

B. DISCOMFORTS OF PREGNANCY

MODULE 2

When you are pregnant, your body changes a great deal. Certain changes may cause normal discomforts. In most cases, you will not need medication or treatment to find relief.

It is also important to note that not all women will feel the discomforts mentioned in this section. In general, if you follow a healthy diet and remain active, you will feel less discomfort during these nine months.