

True-False Questions

1. A pregnant woman needs an extra 1,000 calories per day for her baby
2. During pregnancy blood volume increases about 50% and accounts for 3-4 pounds of weight gain
3. Average weight gain in pregnancy for a healthy weight woman is 10 pounds
4. The best cure for morning sickness is to not eat in the morning
5. Deli meats should be heated until steaming hot before you eat them
6. Motrin is a great medicine for aches and pains in pregnancy
7. Smoking in pregnancy doubles your chance of having a miscarriage
8. Women are at increased risk of domestic violence when they are pregnant
9. You should call our office right away if you have bleeding (like a period), abdominal pain, are vomiting so much that you can't hold down liquids or feel overwhelming anxiety or depression

Answers

1. F, average woman needs 300 additional calories/day and 10 grams of protein for baby (snack ideas hand/out)
2. T
3. F, 25-35 pounds, more for underweight women and less for overweight women
4. F See h/o nausea remedies
5. T, see food don'ts h/o for things to avoid in pregnancy
6. F, NSAID's, like Ibuprofen, motrin, advil should be strictly avoided in pregnancy
7. T, smoking in pregnancy also increases your risk of preterm delivery, dangerously small baby and SIDS, let us help you quit
8. T
9. absolutely!