

Medical Edge Radio from Mayo Clinic

Pregnancy & Morning Sickness

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	IT'S A TIME THAT SHOULD BE FILLED WITH JOY AND EXPECTATION. BUT MORNING SICKNESS IS SOMETHING NO ONE LOOKS FORWARD TO DURING A PREGNANCY.
Roger Harms, M.D.	"PEOPLE FEEL LIKE THEY HAVE THE STOMACH FLU. THAT THEY WOULD LOVE TO THROW UP, AND MANY TIMES THEY DO."
	DR. ROGER HARMS, EDITOR OF THE MAYO CLINIC GUIDE TO HEALTHY PREGNANCY, SAYS MORNING SICKNESS IS VERY

	<p>COMMON AND DESPITE THE NAME, CAN OCCUR ANYTIME DURING THE DAY. WE DON'T KNOW MUCH ABOUT WHAT CAUSES MORNING SICKNESS. IT'S THOUGHT TO HAVE SOMETHING TO DO WITH THE HORMONES OF PREGNANCY. BUT IF IT HELPS TO MAKE YOU FEEL ANY BETTER...</p>
Dr. Harms	<p>"IN GENERAL, PEOPLE WHO ARE NAUSEATED IN PREGNANCY ARE HAVING A PREGNANCY THAT IS DEVELOPING NORMALLY. IT'S ODDLY A GOOD PROGNOSTIC SIGN."</p>
	<p>DR. HARMS SAYS THERE'S REALLY NOT MUCH YOU CAN DO TO PREVENT MORNING SICKNESS. BUT HARD CANDIES – LIKE LEMON DROPS AND LIFE-SAVERS OR GINGER - MAY HELP EASE THE NAUSEA.</p>
	<p>FOR MORE INFORMATION, TALK TO</p>

	YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.