

Lianhe Wanbao
27 October 2010
Page 6

No morning sickness in the first three months may indicate miscarriage - Liu Chan.

There is a possibility of miscarriage if a woman does not have morning sickness in the first three months of her pregnancy.

From a recent research, The University of North Carolina in America finds that women who have symptoms of morning sickness in the first three months of their pregnancy are less likely to have miscarriages.

The research was based on studies done in three states with more than 2,400 pregnant women. Those without morning sickness have a higher risk of miscarriage. The research results are even more true for pregnant women above 35 years old.

For pregnant women below 25 years old who do not show signs of morning sickness, their risk of miscarriage is three times higher than those who have morning sickness. For those above 35 years old, the risk increases by 11 times.

According to Dr Wee Horng Yen, Consultant and Director, Women Wellness Centre, KK Women's and Children's Hospital, this is a large study adding further evidence to what has been observed. A pregnancy that progresses well in the first three months causes a healthy rise in hormones (beta hcg, progesterone and oestrogen). It is believed that this rapid rise in hormone is the trigger for the nausea and vomiting.

Some 50% of pregnant women show signs of morning sickness

Local gynaecologists believe that only 50% of pregnant women will have morning sickness.

Dr Wee said that as everyone reacts differently to hormonal changes, there is no need to be unduly worried for the other 50% of pregnant women without morning sickness. There are also many healthy pregnancies that progress well without any nausea or vomiting, as morning sickness is usually worst between 8 and 11 weeks of the pregnancy, and reduces at the 14th week.

More importantly, according to Dr Wee, in a pregnancy that fails in the first 3 months, the surge in the hormones is less dramatic, or may even be stagnant. Hence, the nausea and vomiting reduces or disappears.

Dr Wee said that morning sickness does not cause miscarriage. However, in an unhealthy pregnancy that ends with a miscarriage, there is less or absence of morning sickness as the rise in hormone levels are less rapid.

Who is prone to morning sickness?

1. Those who are prone to motion sickness
2. Those with nausea and vomiting when using oral contraceptive pill
3. Those with history of severe nausea and vomiting in previous pregnancy
4. Those with twins or higher number of pregnancies
5. Those with molar pregnancy -- because placenta causes a very high surge of Beta HCG

How to address severe morning sickness?

1. Through medication
2. Avoiding smells that may trigger a vomiting episode is helpful
3. Eat smaller servings of meals several times a day
4. Avoid fatty or spicy foods
5. Drink fluids between meal times

怀孕3月无孕吐可能流产

刘婵报道 liuchan@sph.com.sg

怀孕首3个月如果突然不害喜，停止孕吐，不要太开心，这代表孕妇可能流产。

美国北卡罗莱纳大学最近发表了一份研究报告，指在怀孕首3个月出现孕吐，较不容易流产。

研究针对美国3个城市超过2400名孕妇进行调查，结果显示没有在怀孕初期呕吐和恶心的孕妇比起有这些症状的孕妇，流产的风险多出2.2倍。

研究也显示，超过35岁的孕妇中，孕吐和流产的联系更为明显。

25岁以下的孕妇，如果没有出现孕吐，流产风险比出现孕吐的多出3倍。然而，35岁及以上者其风险则增至11倍。

对于这个研究，竹脚妇幼医院妇女保健中心处长、妇产科顾问医生魏弘远表示，这为临床所观察到的现象，提供了更多的证据。

他解释，虽然导致孕吐的原因尚且不明，但普遍相信，荷尔蒙增加可引发呕吐和恶心。

床所观察到的现象，提供了更多的证据。

他解释，虽然导致孕吐的原因尚且不明，但普遍相信，荷尔蒙增加可引发呕吐和恶心。

本地妇科医生认为，只有约50%的孕妇会出现孕吐。

魏弘远医生说，由于每个人对荷尔蒙增加的敏感度不同，因此只有约50%的女性会出现孕吐。但另50%孕妇，无需过于担忧。

他说，孕吐通常在第8到第11个星期最为严重，到了第14个星期，因身体开始适应，孕吐几乎会停止，这是正常的转变。

他表示，比较需要关注的是原本有孕吐，并在首3个月突然孕吐减少或消失的情况。

“这可能是因妊娠终止，孕妇可向医生咨询。”

什么样的人更容易孕吐？

- ①容易晕车者
- ②服用避孕药时出现恶心和呕吐者
- ③之前怀孕时出现严重恶心和呕吐者
- ④怀有双胞胎或多胞胎者(荷尔蒙水平更高)
- ⑤葡萄胎(子宫内无胎儿，仅是些大小不等的成串水泡。)

孕吐太严重怎么办？

- ①药物控制
- ②避免会引发孕吐的味道
- ③少量多餐
- ④避免油腻或辛辣的食物
- ⑤用餐之间多喝水

▲怀孕首3个月如果突然孕吐停止，可能代表孕妇面对不良妊娠。
(档案照片)