

March 20, 2020

Thank you for your comments !

I have shared some comments (edited) submitted by our patients. Some suggestions and advice might not be what I would tell patients, so please be careful before you follow any specific advice presented.

e-mail your comments to: obgyn@fowh.com

OR, [post your comments on our FaceBook Page](#)

Hi. 22 wks pregnant and feeling just a tad stressed now that my son's school is closed and my work has essentially come to a halt. School is now closed till at least April 27, but just taking one day at a time.

Coping strategies - virtual yoga and coloring books for adults. It takes me a lot of concentration to read a book so the coloring for me is silly but easy.

Facetime-I have not skyped with anyone other than family or friends yet.

Started watching -The Office over again because it offers comic relief and if your attention gets taken away for a bit you can easily jump back in.

Projects- honestly I don't have energy at the end of the day, I wish I did...

Words of encouragement; I try to tell all my mom friends who are at home with children or pregnant themselves to remain calm... and then I usually need those words of encouragement from them at some time or another.

Things I've found helpful- taking walks around the block with my son on his bike (carefully watching that he doesn't touch anything or get close to anyone), while my husband works upstairs. Going to the Rose bowl and playing T-ball in the grass away from people & doing watercolor paintings with my son.

What entertainment activities have you found fun or helpful - something you normally do not do? I'm a mom of 2 year old twins, so really maximizing backyard time + activities and hikes makes it all more fun for us.

What words of encouragement do you have for others? Enjoy time with family, use this time to reinvent yourself, pursue that dream or passion, if you think you're bored, then you have the gift of TIME - use it! Drinking hot tea, establishing a meditation practice and daily walks have been very helpful in clearing my thinking and help me show up 100% for my family every day. Stay healthy + stay sane!

What have you done to help others that made you feel good? FaceTime with family across the country and beyond daily. Send food/toiletries for those that need it. Be around for new moms (i.e., make meals and pick up extras (wipes) if I find any at the store). Things like that.

One of my favorite local charities is Friends in Deed. friendsindeedpas.org Mainly supporting the homeless in our neighborhood. I try not to think about how I am doing moment to

moment, I just count my blessings knowing I am so much better off than many others. We will get through this, but I doubt the world will ever be the same. Hopefully, it will change for the better. I am impressed by all the kindness being shown, despite all the bitter division we have been experiencing. I'm thankful for my family and friends. I am thankful I can fill up my days with creative endeavors that make me feel productive and valuable. I feel sorry for all those who will lose their jobs and their abilities to take care of their loved ones. It is a terrible feeling to be helpless, worse than being sick sometimes. I miss seeing my grandchildren. My job is to pick-up my granddaughter from school three times a week and take her to afternoon activities while her parents are still working. It is such a privilege to be able to bask in the loving eyes of a six year old, hearing her amazing perspective of the world, hearing her laughter, getting hugs and kisses, and just sharing her youth with her. I miss her more than anything. I have three little grandsons too, but I do not get to spend as much time with them. I'll try even harder to get to see them when this is over. Take care, be healthy, stay home.

What coping strategies are you using? Walking my dog around our complex helps, cooking, reading books, cleaning and organizing before the baby comes, and watching good shows. I also try not to read and watch too much news, otherwise it can cause more anxiety and panic. Just try to find the right balance of how much information to take in. Listen to the experts and local government on what is happening but tune out the rest, especially negativity.

What good or bad advice have you been given? Practicing good hygiene, social distancing, watching out for symptoms are good advice. Connecting with family and friends online. Bad advice is stop panic. I say this because it's inevitable, telling people to stop is counterproductive. It's true we shouldn't do it but it's human nature and we just need to figure out how best to prepare. I hope the government and retailers figure out how to stop the hoarding.

What projects are you taking on? I'm organizing the nursery which is fun

What words of encouragement do you have for others? Life has its ups and downs and we just have to work together to weather the storm. Focus on what's important, try to stay positive, and surround yourself with people you love and who make you happy. Focus on your baby, your health, and the well being of your family.

What have you done to help others that made you feel good? As simple as checking on family and friends on a daily basis, reliving good moments and talking about the daily antics of the kids in the family.

1. Started an edible garden in the backyard
2. Started a book I ordered from Amazon and never read
3. Ordered some dumbbells and a bench for my home gym and dusted off my exercise bands and battle ropes
4. Contacted my Senators and Representatives regarding helping the 99% get through the pandemic

What programs or shows have you started to watch and found better than expected? Little house on the Prairie, Outlander, things that don't reflect our world today and also how hard life was back then and humanity persevered and they had joy.

What projects are you taking on? Finish decorating and organizing the nursery in between nursing and pumping :)

What words of encouragement do you have for others? None - I'm pretty scared and sad when the news said the world will never be the same life as we know it will not be the same and that hit me hard.

What have you done to help others that made you feel good? FaceTimed with family, shared photos of my Newborn :)

We are very thankful to be doing well. We know that many families are facing extremely difficult circumstances in these times. We homeschool, and so our regular schedule has remained much the same with the exception of the cancellation of all our kids' activities. We are using the opportunity to help our kiddos learn how to deal with disappointment and manage their expectations. I'm working on the same things right now!

What entertainment activities have you found fun or helpful - something you normally do not do? Things we typically do, but crafts with my son, going on walks, playing outside

What words of encouragement do you have for others? Wash your hands, listen to medical professionals, and try not to let anxiety get the best of you.

What have you done to help others that made you feel good? Help others with finding/ buying essential items or food

What websites have you found helpful? There is a lot of misinformation out there so the CDC's site and coronavirus.gov should be the official sources of information. There is a forum on reddit where people post the latest news, which is interesting to read (especially since it is not US specific) - reddit.com/r/coronavirus

Have you "skyped" or "facetimed" any medical or mental health professionals? How was that? Yes! Maven is a great online service. Many companies offer access as a benefit but it's not very expensive to use. You can access therapists, nutritionists, obgyns, nurse practitioners etc for a set dollar amount per session. I used this service when dealing with infertility and they were fantastic.

What entertainment activities have you found fun or helpful - something you normally do not do? My husband and I (when we're not working from our respective desks) have been doing puzzles, coloring, playing cards, playing musical instruments and cooking things we normally wouldn't try on a weekday. Just options that don't involve our screens. Oh, and getting my baby registry ready and planning the nursery!

What programs or shows have you started to watch and found better than expected? A little depressing in this time but handmaids tale is great. As is The Americans, This is Us, Curb Your Enthusiasm, Avenue 5 (funny show about being isolated on a space cruise ship - kind of fitting!)

What projects are you taking on? We're doing some gardening when we get a break from the rain.

What words of encouragement do you have for others? All those times you wished you had an excuse to avoid an outing or obligation? You have it now!

What have you done to help others that made you feel good? My neighbors and I have been baking goods to share and checking on each other. We have also been buying gift cards to local restaurants to help them stay afloat.

What words of encouragement do you have for others? Stay positive and know at some point things will get better and get back to normal. Use this time to better yourself and your life. Spend time with your kids and family who you may not have had this much time with before. Catch up or create new projects that will fulfill your life after this. Work out every day and keep a routine. FaceTime and call your loved ones.

What have you done to help others that made you feel good? Showed an elderly couple how to use Instacart so they don't need to go to the grocery store.

I have been trying to get in a workout every day, via YouTube, the Peloton app (they're offering a free 90 day trial and they have lots of stretching, cardio, and yoga classes available), or just walking around the block.

I have joined a Zoom conference with my coworkers every day to just check in with each other.

Also doing lots of Facetime with friends and family.

Still trying to support small businesses in my neighborhood with take out orders.

Been in touch with neighbors to see if they need anything.

Have a Zoom conference with my therapist next week!

One thing I have found to be very helpful is I take a break for an entire day from the news and social media and focus on other things. It was the best day I've had this past week! Things to get busy with: 1. enjoying this extra time with my two toddlers I don't normally get. I've created crafts and games with them I would have never done before 2. Cooking! I never have time to cook like this when I'm working outside the home. 3. Organizing and de cluttering 4. Going for walks more 5. Reading! 6. And of course Netflix. But of course, there are "bad" days where I get nothing done, my kids drive me crazy, and I'm overwhelmed by the news. But I know it's normal and keep focusing that this will pass in time.

To help others I've offered food items when I venture out to the grocery store. I dropped some crafts off at a friend's house to help keep her toddler busy. And next I plan on dropping off grocery basics for an elderly friend of the family that has no local family.

It appears that Johns Hopkins and STAT are publishing the most reliable data on COVID-19. Here are the links to their newsletters:

<https://www.statnews.com/about/>

<http://www.centerforhealthsecurity.org/resources/COVID-19/index.html>

I'm posting this because I'm at home, sick, presumably with COVID-19. There's a lot of information out there on how to avoid becoming sick, but there's not a lot of information out there on what to do if you do become sick. I've called my doctors offices, I've called urgent care, I've called the emergency room, I have looked at numerous posts from the CDC and others and the advice is the same...to stay home, drink plenty of water so as not to become dehydrated, take Tylenol to reduce your fever, and get plenty of rest. There is no testing available unless your symptoms become severe and you are having trouble breathing. At that point you are to go to an emergency room, or call 911 if you're not able to drive yourself, and there they will evaluate you and determine if you should be tested at that time.

So, I am doing what I was planning on doing all along and that is staying home, in bed, sleeping as much as possible, and taking my supplements that support my immune system and enhance my immune system. Let me share my symptoms and how they have progressed. About a week ago the glands in my throat got very swollen and sore and it spread into an earache. I took some supplements and in a couple of days I felt better. Then I got the gastrointestinal stuff, by Friday of last week I had diarrhea, thought it was something I might've eaten, but it has persisted. By Sunday I was feeling exhausted, as soon as I got up all I wanted to do was lay back down and when I went from sitting to standing my heart would race and my head would pound, and I just felt really off. I still feel that same exhaustion. Monday a dry cough developed and body aches including a mild headache. By Tuesday, along with those symptoms, I also started feeling a lot of pressure on my chest, like someone had their hand pushing against my chest and eventually it's spread around to the backside as well. So here we are on Thursday and I have a little more energy today, enough to take a shower and lay here writing this to all of you.

I disagree with the doctors that say you should take Tylenol or ibuprofen to reduce your fever. I think it's prudent to let it go, a fever is your body's defense as it's creating an inhospitable environment for the virus. Let it do its thing. It's important to stay hydrated so I supplement with electrolyte tablets that dissolve in water, one a day, especially since I still have gastrointestinal distress.

Since my cough has become worse and more uncomfortable, I have been using my aromatherapy diffuser and that has soothed it considerably. I run it for three hours midday and again around 9 o'clock at night to help me get back to sleep. If you have a humidifier, which I don't, I would imagine it would be even more useful.

Moments as such allow us to perhaps delve deeper into ourselves and be reminded that our species is not immune to events of this nature, that are full of uncertainty and that can bring a sense of being overwhelmed. But it also displays our humanity and resiliency through the concerted effort required to move forward and overcome this unprecedented event.

Personally, I view this as a time to temporarily step back from the rushed lives that we all lead and absolutely take pleasure in the "little" things, that at the end of the day are really the "bigger" things that matter most. This time has gifted me the opportunity to hug and kiss my daughter more, be in the same place together, and even tuck her in at night. There is such beauty in bonding. I am grateful for the rainy weather and the invigorating smell of wet earth that surrounds us rather than the looming smog that's always present.

We have taken this time to read what we have always put off and engage in all forms of art through different mediums. It's a meditative exercise for us since the pace of art is a considerate one. My hope is that all of you can find a bright moment in the midst of it all.

Hi, I have been taking walks and taking special note of all the pretty Pasadena trees. I have been writing, even if it's just a sentence or two. Keeping a sense of humor is essential. Calling and checking on others makes me feel better. I have been praying and meditating. Limiting myself to news and media is a way to "self-preserve" for the sake of my mental and emotional health.

Also, as a side: I really like how personal Governor Andrew Cuomo of New York got this morning as he touched on his relationship with his daughter while she was in quarantine as he addressed his state. He implored people to say "I love you, I miss you, I wish I were there with you, and I'm sorry," to suggest that we can help each other by being honest and emotionally supportive.

In trying to cope with one of the most stressful times in our lives, I have found some sobering philosophical thoughts that helps to put life in perspective. That idea is that the coronavirus crisis reminds us that there is no such thing as a pain-free life, and the earlier you understand that pain is inevitable, the happier you will be. For a deeper understanding of this perspective on life, I recommend the Fireside Chat (episode 126) "A Silver Lining to Coronavirus" presented by Dennis Prager, which can be seen by following this link: <https://www.prageru.com>.

What websites have you found helpful? CDC, New York Times for information. For fun, I have been watching YouTube live-streams from the Monterey Bay Aquarium and "walking tours" of Disney World and forests (they are no commentary, just someone walking, helpful when you cannot go outside)

What scams have you heard about? Phone scams, but I do not answer numbers I do not know

What myths have you heard? Gargle salt water and you'll be fine... Advil makes it worse (unsure if true)

What coping strategies are you using? Distraction- playing video games or watching movies, trying to create a schedule or routine. Hot packs for my back when I am feeling tense or stressed. Chamomile tea with honey.

What good or bad advice have you been given? Bad: that this isn't a big deal and to continue as normal. Good: that it is a big deal and to social distance / stay at home

What entertainment activities have you found fun or helpful - something you normally do not do? Making new recipes, making bread, watching different kinds of shows.

What programs or shows have you started to watch and found better than expected? Disney fairytale weddings on Disney+ (GA), I Am Not Okay With This on Netflix (MA), Beastars on Netflix (MA).

What words of encouragement do you have for others? Accept uncertainty. Be prepared, but don't anticipate anything because we don't know what the future holds. Trust yourself to be able to cope and handle the future as it comes, it is not necessary to be constantly stressed and thinking about the future when we don't know how it will turn out. Spend some time away from the news. Eventually, this too will pass.

What have you done to help others that made you feel good? Making food for my housemates, talking to friends and family on the phone.

My husband and I are working our way through the AFI Top 100 movies of all time. Many are available through popular streaming services, including one called Kanopy which is free if you have a library card, others are on TCM. Rewatching Snow White was so different to see through my adult eyes. The talent to hand draw those very creative scenes, in 1937 no less, was astounding!

I've also found a lot of good 20 min post natal workouts on YouTube.