

Womens C E N T E R



 [fb.womenscenterindia.com](https://www.facebook.com/womenscenterindia.com)

www.womenscenterindia.com

 [@womenscenterind](https://twitter.com/womenscenterind)



BEGIN A NEW LIFE

**Pregnancy
Special**

**HOW TO OVERCOME THE MOST COMMON
MISTAKES PREGNANT WOMEN COMMIT?**

Inside Pages

Volume 2, Issue 11, March 2017

BEGIN A NEW LIFE

04

PROCREATION



NIL ERROR

08

HOW TO
OVERCOME THE
MOST COMMON
MISTAKES
PREGNANT WOMEN
COMMIT?

ABOVE THIRTY FIVE?
BE CAUTIOUS!

12

AGE FACTOR



Mail
Box



Dear Editor

During the month of November I was traveling to Coimbatore and at the airport I picked your magazine "Womens Center News" of October issue.

The magazine is very informative and it contains educational articles.

As I am very eager to read your magazine every month and hence I request you to register my name and address enabling me receive the magazine from January month issue onward.

Trust you will oblige to my request.

Thanks

Yours faithfully
Lalita Bhuwarka
Tokersey Jivraj Road
Sewree
Mumbai 400 015

Dear Sir,

I am very happy to get your newsletter. It is very informative and useful. I have a college-going daughter and I ask her to read the newsletter without fail every month. She also enjoys the informative articles which keep appearing. I wish you and your team all the best and look forward to read your next issue. Thanking you,

Yours faithfully,
K.Sarveswari
Temple Avenue
Madurai

Dear Reader,

It gives me great pleasure to place in your hands our special pregnancy edition which comes with a number of informative articles. We decided to dedicate this issue to pregnancy, because, we are committed to create greater awareness among those who are planning a family.



A healthy birth depends a lot on your having a healthy pregnancy and it is imperative for you to get early and regular prenatal care to improve the chances of a healthy pregnancy. To promote healthy pregnancy and birth of a healthy infant, women should develop a plan for their reproductive life. They should also increase their intake of folic acid to at least 400 micrograms and adhere to up to date immunizations.


It is also important to learn about family health history and that of the partner and control diabetes or other medical conditions. For a healthy pregnancy and safe delivery, it is also a must to quit smoking and avoiding alcohol, because, their use could increase the risk for Sudden Infant Death Syndrome.

Use of alcohol, in particular, increases the risk of foetal alcohol spectrum disorders. This can lead to a variety of complications including abnormal facial features, having a small head, poor coordination, poor memory and problems with heart, kidneys or bone.

This special issue deals with various aspects of pregnancy care including understanding the ovulation period, weight issues, healthy diet, risks involved in delayed pregnancy and the common mistakes pregnant women prone to commit. I am sure this issue would be of great help to those who are either planning a family or are already expecting.

Moving forward, it is our commitment to come up with more such issues which will disseminate useful information and help you stay healthy and lead a purposeful life. Happy reading!

Yours,



Dr.K.S.Govindarajan
Editor-in-Chief



Sigmund Freud once came up with a strange, bizarre theory – the theory of phallic jealousy. He stunned the world with his observation that women suffer from jealousy because they do not have penises. Now, any person with

some exposure to the philosophy of the East will know that Freud was talking absurdity. As a matter of fact, it is not the women who suffer from jealousy. Instead, it is the man.

Deep down, man is envious that he can never reproduce life; he

cannot carry a life inside his body; he can never give birth. So, there is every reason to believe that he designed God – the Creator, the 'He' – in the male form. By declaring the 'He' as the supreme source of all creations, man thus derives some

BEGIN A NEW LIFE

*Ehyehi bhagwan Brahman/
Praja kartha, praja pathe/
Pragruhsheeniya balim cha imam/
Aapathyaam raksha garbhineem*

*(Oh! Lord Brahma, the Creator of all life forms, the Lord of Life,
may you please accept this Sacred Offering and protect this
expectant mother from all dangers)*

satisfaction, because, it helps him to sideline or even exclude woman from the process of procreation!

That also explains the importance of motherhood. To be plain, motherhood is the greatest blessing, benediction

and bliss that can ever happen to a woman. For, motherhood is not just about giving birth to a child. Instead, it is much beyond the mundane. Real motherhood is, in fact, a very intricate, delicate yet impressionable art which can be

carried out only by those women who are beautiful inside.

Yet, in a male-chauvinistic world, the importance about being a woman and her motherhood often goes uncelebrated. Osho explains it better: "We call Picasso a great

artist, but what about the mother who created Picasso? A poet writes great poems, but what about the mother who created Shakespeare? We don't think mothers as the greatest creative people on the earth. That is one reason why women are not great painters and great poets – they need not be; they can become great mothers.”

A mother is great not just because she delivers a child. Instead, she is great because she gives him culture, teaches him the values of life and the need to give and receive unconditional love. It is because of the mother and the lessons she imparts every child grows into a healthy and responsible adult. In essence, a mother just does not create a child; on the other hand, she is creating a future by molding the child into a beautiful and extraordinary human being.

So, if you are planning a family or if you have already become pregnant, then there is every reason for you to celebrate. The celebrations will only underscore the joy and significance of the motherhood in store. But, do remember to bring up your child for the sheer joy of it. You should never think the child should remain indebted to you for bringing it to the world. Instead, thank your child everyday for bestowing with the honour of motherhood.

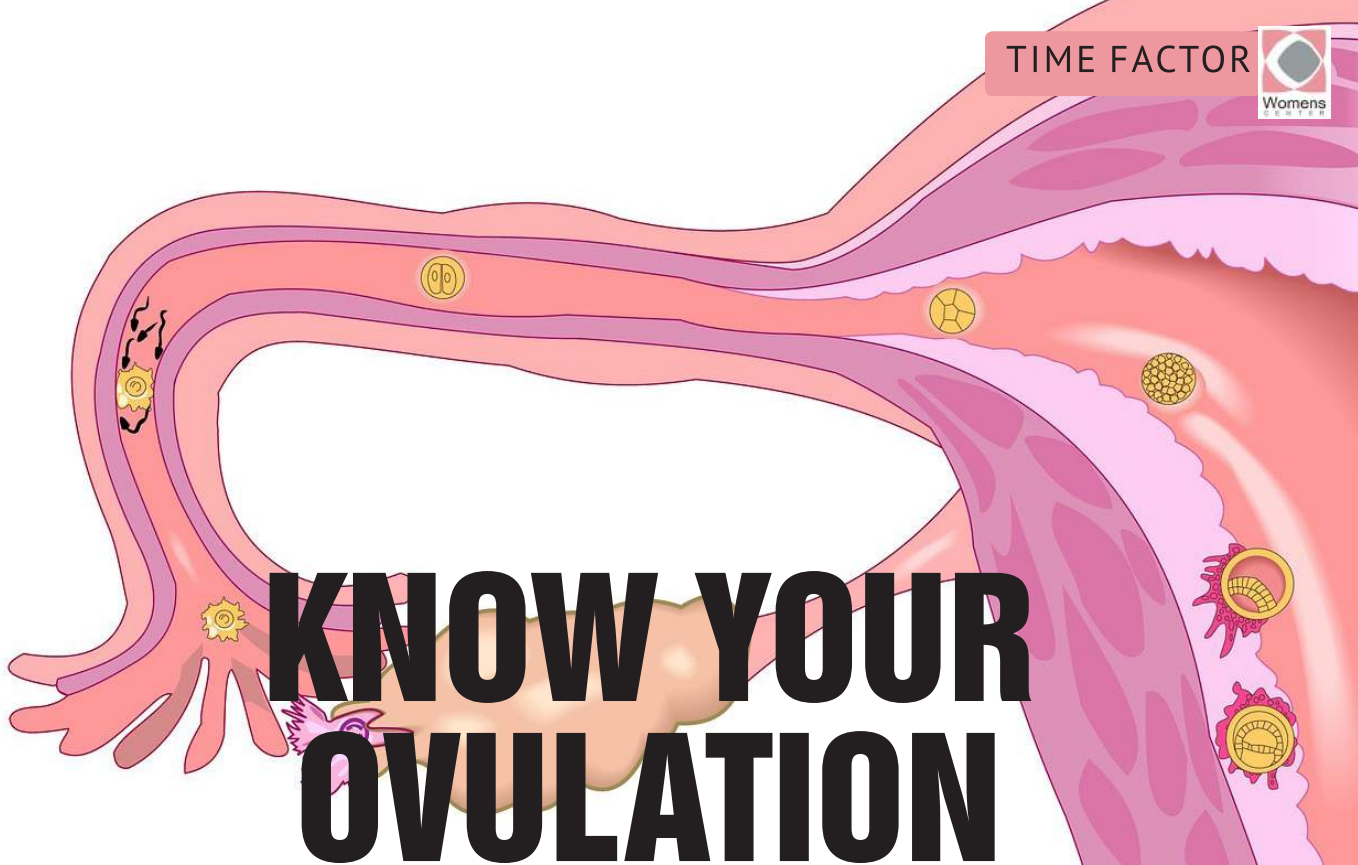
In the post-delivery scenario, there would definitely be sacrifices. But, do it with a joyful heart, do not do it because you feel you are duty-bound. Sacrifices done with a heart that is brimming in joy become sacred. It is such sacrifices which create the finest children in the world. Such a child will remain grateful to you, always. Such a child will remain connected to you, always. Hence, every time the child goes up on the rungs of the success ladder, the world will sit up and notice it. But, then the world will notice you too. For, after all, you are the mother!

As you begin your journey towards motherhood, you may have many nagging doubts. The doubts could range from ovulation to right eating, weight issues

to sleeping problems, morning sickness to exercise regimen and breastfeeding to post-delivery fatigue among others. Of course, there is also the issue overcoming fertility challenges. Through this edition, an attempt is being made to address most important pregnancy-

related issues, so that, you will be better prepared on your journey to motherhood. Needless to say, this edition will also help you understand why motherhood is the most blessed thing and why you have every reason to celebrate it. Welcome inside!





KNOW YOUR OVULATION

You may be planning a family. Despite many attempts, sometimes, you may still not be successful. There could be many reasons why you are not able to conceive. It could be due to a simple menstrual disorder. It could also be due to a complicated fertility issue. However, before coming to a conclusion and rushing to a doctor, it would be better if you understand the right ovulation period.

Healthy couples who are in their early 20s or early 30s and who are not on any birth control mechanism have a 20 per cent chance of getting pregnant during each monthly cycle. It is a high percentage considering the fact that you can conceive only around the time of ovulation. It is actually a small window of opportunity which remains open every month for about 12 to 24 hours during which time the egg is viable for fertilization.

It does not mean that you will be able to conceive only if you have sex during the ovulation period, because, the sperm will live to fertilize for a longer period than the egg. In other words, it

means even if you have sex a few days before ovulation there may be plenty of live sperm waiting for the arrival of the egg.

WHAT IS OVULATION?

When a mature egg is released from the ovary it moves down the fallopian tube and is available in the fallopian tube for fertilization. This process is called ovulation.

TRACKING YOUR OVULATION

To know the exact timing of the ovulation period, you need to work out the length of your average menstrual cycle. If day one is the first day of menstrual period, the last day is the day before the next period begins. Generally, ovulation happens about two weeks before the next expected period. It means if your average menstrual cycle is 28 days, then, it could be safely assumed that you ovulate around the 14th day. Hence, your most fertile days are 12, 13 and 14.

In case, you have longer periods say 35 days between periods, then ovulation happens on the 21st day and hence the most fertile days would be 19, 20 and 21. But, if you

are experiencing shorter periods, for instance 21 days between periods, then ovulation happens on the 7th day and your most fertile days would be 5, 6 and 7.

HOW DO YOU KNOW YOU ARE OVULATING?

Menstrual cycles can vary and they need not be as exact as clock work. So, to know the exact day of your ovulation you can observe your fertility signs. The most accurate methods include:

- 🔵 Keeping an eye out for changes in your mucus. Around the time of ovulation, the mucus would be clear, slick and slippery
- 🔵 You can use an ovulation predictor kit. Subtract 17 days from your average cycle length and start testing from this day. For instance, if you have a 28-day cycle start testing from the 11th day. A positive result indicates that you will be ovulating in the next 24 to 36 hours.
- 🔵 You can also know your ovulating time by recording your basal body temperature (BBT) each day before getting out of bed. Your BBT will rise by about half-a-degree Celsius after ovulation has occurred.



HOW TO OVERCOME THE MOST COMMON MISTAKES PREGNANT WOMEN COMMIT?

Unlike past, many people these days are health conscious. They seem to have a fairly good idea about right eating habits, the need to do regular physical exercise and why it is important to have annual medical checkup. Unlike past, many people today also see health from a holistic angle. In other words, they see health as the end-product of physical and psychological harmony. Yet, there is need for a greater awareness among expectant mothers. This is particularly so in the case of first-time mothers. What are the most common mistakes they commit during pregnancy? Let's explore:

Focus On Nutrition, Not Calories

The daily calorie requirement of a woman ranges roughly between 1800 to 2000 calories. But, the foetus growing inside does not need so many calories to grow and develop. Instead of adding to the calories, your focus should be on right nutrition. Going by the generally accepted thumb rule a pregnant woman would need only 300 calories more than her normal calorie intake. So, take care not to gain excess weight by adding up calorie intake. Excess weight can lead to conditions like preeclampsia, gestational diabetes. It could even necessitate a C-section during delivery.

What You Should Do?

It is very difficult to say how many kilograms a woman should gain during pregnancy, because, it is subjective and depends on various factors like age, health conditions and body parameters. But, do remember that weight gain during pregnancy should be consistent and gradual. However, on an average a weight gain of 11 to 14 kilograms is considered ideal. It would, however, be good to consult your doctor and dietician who can guide you properly.

Stay Off Self-Medication

Self-medication is a very dangerous thing. Sometimes, it could even be fatal. So, in general everyone should stay away from self-medication; especially expectant mothers. A pregnant woman should even refrain from using antacids, paracetamol and acne creams. Self-medication, use of over-the-counter medications and even undergoing harsh beauty treatments could lead to congenital abnormalities in the baby.

What You Should Do?

Never, ever self-medicate and make it a point to take only those pills prescribed your doctor. If you feel nauseated by your prenatal vitamins and iron doses, then a doctor should be consulted. Again you should take the help of your doctor if acidity, headache and acne trouble you.



Sleep Well, Wake Up Afresh

Many women work these days. Work pressure is so high that many of them even forego sleep. They keep working into late hours. If you are planning to get pregnant then you



should also know that it is not a nice idea to forego your sleep, because, pregnancy is a period during which women undergo physical and hormonal changes. Lack of sleep will add to pregnancy-fatigue. You need to be physically fit to go through the strains of labour and delivery. Hence, it is important to give some rest to your body.

What You Should Do?

Are you expecting? Do you sleep less than five to six hours a day? Then, it is time to change your sleeping

habit and it means you should certainly sleep more. Give a break to your routine and hit the bed an hour early and wake up an hour later from your usual timings. Also, it would be a good idea to take a power nap during your breaks at office. The whole idea is to get enough sleep and not oversleep. Oversleeping is like a kind of addiction. In the post delivery scenario, it would be difficult for your cope with your baby's erratic sleep cycles.

Chat With Your Baby Bump

Pregnancy is a stressful period. It can leave you tired and exhausted. This stress, this fatigue may not allow you to pay proper attention to your baby bump. Ignoring the baby bump is not very healthy, warn modern researchers. They also say that it is





essential for a pregnant woman to bond with her baby bump.

What You Should Do?

Understand that inside the bump is your baby. Don't think that the baby will need all your affection and caressing only after it comes out. The baby craves for your attention even while inside your womb. So, place your hand on the bump, caress it and also talk to your baby as much as possible. Talking to your baby bump will help in auditory stimulation, it will establish a sense of security, help in the stimulation of brain, besides developing parenting skills. So, don't think twice. Starting caressing your baby bump, start talking to it right away, because, you are talking to your baby at the end.

Exercise – A Must

Pregnancy is not a sickness. So, do not be a couch potato. Of course, you need to relax. But, that does not mean you should be totally lazy. If you think you are doing enough exercises because you climb the stairs or by involving in the routine domestic chores, then you are mistaken. These activities are not enough to burn the extra calories. Lack of exercise can do harm to your body. But if you do proper exercise it will prepare your body for labour and delivery. Proper exercise will also help the growth of foetal growth and development.

What You Should Do?

Start exercising from the initial days of pregnancy. Consult your doctor as to how to go about your exercises if you are a beginner. If you already in the gym discuss with your trainer who alter your regimen to suit your special needs. Also go for a walk after dinner or in the morning. You can also participate in pregnancy yoga. But, before you start exercising, talk to your doctor who can help you with valuable inputs and guidance.

Join Antenatal Class

Many women think that they know most details about pregnancy. But, do you know enough about postnatal care? How to breastfeed right? What should one eat to lactate well? What kind of exercises will help one during pregnancy? How to manage labour? Antenatal class will provide you with the information you seek and will prepare you well for the post-delivery scenario.

What You Should Do?

It is better to join an antenatal class when the pregnancy is in the nascent stage. This way you will have enough

time to learn the 'dos' and 'do nots' involved in pregnancy. The class will prepare you well besides it will also help you to get rid of unnecessary anxiety and stress.



ORIGINAL

भारत सरकार
GOVERNMENT OF INDIA

भारत के समाचारपत्रों के पंजीयक का कार्यालय
OFFICE OF THE REGISTRAR OF NEWSPAPERS FOR INDIA

पंजीयन प्रमाण-पत्र
CERTIFICATE OF REGISTRATION

प्रमाणित किया जाता है कि प्रेस और पुस्तक पंजीयन अधिनियम, 1867 के अन्तर्गत इस समाचारपत्र को पंजीयन कर लिया है।
This is to certify that this newspaper has been registered under the Press and Registration of Books Act, 1867.

1. समाचार पत्र का नाम Title of the Newspaper	WOMENS CENTER NEWS
2. समाचार पत्र की पंजीयन संख्या Registration Number of the Newspaper	TNENG/2015/66351
3. समाचार पत्र, प्रकाशित करने वाला समाचारपत्र कार्यालय का पता क्या है ? Language/Languages in which it is published	अंग्रेजी ENGLISH
4. प्रकाशक का शिवालय क्या है? इसकी स्थिति क्या है? प्रकाशक का नाम क्या है? प्रकाशक का पता क्या है? प्रकाशक का पता क्या है? Printer's Name, Address, and the day-time when it is published	अंग्रेजी MONTHLY
5. समाचारपत्र की वितरण शीघ्रता Rate of circulation	FREE DISTRIBUTION
6. प्रकाशक का नाम (अंग्रेजी में) Name of the Proprietor	K.S. GOVINDARAJAN INDIAN
7. प्रकाशक का पता (अंग्रेजी में) Address	1-5, RAJU NAGAR, METTUPALAYAM ROAD, COIMBATORE-401043, TAMIL NADU INDIAN
8. प्रकाशक का नाम (अंग्रेजी में) Name of the Proprietor	K.S. GOVINDARAJAN INDIAN
9. प्रकाशक का पता (अंग्रेजी में) Address	1-5, RAJU NAGAR, METTUPALAYAM ROAD, COIMBATORE-401043, TAMIL NADU INDIAN
10. प्रकाशक का नाम (अंग्रेजी में) Name of the Proprietor	G.K. PRINTEES INDIAN
11. प्रकाशक का पता (अंग्रेजी में) Address	7, KARFAGA VINAYAGAR NAGAR, POLLACHI MAIN ROAD, OTHAKALMANDAPAM, COIMBATORE-441022, TAMIL NADU INDIAN
12. प्रकाशक का नाम (अंग्रेजी में) Name of the Proprietor	WOMENS CENTER AND HOSPITALS PVT. LTD., 1-5, RAJU NAGAR, METTUPALAYAM ROAD, COIMBATORE-401043, TAMIL NADU
13. प्रकाशक का पता (अंग्रेजी में) Address	WOMENS CENTER AND HOSPITALS PVT. LTD., 1-5, RAJU NAGAR, METTUPALAYAM ROAD, COIMBATORE-401043, TAMIL NADU

दिनांक: 04 MAR 2016

(एच. एम. खान S.M. KHAN)
भारत के समाचारपत्रों के पंजीयक
REGISTRAR OF NEWSPAPERS FOR INDIA

डाकूना संख्या: WOMENS CENTER AND HOSPITALS PVT. LTD.

ABOVE THIRTY FIVE? BE CAUTIOUS!

People get married these days a bit late. There are various reasons for this; the predominant reason being steady and stable income. Late marriage also delays pregnancy. It is an automatic process. However, if you are getting married late, it is always advisable to start your family early. For, getting pregnant after the age of 35 has its own challenges ranging from fertility issues to labor and delivery. However, if circumstances do not permit you start the family till 35 years, then, don't get disappointed; do not think all is lost. There is still room for pregnancy though you need to minimize the risks involved in late conception. If you are 35 and want to achieve motherhood, you should remember the following:

Get in shape physically and mentally before you get pregnant. It means ensuring you are at a healthy weight. Women who are obese (those with a body mass index (BMI) of 30 or higher) are likely encounter more difficulties in getting pregnant. They are also likely to develop gestation diabetes which can lead to further complications. Fertility treatment is also less likely to work in such women. So, ensure that you are in perfect health if you aspire for motherhood. In case, you have weight issues, do consult your doctor before planning your family.

Getting pregnant after the age of 35 can bring about lots of stress in your life, especially, in an era where employment instability brings about economic chaos. Based on convincing evidence researchers all over the world concur, that acute stress (the fear of losing one's job) and chronic stress (hating one's job) can negatively affect the pregnancy and also the baby. In the event of such a scenario, it would be better if one begins taking prenatal vitamin even before planning the family in consultation with doctor.

If you are above 35 and planning to get pregnant you should start by giving up bad habits. It means quitting smoking and cutting out on alcohol. Smoking and excessive drinking can take a toll on your fertility. Smoking or excessive drinking can also affect the health of your baby. So, it is necessary for you clear your body from all toxins even before you plan your family.

Pregnancy-related fatigue could be severe in case you are planning a family after the age of 35. So, you have to find ways and means to get rid of the fatigue and stress. The best way to do this is to give your body adequate rest. In other words it means you need to sleep very well because it is very healing. Even if you sleep for 45 minutes every afternoon can help reduce excess fluids and improve blood flow to the baby. Besides, if you sleep well it will also help your baby grow faster since it is during the sleep time the body releases growth hormones.

Carbohydrates

Proteins

Vegetables



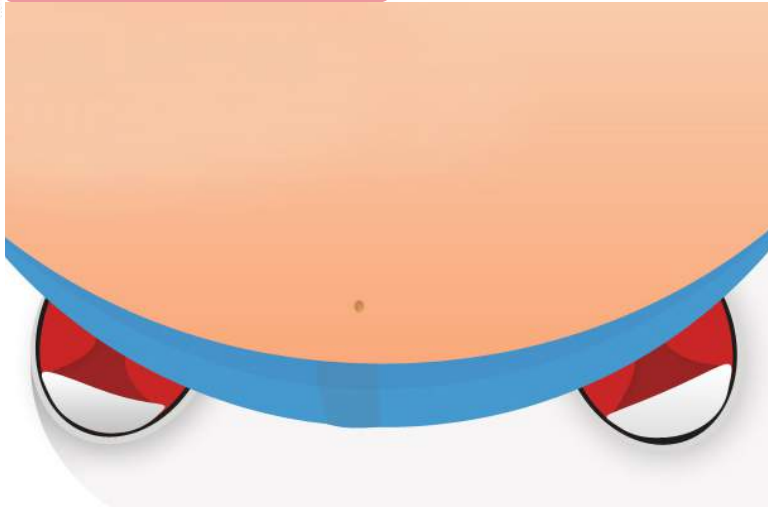
HEALTHY FOOD

There is a lot of emphasis on diet during pregnancy. However, most expecting mothers do not get the basics right. They have no idea what amounts to right eating and which provides great nutrition. Many women try to increase their fat intake by including dairy products. In the process, they ignore carbohydrates and proteins. The following tips will help the expecting mothers:

- ▶▶ Expecting mothers should make it a point to eat a balanced diet and include foods from all food groups. So, do not forget to include leafy greens, fresh fruits and dairy products. They will provide you with macro and micro-nutrients contributing towards foetal development.
- ▶▶ Anemia needs to be prevented during pregnancy and hence you will need lots of irons which will help in the development of red blood cells. This ensures better oxygen circulation to every part of the body. Besides the supplements you should add food sources rich in iron including leafy green vegetables, beet, sprouts, drumsticks etc.
- ▶▶ If you are expecting, you should make dried fruits a must. They will instantly boost your energy and add a lot of fiber too. If you have a sweet tooth, then you can also include dried figs. Being a source of dietary calcium, they will also prevent constipation.
- ▶▶ It is necessary that your body gets a constant supply of good proteins. Instead of banking on animal protein you can look out for such proteins in vegetables. However, to up your intake of omega 3 fatty acids, you should have at least two servings of fish a week. You can also consume legumes, pulses and beans because during pregnancy you need 10 gram of extra protein daily to supplement the need of your growing baby. Proteins will also help you fight pregnancy-induced fatigue.
- ▶▶ It is advisable to add vegetable juice or soup to your diet plan. You can have this in between meals as a small snack.

Milk does help. But, that does not mean you should gulp down too many glasses of milk. The thinking that milk is the ultimate mantra for help is a misconception.

- ▶▶ During the first three months, many women suffer from morning sickness. To overcome this problem, you can try eating a toast or drinking a glass of ginger juice. They help excellently in relieving nausea.



YOUR CHILD IS 40% LIKELY TO INHERIT YOUR OBESITY

Worried about your kid's ever increasing waistline? Blame your level of obesity, as according to a new study, kids are nearly 35-40 per cent likely to inherit the body mass index (BMI) -- how fat or thin they are -- from their parents.

The findings showed that for children who are in the heavy obese category, the proportion rises to 55-60 per cent, suggesting that more than half of their tendency towards obesity is determined by genetics and family environment.

Conversely, the 'parental effect' was found to be the lowest for the thinnest child, as opposed to being the highest for the most obese child.

For the thinnest child their BMI is 10 per cent due to their mother and 10 per cent due to their father, whereas, for the fattest child this transmission is closer to 30 per cent due to each parent.

"This shows that the children of obese parents are much more likely to be obese themselves when they grow up - the parental effect is more than double for the most obese children as compared to what it is for the thinnest children," said lead author Peter Dolton, Professor at the University of Sussex in Britain.



Laughter Therapy

Patient: Doc, is it true, that if I ate a lot of carrots, I won't need glasses?
 Doctor: Sure, have you ever seen a rabbit with glasses?

A surgeon goes to return some books borrowed from the library...

The librarian quips after checking the books....

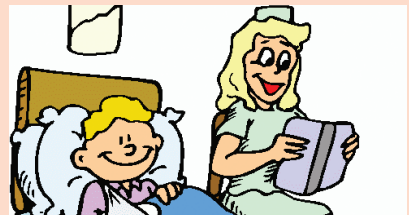
"Sir your books are always returned with the last page missing in every book..."

The surgeon replies...

"I can't stop myself from removing an appendix when ever I see one, be it in a person or a book."

Two little kids are in a hospital, lying on stretchers next to each other, outside the operating room. The first kid leans over and asks, "What are you in here for?" The second kid says, "I'm in here to get my tonsils out and I'm a little nervous." The first kid says, "You've got nothing to worry about. I had that done when I was four. They put you to sleep, and when you wake up they give you lots of Jell-O and ice cream. It's a breeze!" The second kid then asks, "What are you here for?" The first kid says, "A circumcision." The second kid says, "Whoa! I had that done when I was born. I couldn't walk for a year!"

A patient complained to his doctor, "I've been to three other doctors and none of them agreed with your diagnosis." The doctor calmly replied, "Just wait until the autopsy, then they'll see that I was right."





**We take
care of your
health
like a
mother does!**

It's not just about infertility .
We take care of every
conceivable health issues
pertaining to women.
We've the best infrastructure,
best doctors. We give you
personal care. All done with
an infectious smile!



Womens Center

Chennai | Coimbatore | Salem | Tiruchirappalli | Tuticorin

146B Metupalayam Road,
Coimbatore - 641043, Tamil Nadu, India
+91 422 420 1000,
Email: info@womenscenterindia.com,
www.womenscenterindia.com





We Give Birth To Mothers, Not Just Children

“The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother never”, it is said. That is exactly what happens at Womens Center. For over three decades, it’s successfully given birth to hundreds of healthy mothers and equally healthy children. It has the latest technology, expertise and experience. So, get real if you think motherhood is a distant dream. Berth with Womens Center and witness the birth of the mother in you. It can help find your bundle of joy!



WOMENS

CENTER



Womens Center

146B Metupalayam Road,
Coimbatore - 641043, Tamil Nadu, India
+91 422 420 1000,
Email: info@womenscenterindia.com,
www.womenscenterindia.com

Chennai | Coimbatore | Salem | Tiruchirappalli | Tuticorin

Content, Copywriting, Design & Artwork :

IQC World, Door No. 36, Mayura Apartments, Punnakkal, Elamakkara, Kochi, 682026, ☎ + 91 9446835902 ,
Email: editor@iqcworld.com , www.iqcworld.com