A Women's Nutrition Case Study

Brief Introduction to Nutrition During Pregnancy:

Nutrition plays a vital role in supporting women throughout all stages of life, including critical phases like pregnancy. Women who are pregnant have increased calorie, fluid, micronutrient and protein needs, because of the physical demands of nourishing a developing fetus. Nausea and vomiting are common occurrences during pregnancy and can interfere with appetite and thirst, in turn, affecting the ability to stay hydrated and meet nutrient needs. Nutrition strategies, such as the use of oral nutrition supplements, may support pregnant women in achieving their nutrition goals.

Healthcare Provider (HCP) Background:

Dr. Podorozhansky is a board-certified obstetrics (OB) and gynecology (GYN) provider, working as an OB hospitalist in Missouri.

Patient Information:

The patient is a 35-year-old woman who presented at the OB triage at six weeks pregnant with significant nausea and vomiting, characterized by not being able to keep anything down, including fluids, for a continuous 24-hour period. Upon presentation, the patient was dehydrated, as evidenced by amber-colored urine and altered lab values suggesting dehydration. The patient also reported having experienced nausea and vomiting in the week prior resulting in having lost five pounds.

Clinical Goals:

Reduce nausea and vomiting through medication and nutrition strategies. Ensure adequate caloric and protein intake to recover lost weight and sustain healthy weight gain throughout pregnancy.

HCP Recommendation:

Patient was advised to consume smaller and more frequent meals and increase protein intake throughout the day to reduce nausea, feel satiated and meet her increased nutrition needs during pregnancy. To bolster her protein intake, HCP recommended that the patient add two to three scoops of Orgain® Organic Protein Plant Based Protein Powder, to a serving of milk or yogurt, or to smoothies, spaced out throughout the day.

Clinical Outcomes:

By using Orgain® and following the HCP's nutrition recommendations, the patient was able to meet her nutritional needs and regained the five pounds that were lost, plus an additional two pounds by 20-weeks' gestation. The patient reported feeling motivated to continue consuming Orgain® to support her nutrition needs and the needs of her growing baby.

This case study is not intended to represent or guarantee that you or your current or future patients or clients will achieve the same or similar results when consuming Orgain® products; rather they represent what is possible for illustrative purposes only. The results reported may not necessarily occur in all individuals. You should read carefully all product packaging. If you have or suspect that you have a medical problem, promptly contact your health care provider.

Orgain® case studies are for informational purposes only and are not intended to be medical advice. The material and testimonials presented, and displayed on the associated webpage, is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment or before undertaking a new nutrition and/or health regimen.

The testimonial in this case study is created by a paid Orgain® Healthcare Ambassador.

Orgain, LLC is providing this site and its contents on an "as is" basis and makes no representations or warranties of any kind with respect to this site or its contents. Except as specifically stated on this site, neither Orgain, LLC nor any of its directors, employees or other representatives will be liable for damages arising out of or in connection with the use of this site. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property and claims of third parties.

"After she started using Orgain® she regained the five pounds she lost. After that, she gained a few pounds on her track of gaining the 35 pounds during pregnancy. Her pregnancy has been going great and her baby looks perfect on the ultrasound."

Dr. Podorozhansky, MD, OBGYN

Last updated 11/19/24