even eclipses don't have any impact on pregnancy. All of it is pure superstition.

Pregnancy should be a journey based on factual knowledge and not on mythical beliefs. Make sure to believe in science and discuss every concern with your healthcare provider for a safe and healthy pregnancy.

Sources:

- University of Utah
- University of Melbourne
- Britannica
- Sahyadri Hospitals



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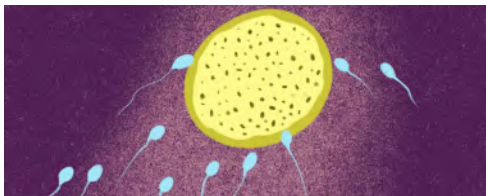
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CareNine:

What does conception mean for pregnancy?

Conception is a pivotal moment in the journey of pregnancy, marking the beginning of a new life. It's a complex biological process that occurs when a sperm meets an egg present in the fallopian tube. This fertilization creates a zygote that ultimately develops into an embryo. This article will help you understand the process thoroughly and clarify any doubts you might have.

The process of conception

Conception during pregnancy starts with the ovulation phase of your menstrual cycle.

• Ovulation:

- Release of an egg from the ovaries.
- Occurs roughly mid-cycle in a woman's menstrual cycle.
- The egg waits for about 12 to 24 hours to get fertilized. If a sperm is present in your fallopian tube at this time, the process of fertilization begins.

• Fertilization:

- The sperm meets the egg in the fallopian tube.
- Genetic material combines to form a zygote.

• Implantation:

- The zygote travels to the uterus.
- Embeds in the uterine lining, marking the beginning of pregnancy.

Timing and conception

Conception can only occur during a specific window in your menstrual cycle, typically around ovulation. Tracking your cycle can help you understand your fertile window. Even if intercourse happens during your fertile window, conception isn't guaranteed. Factors like sperm quality, egg health and cervical mucus play a role.

Fertility peaks in the 20s and gradually declines with age, especially after 35. Healthy habits like having a balanced diet, regular exercise and stress management can boost fertility. Smoking, excessive alcohol and being overweight, can hinder it. Certain medical conditions like endometriosis, PCOS and fibroids can affect fertility.

• Fertility window:

- Fertilization usually happens within 24 hours post-ovulation.

- Sperm can survive in the female reproductive tract for up to 5 days.

• Importance of timing:

- Understanding the menstrual cycle helps in planning or preventing pregnancy.

Significance of conception in pregnancy

• Start of prenatal development:

- Marks the beginning of embryonic and foetal development.
- Essential for the planning of prenatal care.

• Health implications:

- A woman's health at conception affects pregnancy outcomes.
- Preconception health is crucial for both parents.

Challenges in conception

- Infertility issues affect many couples in India. The causes range from lifestyle factors to medical conditions.
- Assisted Reproductive Technologies (ART) like IVF are available for those facing difficulties in conceiving.

Healthy practices for successful conception

- A balanced diet and regular exercise enhance overall health and fertility.
- Avoid harmful substances like tobacco, alcohol and certain medications.
- Regular health check-ups are important for identifying and managing health issues that affect fertility.

Conception is a crucial first step in the incredible journey of pregnancy. Remember, it's a process, not a one-time event. By understanding the factors at play, adopting healthy habits and seeking support, you can increase your chances of conception and embark on the beautiful path to parenthood. Keep in touch with your healthcare provider for better clarity on all these topics and more.

Sources:

- Healthline
- Metropolis Healthcare
- Medical News Today



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CareNine Beyond: Tips to encourage vegetarian food habits in children

Raising healthy, vegetable-loving children in India is not just about delicious dals and flavourful curries. It's about fostering a lifelong love for nature, respect for animals and a foundation for a strong and healthy body. Here are some practical tips to make vegetarianism a delicious and exciting journey for your little ones:

Plant the seeds early.

- **Lead by example:** Children mirror what they see. So, pack your lunch boxes with vibrant salads, make lentil stews and mushroom curries for dinner and snack on roasted chickpeas. When kids see you savouring vegetarian delicacies, they'll follow suit.
- **Explore the Market Together:** Take your kids on a colourful journey through the local vegetable mandi. Let them touch, smell and choose their favourite fruits and vegetables. This hands-on experience sparks curiosity and excitement.
- **Spout a Kitchen Garden:** Grow mint, tomatoes or spinach on your balcony or outside the house. Watching tiny seeds transform into edible delights teaches responsibility and science lessons.

Make meal times and cooking fun.

- **Let the kids be junior chefs:** Assign age-appropriate tasks like stirring, mixing or decorating dishes. Feeling involved makes them more likely to try their creations.
- **Make mealtime a feast for the senses:** Arrange food beautifully on plates, tell stories about the ingredients and play upbeat music. Transform meals into joyful experiences, not just refuelling breaks. You can try making a rainbow on the plate by adding nutritious, colourful ingredients to every meal.
- **Add quirky meals:** Instead of cutting your veggies in regular shapes, try using cookie cutters and give quirky-shaped salads to make your kids curious about each meal time. Cut sandwiches into playful animal forms. Mealtimes should be a time for joy and creativity.

Change the meaning of treats to veggies.

- **Skip the sugary snacks:** Replace cookies and candies with homemade fruit popsicles, roasted nuts, makhana and seeds or baked sweet potato fries. You can even make healthy dips like hung curd with chopped fruits or peanut butter with banana slices.
- **Get creative with desserts:** Whip up banana pancakes, lentil brownies or chia seed pudding. Sweet treats can be nutritious, delicious and vegetarian, all in one!
- **Celebrate with veggies:** Introduce vegetarian and homemade food to celebrations, too. Birthday parties? Ditch the pizza! Make mini veggie pizzas with roti or pita bread, serve fruits, kebabs or have a healthy potluck with friends and family.

Important tips to keep in mind:

- Don't get stuck in a monotonous diet. Explore different cuisines from all over the country - Gujarati dhokla, South Indian rasam, Punjabi chole - and introduce new textures with crispy pakoras and creamy curd.
- Start introducing mild spices like coriander and cumin and slowly add turmeric and ginger to help them explore a variety of flavours.
- Don't force your kids to eat anything. Avoid pressuring them to finish everything. Offer small portions of new foods alongside familiar favourites. Celebrate even the smallest bites and focus on making mealtimes positive experiences.

Remember that vegetarianism isn't just for kids. Involve the whole family in exploring new recipes, learning about healthy eating and celebrating the benefits of a plant-powered lifestyle. By making vegetarianism a fun, colourful and flavourful experience, you'll be nurturing a healthy life for your kid.

Sources:

- Raising Children
- Healthy Food Guide
- Spinmaker Pediatric Dentistry