CONSTIPATION

- Difficulty passing stools. In severe cases, loose stools or vomiting. If needed, try a short course of omeprazole.
- Avoid straining, use moist toilet paper and avoid waterless hand Sanitizers, which can be a cause of urinary tract infections.
- Do not take enemas or suppositories as a first line of treatment. These can irritate the bowel and cause diarrhea.
- Probiotics may help improve gut health and reduce the symptoms of constipation.
- If constipation is severe, consult a doctor or midwife to rule out other possible causes.

HAEMORRHOIDS

- Painful, bleeding or non-bleeding piles. To avoid straining, use a lubricating jelly, avoid straining, and take a warm bath.
- Hemorrhoids can be treated with over-the-counter topical creams or suppositories. If severe pain or bleeding persists, consult a doctor or midwife.
- Avoid constipation and diarrhea, which can increase the pressure on the veins in the rectum.

STRETCH MARKS

- Narrow pink or purple lines that appear on the skin. These are often more common in women who have gained or lost a lot of weight.
- To improve the appearance of stretch marks, try using a moisturizer that contains Shea butter or cocoa butter.

HAEMORRHoids

- Possible symptoms include: bleeding, pain, itching, swelling, and rectal bleeding.
- Treatment options include: lifestyle changes, dietary changes, and medical interventions.
- If severe, refer to GP for pharmacological treatment.

Dietary fiber helps to improve gut health and reduce the symptoms of constipation.
- Foods high in dietary fiber include: whole grains, fruits, vegetables, legumes, and nuts.
- Probiotics may also help to improve gut health and reduce the symptoms of constipation.

Morning sickness

- Possible symptoms include: nausea, vomiting, and feeling tired.
- Treatment options include: lifestyle changes, dietary changes, and medical interventions.
- If severe, refer to GP for pharmacological treatment.

ANAEMIA

- Possible symptoms include: feeling tired, pale skin, dizziness, and shortness of breath.
- Treatment options include: lifestyle changes, dietary changes, and medical interventions.
- If severe, refer to GP for pharmacological treatment.

FATIGUE

- Possible symptoms include: feeling tired, sluggish, and low energy levels.
- Treatment options include: lifestyle changes, dietary changes, and medical interventions.
- If severe, refer to GP for pharmacological treatment.

SOFT TISSUE INJURIES

- Possible symptoms include: swelling, redness, warmth, and pain.
- Treatment options include: lifestyle changes, dietary changes, and medical interventions.
- If severe, refer to GP for pharmacological treatment.

THE PREGNANCY BODIEs

- Possible symptoms include: abdominal pain, vaginal bleeding, and contractions.
- Treatment options include: lifestyle changes, dietary changes, and medical interventions.
- If severe, refer to GP for pharmacological treatment.

Irritable Bowel Syndrome

- Possible symptoms include: abdominal pain, bloating, and changes in bowel habits.
- Treatment options include: lifestyle changes, dietary changes, and medical interventions.
- If severe, refer to GP for pharmacological treatment.

INFECTIONS

- Possible symptoms include: fever, fatigue, and pain.
- Treatment options include: lifestyle changes, dietary changes, and medical interventions.
- If severe, refer to GP for pharmacological treatment.

INFECTIOUS SYSTEM

- Possible symptoms include: fever, rash, and body aches.
- Treatment options include: lifestyle changes, dietary changes, and medical interventions.
- If severe, refer to GP for pharmacological treatment.

OBSTETRIC MORTALITY

- Possible symptoms include: bleeding, vaginal discharge, and contractions.
- Treatment options include: lifestyle changes, dietary changes, and medical interventions.
- If severe, refer to GP for pharmacological treatment.