

The aches and pains of pregnancy: Causes and treatments

Pregnancy is a period filled with joy, wonder and emotion. But these happy feelings are often accompanied by functional disorders, also known as the aches and pains of pregnancy, caused by the changes occurring in your body.

Although most pregnant women experience these discomforts, **symptoms** are generally mild and **temporary**, mainly consisting in **gastrointestinal issues**, **lower back pain** and **venous problems**.

Nausea and **vomiting**, commonly known as morning sickness, may occur at the beginning of the pregnancy and disappear spontaneously between week 16 and 20¹. Its causes remain unknown, but are commonly believed to be an increase in the levels of the hormones **HCG**, progesterone, estrogen and ACTH^{1,2}. The use of **natural remedies** such as ginger supplements or acupuncture can bring relief^{1,2}. **Constipation** is another frequent side-effect of pregnancy, caused by hormone changes and the compression of the intestines by the uterus. It can be managed by **increasing your fiber intake**, **drinking plenty of water** and **exercising**¹.

Towards the end of the pregnancy, **lower back pain** and **varicose veins** may appear due to weight gain. Lower back pain, which is also linked to a relaxing of the ligaments and changes in posture, can be eased by **water aerobics**, **massage** and **lumbar support belts**^{1,2}. Relief for varicose veins can be obtained by wearing **compression stockings** or by improving circulation by **walking**, **raising the legs** and **avoiding exposure to heat**¹.

If, despite your efforts, you can't find relief, do not self-medicate. Instead, contact your doctor for advice.

Commenté [A1]: coquille en FR, l'ordre des lettre est erroné

¹ https://www.has-sante.fr/portail/upload/docs/application/pdf/femmes_enceintes_recos.pdf

² <http://www.cnsf.asso.fr/doc/747AB9E6-5056-9C00-417B1C6D9FCBF3F3.pdf>