



BLISTER

A raised area of skin containing watery fluid; may be painful to the touch

FRICITION

Blisters are most commonly caused by friction against the skin. Shoes that don't fit well, or constant use of work tools, are usually responsible for blisters on the feet and hands, respectively.

Symptoms:

- A raised area of the skin, filled with a watery fluid
- Pain, when raised area is touched

DO:

- Keep the blister clean and intact. Protect with a bandage if necessary.
- If the blister breaks, clean the area with soap and water, and cover with a bandage.
- If the blister commonly occurs on your feet, make sure you wear shoes that fit well.

DON'T:

- Don't burst the blister. Protect it as much as you can so it can heal on its own.

Protect blister with a bandage, if necessary, to keep it clean and intact.



BREAST PAIN

Tenderness, swelling or pain in the breast

CAUSES

MASTITIS

A milk duct that is blocked is the cause of breast discomfort and pain in mastitis. The breasts producing milk are not being drained properly, causing a build-up of milk inside the breast that leads to swelling and pain.

Symptoms:

- Tenderness and pain in the breast
- Swelling of the breast
- Presence of tender lumps in the breast
- Fever
- Dry or cracked nipples

DO:

- Drain the breast by nursing your child, or you may use a breast pump.
- Try a more comfortable feeding position.
- Take a warm shower or apply a warm compress to the breast to help relieve the discomfort.
- Examine your breasts to check for lumps and areas of discomfort.
- If you have a fever or suspect that the lumps are not due to milk ducts, seek help.

DON'T:

- Don't treat the discomfort as a sign that you must stop breastfeeding. The discomfort is often short-lived and your baby will greatly benefit from your choice to breastfeed.



BREAST PAIN

Tenderness, swelling or pain in the breast

CAUSES

MILK PRODUCTION

Breast tenderness and discomfort is common with women a few days to several weeks after childbirth. The breast swells as milk is produced, and the pain may be relieved by breastfeeding.

Symptoms:

- Tenderness and pain in the breast
- Swelling of the breast

DO:

- Breastfeed.
- Take warm showers or apply warm compresses to the breasts to help relieve discomfort.



Breastfeeding your baby is not only healthy, it also promotes bonding between mother & child.

DON'T:

- Don't treat the discomfort as a sign that you must stop breastfeeding. The discomfort is often short-lived and your baby will greatly benefit from your choice to breastfeed.

PRE-MENSTRUAL SYNDROME

See page 118.

BREATHING DIFFICULTY

Having trouble breathing

ASTHMA

See page 125.

HYPERVENTILATION

One suffering from hyperventilation breathes rapidly and deeply, to the point of losing an abnormal amount of carbon dioxide from the blood. This may happen in stressful situations, and is accompanied by a feeling of panic and tingling hands. Breathing exercises can be utilized in this instance to help one stay calm.

Symptoms:

- Difficulty in breathing
- Feeling of anxiety and panic
- Tingling feeling in hands and mouth

DO:

- Sit down and focus on slowing down your breathing.
- Hold a paper bag to your nose and mouth and breathe in and out. This will help increase the carbon dioxide in your blood.

DON'T:

- Don't panic. Once you slow down and get control of your breathing, the symptoms will subside.