

10 secrets for an easy labor

Achieving an easy and (as much as possible) painless delivery has some little secrets. Learn what these secrets, and get ready for the big day.

1. Try to stay fit and active

Pregnant women who are fit and healthy tend to have more uncomplicated labor. That is why it is important to exercise (lightly) during pregnancy. Walk, swim, take yoga classes for pregnant women, (but after asking your gynecologist).

2. Take a Childbirth Class

Familiarizing yourself with the stages of childbirth and practicing comfort measures before the big event will help you feel less anxious. Look for a small class (with fewer than ten couples), and a certified instructor.

3. Ask for support

If you want your partner to be with you during the birth then you just have to ask him. You can also get extra support and care from the midwife.

4. Try not to think only about childbirth

Childbirth can take several hours. When the first contractions begin, try to stay calm. Before leaving for the maternity hospital try to do something relaxing: Take a walk, a shower, or bake cookies. Anything that relaxes you will help speed things along.

5. Snack Carefully

A small and healthy snack will help you maintain your energy levels high. Avoid fatty or hard-to-digest foods, because a too-full stomach could make you feel nauseated and cause vomiting during the later active stages of labor. Prefer something very light, such as a cracker, some grilled chicken, or a yogurt. Muscle contractions and rapid breathing during labor can also cause you to lose fluids quickly. Drink



clear liquids while you're laboring at home, and, once you've arrived at the hospital, let your caregivers know whenever you feel dehydrated.

6. Breathe right

Seek the advice of your gynecologist and practice breathing techniques. During labor, the right breathing will help you manage the contractions and stay calm. By preparing before the big day, you will feel more confident that you know what to expect and that you will be able to stay in control. Proper breathing helps you stay focused during contractions and slow breathing between pains helps you relax.

7. Take a shower

Pain can cause you to tense muscles all over your body, which creates even more discomfort. A warm shower can counter that response. A shower is fine at any stage of labor.

Read the rest of the article:

<https://www.medimall.gr/10-secrets-for-an-easy-labor/>

The best vegan Christmas cake recipe!

A delicious recipe ever. A white chocolate cake entirely vegan! Seriously, no one would know. In fact, every time I make it, everyone is shocked that it's dairy free. This is a super tender and moist white chocolate cake that's entirely egg free, dairy free, vegan, and can be gluten free. It's topped with a fluffy and easy vegan buttercream frosting, and decorated for the ultimate vegan Christmas cake. You will find the recipe here:

<https://thebananadiaries.com/vegan-white-chocolate-cake/>



Assisted reproduction for the treatment of azoospermia

Types, causes, treatments and all you have to know about azoospermia

Azoospermia is the medical condition of a man whose semen contains no sperm. It is associated with infertility, and affects about 1% of the male population. Azoospermia does not cause specific symptoms, but is diagnosed when a man undergoes a semen analysis to evaluate the number and quality of his sperm.

Types of azoospermia

Obstructive azoospermia: This type of azoospermia means that there is a blockage or missing connection in the epididymis, vas deferens, or elsewhere along your reproductive tract. You are producing sperm but it's getting blocked from exit so there's no measurable amount of sperm in your semen.

Nonobstructive azoospermia: This type of azoospermia means you have poor or no sperm production due to defects in the structure or function of the testicles or other causes.



What are the causes of azoospermia?

The causes of azoospermia relate directly to the types of azoospermia. In other words, causes can be due to an obstruction or nonobstructive sources.

Read the rest of the article:

<https://www.medimall.gr/assisted-reproduction-for-the-treatment-of-azoospermia/>

Oxytocin: the «love hormone» that bonds you to your baby

Also known as the «love hormone», oxytocin is the hormone that, when released, brings the new mom closer to her baby. Learn how to strengthen it!

New moms are usually familiar with the name «oxytocin»: it is a hormone widely known for the important role it plays in childbirth and breastfeeding. It's responsible for the contractions of the uterus during labor, and also for milk production and the milk let-down reflex during breastfeeding. Oxytocin is a hormone produced in the posterior lobe of the pituitary gland at the base of the brain and released during childbirth. It is secreted from the hypothalamus into the central nervous system and stored in the pituitary gland. This hormone contributes to the formation of uterine contractions, the secretion of milk

and vasodilation. Oxytocin "touches" a large number of nerve cells in the brain and is especially important for women, as it affects not only childbirth but also the entire process of breastfeeding. High oxytocin levels will help you more easily overcome labor pains, heal your wounds and recover faster physically.

Oxytocin the emotional hormone

However, oxytocin not only affects our body but also affects our emotions to a large extent in many different ways. It helps us to accept changes in our lives and to accept new people or situations, as well as to bond with our newborn baby.

Read the rest of the article:

<https://www.medimall.gr/oxytocin-the-love-hormone-that-bonds-you-to-your-baby/>



Vaginal rejuvenation: The new treatments



Vaginal rejuvenation is a broad term for vaginal corrective treatments. These procedures can be done for cosmetic reasons or to solve age-related problems, such as lack of vaginal tightness and urinary incontinence. Energy-based treatments provide a non-surgical option for vaginal rejuvenation.

Over time, not only external changes occur in a woman's body, but also changes in the external genitalia. Especially from the age of 40 onwards and as a woman approaches menopause, there is thinning of the vaginal mucosa, loss of elasticity, reduction of lubrication, relaxation and gradual loss of volume and firmness of the external genitalia.

These phenomena worsen considerably after menopause. For example, vaginal atrophy causes dryness, itching, discomfort, and sometimes pain during intercourse. All these components affect not only the psychology of the woman but also the relationship with her partner.

Read the rest of the article:

<https://www.medimall.gr/vaginal-rejuvenation-the-new-treatments-for-gynecological-problems/>