



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.