

Smoking makes the following pregnancy complications more likely:

- Nausea and vomiting (morning sickness).
- Ectopic pregnancy.
- Placental abruption, where the placenta comes away from the uterus wall before your baby is born.

### 9. Get some rest

The fatigue you feel in the first few months is due to high levels of pregnancy hormones circulating in your body. Later on, it's your body's way of telling you to slow down. If you can't sleep at night, try to take a quick nap in the middle of the day to catch up. If that's impossible, at least put your feet up and try to relax for 30 minutes.

If backache is disturbing your sleep, try lying on your left-hand side with your knees bent. Placing a wedge-shaped pillow under your bump may help ease the strain on your back.



## HEALTHY LIFESTYLE

*The decisions you make today can have an enormous impact on your future and this could not be more true when it comes to your health. Despite having choice and control when it comes down to lifestyle factors - such as what we eat, how often we exercise, whether we choose to smoke and the amount of alcohol we drink, lifestyle diseases remain a leading cause of death.*

Living an unhealthy, sedentary lifestyle can lead to the following chronic and fatal conditions:

- Obesity
- Diabetes
- High Cholesterol
- High Blood Pressure
- Heart Attacks
- Strokes, and many others.



It is important to choose to live a healthy lifestyle and this can be done by:

- Exercising
- Eating healthy meals
- Avoiding alcohol
- Not smoking
- Not abusing Drugs
- Utilizing stress management techniques
- Getting adequate amounts of rest

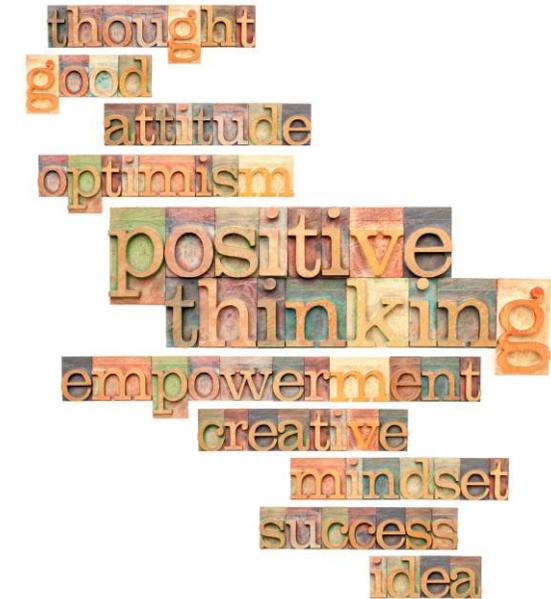
It's no surprise many people are planning to live a healthier lifestyle in 2015 but all too often those good intentions are forgotten a few weeks into the New Year. This is a reminder not to give up on your resolution and ensure that you make the most of 2015.



### The Best Protection is Early Detection - Anon

#### This month we focus on:

- Cancer
- Pregnancy
- Healthy Lifestyle



There are two very important messages this month: **Screening for Cancer and Living a Healthy Life Style.** Many cancers can be detected early, hence screening for cancer is a critical element in successful treatment as the earlier detected the easier to cure! The work place can play an important part of staying well. Many companies do annual examinations that are

based on the risk of the work place; the modern trend is to also look at each person's personal risk. This can be achieved by running wellness days as part of a healthy life style programme where a detailed history & basic examinations are performed, from this each person's risks can be measured & then referred for investigation.

Dr. RB Malkin

### References

- <http://www.babycentre.co.uk/a536361/10-steps-to-a-healthy-pregnancy#ixzz3PLY3e9yc>
- <http://www.allianz.com.au/life-insurance/lifestyle-health-issues>
- <http://www.livescience.com/2435-10-tips-avoiding-cancer.html>



# CANCER

Our focus this month will be on Cancer prevention. Many people think cancer is entirely genetic and cannot be avoided but that's not true. Being healthy can prevent Cancer.

Here are 9 lifestyle changes that may improve the odds against cancer:

**1** Don't smoke or use any other tobacco products.

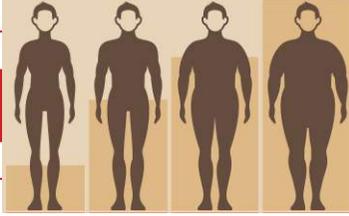


**2** Get screened for cancer regularly.

**3** Avoid drinking alcohol often (no more than 2 drinks per day for men and 1 drink per day for women).

**4** Protect your skin, use sunscreen every time you go outdoors (SPF of 30 ) and keep covered with a broad hat and sunglasses.

**5** Keep a physically active lifestyle (any exercise that raises your heart rate and makes you sweat will be beneficial).



**6** Keep your weight in the normal range for your height. (check your BMI).

**7** Avoid taking menopausal hormone therapy. If you need to take hormones, limit your use to less than five years.

**8** Avoid exposures to cancer-causing substances. Radiation exposures and some chemicals are known to cause cancer.

**9** Eat a cancer-risk-reducing diet. Research suggests that a plant-based diet is associated with reduced risks for several cancers, especially for colon cancer.



# PREGNANCY

During pregnancy awareness week it is important to strengthen pregnancy education and talk about issues that promote a healthy pregnancy and a secure motherhood.

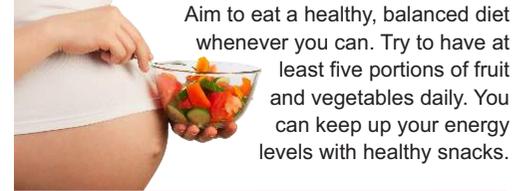


## TIPS FOR A HEALTHY PREGNANCY

**1. See your doctor or midwife as soon as possible.**

As soon as you find out you're pregnant, get in touch with your GP or a midwife to organize your antenatal care. Organizing your care early means you'll get good advice for a healthy pregnancy right from the start. You'll also have plenty of time to organize any ultrasound scans and tests that you may need.

**2. Eat well**



Aim to eat a healthy, balanced diet whenever you can. Try to have at least five portions of fruit and vegetables daily. You can keep up your energy levels with healthy snacks.

**3. Take a supplement**

Pregnancy vitamin supplements aren't a substitute for a balanced diet however they can help if you're worried you're not eating well. Important supplements include folic acid and vitamin D. Talk to your doctor about supplementation.

**4. Practice good Hygiene**

Always keep yourself and your environment clean so that you avoid becoming ill while you are pregnant.

**5. Exercise regularly**



Regular exercise has many benefits for mums-to-be. It can:

- Build your strength and endurance.
- Make it easier for you to get back into shape after your baby is born.
- Boost your spirits and even help to ward off depression.

**Good exercise choices for pregnancy include:**

- brisk walking
- aquanatal classes
- pilates
- swimming
- yoga

**6. Cut out alcohol**

Any alcohol you drink rapidly reaches your baby via your blood stream and placenta. Cutting out alcohol completely will ensure a healthy pregnancy.

**7. Cut back on caffeine**

Coffee, tea, cola and energy drinks are mild stimulants. There are concerns that too much caffeine may increase your risk of a miscarriage. It's also thought possible that too much caffeine may contribute to your risk of having a low-birth-weight baby.

Current guidelines state that up to 200mg of caffeine a day won't hurt your baby. That's the equivalent of two mugs of instant coffee. Decaffeinated tea and coffee, fruit teas and fruit juices are all safe alternatives.

**8. Stop smoking**

Smoking during pregnancy can cause serious health problems, for you and your baby. These risks include an increased risk of:

- miscarriage
- low birth weight
- premature birth
- cot death (SIDS)