

# Pregnant pause for thought

July 20 2018, by David Bradley

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Pregnancy by all accounts can be an uncomfortable business with its ups and downs and periodic problems. Indian researchers list morning sickness, backache, bladder and bowel problems, changes in skin and hair, cramps, swelling, the emergence of varicose veins, fatigues, headache, and indigestion as some of the issues.

To that list, you could perhaps add haemorrhoids, [high blood pressure](#), and various other conditions that might arise temporarily or persist post-partum. They point out that many women will seek advice from a qualified medical professional and a conventional prescription while others may turn away from evidence-based medicine and seek alternative therapies.

There is, however, they point out a whole raft of concerns with seeking non-prescription therapies, side effects, not least, but also the risk of harm to the unborn baby or even miscarriage. Their study shows a correlation between age and number of dependents and a woman's attitude to [prescription medicines](#) or otherwise. The team suggests that the government has a role to play in educating women about diet and medicines during pregnancy.

**More information:** Vasumathi, A. (2018) 'Pregnant women's perception towards the prescription given by the doctors', Int. J. Services and Operations Management, Vol. 30, No. 3, pp.371–382.

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