



Perinatal Health Partners

Newsletter
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A program of the Southeast Health District

How to be healthy before pregnancy

1. Take a multivitamin with 400 mcg of folic acid everyday to help reduce your risk of neural tube birth defects.
2. Stop smoking, don't drink alcohol or take illegal drugs.
3. Get Medical check ups and have regular pap smears.
4. Eat A Healthy Diet.
5. Be a Healthy weight.
6. Be Active Exercise daily.
7. Avoid exposure to chemicals or harmful substances at home or work.
8. Lower your stress levels.
9. Make sure all your vaccinations are up to date.
10. Get any Health problems Such as Diabetes and Hypertension under control.



SAFE TIPS FOR YOU AND YOUR BABY

1. Always put infant on his/her back to sleep, reducing the risk of SIDS.
2. Place your infant on a flat firm sleeping surface.
3. Keep soft objects such as toys and loose bedding out of sleeping area.
4. Never allow smoking around your infant.
5. Keep your infants sleeping area close to you . BUT NEVER IN THE BED WITH YOU.
6. Keep area where infant sleeps cool . Don't over dress them. They can over-heat while sleeping.
7. Avoid products that claim to reduce the risk of SIDS. Most have not been tested for safety.
8. Always use a clean pacifier. Never force infant to take it if they don't want it.
9. Always keep your hand on the infant . Never leave them on a high surface such as a couch, chair or bed without supervision.
10. Remember TUMMY TIME! Place them on their tummy while awake. Never leave them unsupervised.

PERTUSIS: What is it? How can it affect my baby?

Pertussis, also known as **Whooping Cough**, is a highly contagious bacterial infection that can be deadly to infants.

Symptoms: Coughing, sneezing, runny nose, low-grade temperature.

The onset of illness is about 7 to 10 days and can last 21 days or more.

Transmission: It is spread when an infected person coughs or sneezes in close contact with someone.

Treatment. Antibiotics

Prevention: GET A TDAP/DTAP SHOT for everyone in the family. Call your local health department for more details. WASH YOUR HANDS! COVER YOUR COUGH!



Tell me more about preterm labor

Preterm, or premature, labor happens when you go into labor before 37 completed weeks of pregnancy.

Symptoms include:

- contractions,
- change in vaginal discharge,
- pelvic pressure
- low and dull backache
- abdominal cramping with or without diarrhea.



If any of these occur:

- stop all activities and rest
- drink 6-8 glasses of water or juice (not coffee or soda.)

*If you still have any of these symptoms, **this can be dangerous for you and your unborn child.** Call your healthcare provider. They may have you to go to the office or to the hospital for monitoring.*

Is it hard to lose weight after my baby is born?

If you gain too much weight during pregnancy, it can be hard to lose it after you have your baby. During pregnancy, fat deposits can increase by more than 33 percent. Most women who gain the recommended amount of weight lose the extra weight in the birthing process and in the weeks and months after birth. Breastfeeding also can help you lose extra weight by burning extra calories. Breastfeeding burns at least 500 additional calories each day. Being active during your pregnancy and after delivery is very important to losing the weight after birth.

Your doctor may enroll you in PHP for any of the following conditions:

(History of, or with current pregnancy)

- Two or more miscarriages
- Pregnancy loss after 3 months
- Previous fetal or neonatal death (if baby dies due to problems with the pregnancy)
- Premature rupture of membranes (sudden discharge of fluid from vagina before 37 weeks)
- Prior premature delivery (delivery of baby before 9 months)
- Incompetent cervix (weak cervix or a cervix that has been sutured to help hold the baby)
- Diabetes before and/or during pregnancy (high blood sugar)
- PIH — pre-eclampsia (high blood pressure during pregnancy)
- Pre-term labor (uterine contractions, pressure or cramping before 37 weeks)
- Pregnancy with more than one baby and having problems with the pregnancy (twins, triplets or more)
- Pre-existing conditions such as high blood pressure, thyroid disease, lupus, sickle cell disease, heart problems, diabetes (high blood sugar), seizures or HIV
- Fetal abnormality—something wrong with the baby (examples include downs syndrome, hydrocephaly, spina bifida and any other abnormal problems)
- Any terminal problem with the baby (problem that is going to cause death at birth)

For more information, contact your local health department in Appling, Atkinson, Bacon, Brantley, Clinch, Charlton, Coffee, Jeff Davis, Pierce, Ware or Wayne County.

