

## **a. Breast Changes**

### MODULE 2

#### **Causes**

For most pregnant women, the breasts change from the beginning of the pregnancy until the baby's birth. Your breasts may increase in size. Superficial veins may be prominent and you may feel tingling around the nipples. The dark pigmented area around the nipple (areola) may increase in size and become darker. The little lumps found on the areola may become more apparent.

The following diagram illustrates breast changes during pregnancy.



As pregnancy progresses, you may notice a yellowish, sticky liquid running from your nipples. It is the colostrum that your breasts produce before producing milk. All these changes prepare your body to produce milk so you can feed your baby.

#### **What can I do?**

- If your breasts are tender and painful, wearing a maternity bra could help you.
- It is important to wear a good bra when exercising or being active.
- Certain women wear a bra during the night because they feel more comfortable.
- Do not hand express or pump your breasts during pregnancy as this can start labour (the hormone, oxytocin, which contracts the uterus, is released). You can wear nursing pads if your breasts are leaking.