

Quiz: Pregnancy and bed rest

Many women experience complications with their pregnancies or have high-risk pregnancies, like twins or a history of miscarriage.

Commonly, they can be put on bed rest for some duration during the pregnancy to improve the outcome.

It's important for everyone to know what bed rest entails, and how it can affect the family. This quiz will test your knowledge of these important facts.

1. "Bed rest" can range from occasional resting periods at home to full-time in-bed monitoring in the hospital.

True () False ()

2. Making too strict a schedule during your period of bed rest will cause you unnecessary stress, and make it hard to get through your daily activities.

True () False ()

3. Bed rest can be boring and hard to cope with, so you should use the time to catch up on organizing and preparing for when your baby arrives.

True () False ()

4. As a spouse or partner, you may be feeling jealous of the "vacation" your partner is getting during the pregnancy, but you should realize that it is harder on her than you'd expect.

True () False ()

5. Many women find bed rest to be relaxing and satisfying — a good break before the hectic schedule of having an infant.

True () False ()

6. Approximately 70,000 women each year with high-risk pregnancies or complications in their pregnancies are ordered onto bed rest by their doctor.

True () False ()

7. With prolonged bed rest, muscles can lose tone and joints may begin to ache, but limited exercises can improve not only physical issues but also some of the accom-



Dr. Joyce Brothers

• Ask Dr. Brothers

panying emotional problems.

True () False ()

Answers

1. **True.** Bed rest can be temporary, simply to stabilize a complication, or can last throughout a pregnancy, and can be as little as just taking it easy and staying at home.

The type and strictness of the bed rest that you are placed on will determine the changes you need to make in your lifestyle, and how hard it is for you to cope with these changes.

2. **False.** Making and sticking to a daily schedule actually can be a very healthy habit during bed rest.

If you feel that things are out of your control or that you can't be in charge of your activities anymore, establish a routine that you can use to feel better about your situation.

3. **True.** There are any number of things you can begin to do to prepare for the arrival of your baby — if you haven't already — including choosing a doctor, looking into child care, making a birth plan or thinking about baby names.

You also can catch up on reading, movies, letters and e-mails, and other activities that may fall by the wayside once you're a new mother.

4. **True.** Bed-resting mothers often rely fairly heavily on their partners to keep house, do errands and take care of other kids in the family.

Bed rest is usually prescribed

for medical issues with the pregnancy, so this alone can cause the mother to be worried, for both her own health and that of the baby.

Try to be supportive for the time that she is confined to bed, and realize that she is grateful for your taking on the extra share of work.

5. **False.** Women on bed rest can feel isolated and can become depressed.

Without the normal distractions of everyday life, the anxiety of a high-risk pregnancy can weigh heavily on mothers' minds.

It can help to know that there are other women out there who are going through the same thing, so you don't feel so alone.

6. **True.** These women face complex problems — both physical and psychological — related to not only being housebound, but also to lack of activity and isolation.

7. **True.** Changing positions can decrease discomfort in your hips and back, but make sure to check with your doctor before starting any exercises.

If you were able to answer five of these seven questions, you are well-equipped to handle — or help a loved one handle — bed rest during pregnancy.

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Sudoku

Conceptis Sudoku

By Dave Green

	7	6	5				9	3
		3	4	9			6	7
				6			8	
			1	5	2			
		4					5	
1	9		6				2	
9							8	
	5	2	9				1	
			8	7			3	

Difficulty Level ★★★

7/16

This is a logic-based number placement puzzle. The goal is to enter a number, 1-9, in each cell in which each row, column and 3x3 region must contain only one instance of each numeral. The solution to today's Sudoku puzzle is at the bottom of this page.

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Student News

Two area students were among 128 new Sen. Robert J. Dole Public Service Scholars for the 2008-09 year at the University of Kansas.

Courtney Ress of Colby and Macy M. Migchelbrink of Atwood were selected for the program, which recognizes graduating Kansas high school students who have volunteered in their communities and maintained a 3.0 grade point average.

The 2008 recipients received a \$1,000 scholarship, renewable up to three years with a commit-

ment of completing 100 hours of civic activities annually.

"The Dole Institute of Politics provides diverse opportunities for Dole Scholars to become involved in civic engagement and stimulate interest in public service," said Barbara Ballard, director of the scholarship program and associate director of the institute.

The new scholars will enroll this fall at one of the six Kansas Board of Regents universities or Washburn University in Topeka.

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Sudoku answer

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5	8	3	4	9	1	6	7	2
2	1	9	7	6	3	8	5	4
3	6	8	1	5	2	9	4	7
7	2	4	3	8	9	5	6	1
1	9	5	6	4	7	3	2	8
9	3	7	2	1	6	4	8	5
8	5	2	9	3	4	7	1	6
6	4	1	8	7	5	2	3	9

Difficulty Level ★★★

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