

# A Guide to Happy Motherhood



# Do's in Pregnancy

- Stay active
- Eat well, especially foods rich in IRON & PROTEIN
- Drink extra fluid especially water
- Wash hands especially after handling raw meat or using the toilet
- Go to bed early, aim for 7 - 9 hours sleep
- Gain a healthy amount of weight.

## Healthy Food During Pregnancy



# Exercise in Pregnancy

Becoming active and exercising at least 30 minutes on most, if not all day of the week can benefit your health during pregnancy.



Pelvic Floor Exercise



Walking



Yoga



Stretching



Swimming

## Some Of The Benefits Of Exercise:

- Boost your mood & energy level
- Promote muscle tone, strength & endurance
- Help you sleep better
- Reduce backaches, constipation, bloating & swelling
- Prevent excess weight gain
- improve your ability to cope with labor

# ANAEMIA IN PREGNANCY

One of the common clinical condition faced during pregnancy is ANAEMIA

## WHAT IS ANAEMIA?

Anemia is a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues

## SYMPTOMS

- Fatigue
- Weakness
- Shortness of breath
- Increased heart rate
- Headache
- Dizziness or lightheadedness
- Looking pale
- Cold hands & feet



## COMPLICATIONS OF ANAEMIA

- Hypoxia (Lack of oxygen) • Tiredness • Fainting

## CAUSES OF ANAEMIA

- Loss of blood due to heavy menstrual bleeding.
- A diet low in iron, Vitamin B12 and Folic Acid
- Malaria Fever
- Regular use of drugs like Aspirin

ISSUED IN PUBLIC INTEREST BY MEGA LIFESCIENCES; MAKER OF:

# FERROTONE

Ferrous Fumarate 162.0mg (53 mg elemental iron) + Folic acid 750mcg + Vitamin B<sub>12</sub> 7.50mcg

Happy  
Motherhood



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