

Pilates during pregnancy

Pilates is a very gentle exercise recommended during pregnancy to relieve minor aches and pains, offer relaxation and increase flexibility in preparation for childbirth. Practice until the last trimester if you like fitness.

Prenatal Vs Classical Pilates

The basis is the same: Both methods aim to strengthen the internal musculature. The physical development that classical pilates has been creating for 15 years allows the joints to remain flexible, keeps the body fit and helps release the tensions of everyday life. The difference between prenatal and classical pilates is that the teachers of the first one uses the principles of original pilates combined with their knowledge of pregnancy: i.e. finding positions to relax the outer abdominal muscles for the uterine growth, to help the perineal flexibility, to soften the back and stabilize the pelvis to better carry the baby afterwards, etc.



Why pilates?

The objective of a prenatal pilates session differs from the one of classical pilates: the emphasis is now on the well-being of the mother-to-be and her baby, not just focusing on fitness (the mother will have plenty of time to continue her personal challenges after childbirth).

Read the rest of the article:

<https://medimall.gr/pilates-during-pregnancy/>

Activities for the development of the newborn



Your baby discovers its environment partly through the development of its senses and muscles. This is called sensorimotor stage of cognitive development. Babies are stimulated by playing with their hands and feet. However, there is no substitute for the human contact and attention a child receives when playing with parents and siblings. For newborns or babies aged 1 to 2 months, playing is more about fun, bonding and trust, than interaction. Laughing, cooing, grimacing: your baby playing will be delighted!

Music, singing and dancing.

During the day, take time to choose the music you like to dance with and sing to your baby in your arms. On the one hand, this will be good for you as the music will relieve your stress, and on the other, it is likely that your baby will fall asleep to the soft sound of your voice.

Read the rest of the article:

<https://medimall.gr/activities-for-the-development-of-the-newborn/>



Check your tubes with HyFoSy

Painless, radiation-free, accurate: These are the advantages of hysterosalpingography, which can detect whether your fallopian tubes - or at least one of them - are blocked and therefore whether there will be difficulties in the union of egg and sperm. With this brand-new method called HyFoSy, you can correctly assess whether there is a possibility of infertility, as approximately 30% of infertility cases are due to blocked fallopian tubes.

Methods of assessing tubes

If you want to become pregnant, it is very important to check the permeability of your fallopian tubes, among other things. It is necessary to know that normal fallopian tubes cannot be visualized with a conventional ultrasound scan. So, it takes a bit more to get a complete picture. The traditional methods of assessing the tubes are Hysterosalpingography (HSG) and Hysteroscopy. Recently, a new foam contrast agent has been



developed, which has greatly improved the quality of the examination: this test is called Hysterosalpingo-Foam-Sonography (HyFoSy).

Read the rest of the article:

<https://medimall.gr/check-your-tubes-with-hyfosy/>

Children's Beach Nest



The friendly monster Nido is a protective shell, a shelter to lie on the beach just like you do on the grass. Suitable for outdoor use by the whole family. Made of polyethylene and the unique design of Javier Mariscal. A joyful skin protection of from UV radiation!

<https://www.magisdesign.com/fr/product/nido/>



Early menopause: can I be a mother?

Premature or primary ovarian failure (POF or Premature Ovarian Insufficiency - POI) - better known as "early menopause" - affects 1% of women under 40 years of age. What are the causes of this phenomenon? Is there a cure to delay or inhibit its symptoms, which are synonymous of infertility? And the most important: is there a chance of pregnancy in the prime of these women's lives?

When menopause comes prematurely

Menopause usually occurs around the age of 50. However, it takes place much earlier in some young women who want to have children. Sometimes early menopause can be the result of ovarian removal, chemotherapy or radiation, among other things.

Lisez la suite de l'article:

<https://medimall.gr/early-menopause-can-i-be-a-mother/>

