



Don't Let Morning Sickness Destroy Your Summer Fun

by Dr. Jenn Berman

There is nothing like nausea to destroy your summer fun or dampen the excitement of a new pregnancy. According to Dr. Jessica Schneider, a Century City obstetrician and gynecologist, "Morning sickness is a non-medical term that most people use to refer to the nausea and vomiting associated with pregnancy." As she points out, "It is a misnomer because it doesn't just confine itself to the morning" It often occurs throughout the day and night and extends far beyond the first trimester.

Why Morning Sickness?

There are many different theories about why pregnant women experience morning sickness, such as: increased levels of the hormone HCG; lowered blood sugar levels due to enzymes that help the fetus and placenta attach to the wall of the uterus; a higher rate of T1 cells; lower levels of B-vitamins; slowed digestion due to an increase in Progesterone;

and lowered blood sodium

Extreme Morning Sickness

In its extreme, hyperemesis gravidarum (HG), as it is technically known, can be life threatening and often results in hospitalization. People suffering from HG experience unrelenting nausea and vomiting often accompanied by dehydration or malnutrition (due to vomiting). For those sufferers, weight loss during pregnancy is not uncommon.

What Can Be Done

There are many recommended remedies but before trying any of them consult with your doctor. She can recommend the most appropriate treatment for your symptoms and history. Here are some examples:

Mild cases

Saltines or other plain crackers, Preggie Pops or Preggie Drops (<http://www.threelollies.com>), Motion Sickness bands, Ginger* (capsules, teas, etc.), Vitamin B6, Morning Sickness Magic (<http://morning-sickness-magic.com>), Sour candies, Increase protein intake at meals, Aromatherapy (peppermint, spearmint and lemon are frequently recommended scents), and Citrus flavors (like lemon or orange)

Moderate Cases

Acupuncture and Emetrol (over the counter nausea medication) (<http://www.pfizerch.com>)

Severe Cases - Prescription Only

Zofran (<http://www.zofran.com>), Compazine, Tigan, or Reglan

When Will This Torture Be Over?

The popular idea that it disappears after the first trimester has been found to be untrue in most women. One study of 414 pregnant women found that the average study participant was nauseated for an average of 17.3 weeks. Of the participants who experienced morning sickness, 25% were still experiencing it at week 20.

When Turning Green Makes You Blue

Feeling sick can make it incredibly difficult to take on the day. As a result, many women experience depression. It is important to talk to your medical doctor and/or your therapist if you are experiencing depression. Two great resources are Mother Risk (<http://motherisk.org/women/morningSickness.jsp>), which has a hotline for women suffering from morning sickness at (800) 436-8447, and the Hyperemesis Education & Research Foundation (www.hyperemesis.org), which also has a list of volunteers in different areas.

The Good News

The good news is that eventually it does end and you will have a wonderful baby to show for all your pain and suffering.

*Ginger

One 2001 study found that one gram of ginger a day significantly reduced nausea and vomiting during pregnancy, but another study, in which women who took an isolated ginger compound, found it may cause birth defects. Because ginger has become controversial, it is important that you consult with your obstetrician before using it on your own.

LA Family Little League Minors 2006

by Coach Bob Fritz



LA Family is a very young team, in fact probably the youngest team of all Foothill, Jewel City and Burbank little-league teams combined. With the general age bracket of 9-12 for minors, our average age is 9.5 including three 8-year-olds. And, we had no one that had ever pitched before. After the second practice, I realized we would probably not have a winning season, so my plan was to concentrate on individual achievement and set attainable goals for the team. My simple goal was to have each player get onto first base with a hit. The goal was finally met in game 14 out of our

20-game season.

I was amazed by some wonderful surprises along the way. Without much of a record to show for and just one game left, we actually had some very close, exciting games, were ahead in many innings and never seemed to give up hope no matter the score. And who would have guessed that an 8-year old would relieve our star-pitcher-in-trouble in our last game and finish off the last 3 innings with 6 strikeouts?

We may not be seeded very well for the playoffs, but the season sure was rewarding in terms of watching the team grow.