

PREGNANCY AND LOW BACK PAIN

Pregnancy can be described as a union of cells from a female and a male species and bring up new offspring of the species, both in human, animal and every other living thing. The offspring is a replica of the parent. And it continues like that in all generation.

In this article we would be talking about the Human Reproduction

Pregnancy in human is a period when there is development of live or lives in a woman's womb. A live when it is only one offspring or lives when there are two or more offspring in the woman's womb.

In human: pregnancy occurs in two ways;

1. Sexual intercourse
2. Assisted Pregnancy

The world is populated with human today from fusion of live substances from a man and a woman and this come together to bring up another human.

In human, pregnancy last up to 40 weeks which is equivalent to 9 months.

Pregnancy is divided into Trimesters (1st, 2nd, and 3rd trimesters)

First Trimester; This period covers from the first month of conception to the third month of pregnancy, this is basically about 12 weeks from pregnancy.

Second Trimester; This from the period of three months to the period of six months. Basically, twenty fourth month of pregnancy

Third Trimester; This is from the period of sixth month to the period of ninth months. Basically about 38 weeks when measured from conception. You find out

that in every of pregnancy each month lasts to about 29 1/2 days

Any birth that occurs within 37 to 40 weeks is normal but in terms of maturity, a birth that occurs below 37th week is premature birth and has low survival rate. Births that occur within the period of 38 to 40 weeks is within post mature date. Once after this date surgical intervention must be sought if not there will be intra uterine death.

Embryo development

The embryo develops from the fusion of spermatozoa (sperm cell) and the ovum

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(egg) hence the name embryo and this is the first stage of human development (conception) after the fertilized egg has travelled from the fallopian tube and has attached itself to the uterus. It is called embryo till a certain stage (about first 8 weeks) when it is called foetus till birth.

First trimester is a very delicate stage. In this stage miscarriage is easy which is death of the embryo

Symptoms of Pregnancy

1. Missed period
2. Breast enlargement
3. Pigmentation of your breast
4. Nausea and vomiting
5. Frequent urination
6. Excessive hunger

You can check yourself for your pregnancy using pregnancy test stripes. You are pregnant if the result shows positive. Or you may go to your health provider to check if you are not confident to do so by yourself.

PEOPLE WHO MAY HELP YOU ARE;

- MIDWIVES
- OBSTETRICIANS

How Pregnancy Affects Your Pelvic (HIP) Bone

Low back pain occurs in almost all the pregnant women especially from the second month of pregnancy, when the weight of the embryo starts to increase, and the mother is adding weight due to hormone action.

low backbones comprise of sacrum, ilium and OS coxa. Posterior sacroiliac ligament joins these bones (Ilium and sacrum) and low vertebral column uniting them through OS coxa forming the hip joint. This is where all the weight of the upper body rest then with pregnancy some women experience pain in the back.

THE FOODS YOU WILL EAT

All foods are important for the pregnant women. You are not allowed to diet yourself

because every class of food is very important for you to keep healthy with <https://pregnancyandlowbackpain.com>

your baby. When you feed well during your pregnancy you will be able to carry your baby comfortably without stress.

<iframe width="789" height="444" src="https://www.youtube.com/embed/T-bUdY9mET4" frameborder="0" allow="accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture" allowfullscreen></iframe>If you don't feed well, you will be exposed to certain illness due to lack of essential vitamins and minerals found in the food we eat.

It is only when you have health issues like Diabetes, high blood pressure or any other health problem that your health provider may decide to place you on diet with constantly checking your health condition.

Your weight and size do not matter too much during pregnancy, whether you are

obese or slim you must be eating enough food to be able to keep fit with your baby

all through the pregnancy, delivery and after. The study showed that those who eat

enough healthy food with good exercise deliver healthy and strong babies

When you are not pregnant you may worry about your weight but when you are pregnant the pregnancy hormone and the increasing weight of the baby alone increase your weight then why should it bother you if you add weight.

You and your baby need a lot of vitamins and minerals and it is through the food you eat you will be getting them. You can add some supplements to your daily intake because only food may not be enough to get all the nutrients you and your baby need.

These are foods when you take them might cause you to be ill because some of them contain microbes that cause food poisoning. They can poison you and your baby. They are; some fish, Raw meat, Vitamin A, Liver, Cheese,

Do not take Raw milk either of cow, goat or sheep or any product they are made of like soft goat cheese. Make sure that every milk is pasteurized before you take it.

Do not eat a raw egg or undercooked egg or any product made with them like home-made or Mayonnaise. Make sure they are cooked to hard before you take them.

Eat moderate carbohydrate, this is what will add your weight if you overeat it. Check your weight regularly to make sure you are within normal. Overweight will put pressure on your hip bones thereby causing your low back pain. <https://pregnancyandlowbackpain.com>

Should I eat snacks and still avoid low back pain?

As I said earlier, your baby needs plenty of minerals and vitamins for maturity and

development so you are advised to eat plenty of fruits and green leafy vegetables

where you can get folate (folic Acid), vitamin B groups (B12, B6 etc), Vitamin C, Vitamin D.

most of the times you cannot get enough vitamins you and your baby need in food

so, you will need food supplements to supplement your food

Listed below are the snacks that are safe for you, they are not going to add much weight to you like carbohydrate and some protein

- Veggies or chips with guacamole
- 1 medium Apples and hard cheese like jack, cheddar, and Monterey
- Egg on an English Muffin
- Mellon with lime
- Toaster waffle with almond butter and pear

What You Must Pay Attention to During Your Pregnancy Are;

1. Diet
 2. sleep
 3. Exercise
 4. Position
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