



# Anticipations

The Perinatal Education Program (PEP) Newsletter



**THE FAMILY PLACE**

No. 2 • 3-4 Months

## Congratulations . . . You Are Entering the Second Trimester!



Welcome back! Many of you are now believing that you are truly pregnant. You are seeing and feeling the many changes within your body. Clothes are starting to feel tighter, breasts are larger and more sensitive, and the morning sickness has arrived. This second issue of Anticipations will focus on many of the common discomforts associated with months three and four of pregnancy, as well as tips on how to feel better.

Now is the time to start planning and preparing for your new baby. The next few months will go by very quickly. You should now begin to schedule your prenatal classes through Evangelical Community Health Education (570) 522-2693 or online at [www.evanhospital.com](http://www.evanhospital.com).

## What's Inside ...

Nutrition.....	2
Growth & Development "My Growing Baby" .....	2
Common Discomforts.....	3
Family Physicians.....	4
Insurance Coverage.....	4
The Doctor Visits.....	5
Sex During Pregnancy.....	5
Working & Pregnancy.....	6
Exercising During Pregnancy.....	6
Prenatal & Childbirth Classes.....	7

Questions or concerns, call or write:  
The Family Place at Evangelical Community  
Hospital at One Hospital Drive, Lewisburg PA 17837  
(570) 522-2610

# Growth & Development:



## “ My Growing Baby”

### 13-16 Weeks

You are now beginning the second trimester of pregnancy. This time begins with a month of the most rapid growth that the baby experiences during pregnancy. It is becoming more upright as the muscle tone improves and the skeletal system develops. The head is becoming more proportional to the rest of the baby's body. The head was as tall as the rest of the body at eight weeks. It is now a third of the body's size. At birth it will be a quarter of the size of the body.

The baby makes sucking motion and swallows amniotic fluid. He or she is also urinating. The first bowel movement is collecting in the intestines.

### 17-20 Weeks

You should be aware of the baby's movements now. We call this “quickening.” It is a very exciting time and a part of pregnancy you will continue to enjoy. The baby can grip with its hands. Although the eyelids are still fused, blinking movements begin. At this point, the baby develops eyebrows, hair on its head and lanugo, which is fine hair that covers the entire body. Vernix caseosa is secreted. It is a cheese-like coating that protects the skin from prolonged exposure to amniotic fluid. The baby is developing a schedule of sleeping, sucking and kicking.

# Nutrition



A well-balanced diet continues to play an important part of your pregnancy. Your baby is going through a very rapid period of growth. It is important that you increase your calories by 300 per day. For an example, this can be achieved by adding two milk servings and one meat or alternative.

Not all foods that are nutritionally alike have the same number of calories. It is important to consider this in making food choices. Foods that are high in fats and sugars are also usually high in calories such as cakes, doughnuts, potato chips, fried foods. These foods are also less nutritious.

A sample of a healthy dinner follows. It includes foods from each of the food groups. It also includes good sources of iron, calcium and folic acid.

### *Dinner:*

- Baked Chicken
- Mixed Greens Salad
- Baked Sweet Potato or Baked White Potato
- Broccoli
- Milk
- Whole Wheat Bread

## SIZE OF THE BABY BEFORE BIRTH



**12 Weeks:** 3 inches long, 3/4 oz.

**16 Weeks:** 3 1/2 inches long

**20 Weeks:** 10 inches long, 8-9 oz.

# Common Discomforts

## Increased Vaginal Discharge

An increased vaginal discharge during pregnancy is common. The discharge is white in color with mucous. During pregnancy, this discharge has a higher acidity. This makes you more prone to yeast infections. Therefore, it is important to notify your physician of any signs of a yeast infection. Symptoms include any irritation, itching or burning in your perineal area. Please be sure to report any change in vaginal discharge.

Cleanliness is important in preventing irritation and vaginal infections. Daily bathing or showering is adequate. Douching should be avoided unless advised by your physician. Nylon underwear and panty hose retain heat and moisture. This provides an area where infections and bacteria tend to grow. Absorbent cotton underpants should be worn to help prevent this problem.

## Nasal Stuffiness & Bleeding

Increased estrogen hormone levels during pregnancy may cause swelling of the nasal lining. This results in nasal stuffiness, discharge and possibly a bloody nose. Unfortunately, this problem usually cannot be relieved. Cool air vaporizers and normal saline nose drops may be helpful. Do not use nasal sprays or decongestants. They may make the stuffiness worse and cause other discomforts. Also, medications during pregnancy should be avoided if possible.

## Constipation

Several factors contribute to constipation during pregnancy. The hormone progesterone slows food movement through the intestines. As your uterus enlarges, it displaces your intestines. Oral iron supplements in your prenatal vitamins may also cause constipation and contribute to hemorrhoids. To prevent constipation, you should increase your fluid intake to at least eight eight ounce glasses daily and eat adequate roughage or bulk such as fruits, bran and vegetables. Some women find it helpful to drink a warm beverage or glass of prune juice in the morning. Exercise may also be helpful. Allow time after breakfast for the natural urge to have a bowel movement. Rushing to work or school and ignoring or suppressing the urge to move your bowels will worsen constipation and will not maintain a good bowel routine. If you continue having problems, your doctor may recommend something for you. Do not take any medications or enemas unless advised to do so by your doctor.

## Hair & Skin

Hormonal changes during pregnancy may cause changes in your skin and hair also. Dry skin may develop. Very oily skin may also develop at some point in pregnancy. Some women develop hair changes. Your hair may become thicker, grow faster, change from dry to oily or vice versa.

## Teeth

Continue good care of your teeth and gums including regular visits to your dentist. Bleeding of the gums during brushing and flossing may occur now. You may also have sensitive teeth due to your pregnancy. Be sure to tell your dentist that you are pregnant, so that X-rays are not taken. If they are absolutely necessary, a lead shield should be placed over your abdomen to protect the baby.

## Clothes

When choosing maternity clothing, remember loose and adjustable clothing is most comfortable. Avoiding belts and tight-elastic bands is best. If your budget is tight, consider borrowing or wearing roomy non-maternity clothes. Low, not flat, shoes are most comfortable and supportive. High heels tend to cause backaches and may lead to losing your balance. Your breasts may increase two to three cup sizes. A good supportive bra should be worn. If you are large breasted or tend to sag, wearing your bra at night also would be a good idea.

## Vision

Often during pregnancy, a woman's vision is somewhat altered. For this reason, it is not a good time to change your eye glasses. Your eyes may seem drier than before. So if you wear contact lenses, you may have more problems with scratchiness and drying of your eyes. progesterone.

## **Family Physicians.** *Is there a doctor in the house?*

If you are having a Family Practice doctor caring for you, more than likely you will have them care for your baby also.

However, if you have chosen an obstetrician or midwife, you will need to select another doctor to care for your baby, either a pediatrician or a family physician.

Pediatricians are doctors specially trained in the care of infants, children and adolescents.

Family physicians are specialized in the care of all family members, newborn to elderly.

Choosing a physician is an important decision to make. Talk with family members and friends for recommendations. Also, please feel free to call any of the offices to set up an appointment so you may meet the doctor and ask questions.

One last thing to remember when deciding on a physician is whether or not your insurance will cover the doctor you have in mind. Be sure to check with your insurance carrier for a list of physicians included in your plan.

*For an Evangelical Community Hospital Medical Staff Directory call (570) 522-2885.*

## **Insurance Coverage**

Now that you are pregnant, included on your list of things to do to get ready for this exciting event should be to check your health insurance coverage for maternity benefits. Does your insurance card say you need any hospitalization precertification?

What does precertification mean? Precertification means that your insurance company requires notification of your hospitalization usually within 24-48 hours for emergency or urgent admissions and prior notice for elective services. Pregnancy is considered an elective admission in that you know you are pregnant long before you deliver. If precertification is not done properly prior to your delivery, there could be a penalty that you would have to pay out of your own pocket. If you are uncertain if precertification is needed, you can call your insurance carrier's member service num-



ber or call your employer. While you are on the phone, you should also find out how many hospital days will be covered. Most insurance companies cover one to two days for a vaginal delivery and three to four days for a Cesarean section. Please remember this is a guideline for how many days you will stay. If your medical condition warrants more time the Utilization Review staff at Evangelical Community Hospital will contact your insurance carrier for more time.

If you have any questions or concerns about your insurance coverage, you may contact our Utilization Review Staff at (570) 522-2575 between the hours of 1 and 3 pm.

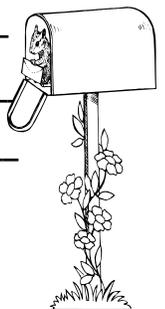
## **DID YOUR ADDRESS CHANGE?**

NAME: \_\_\_\_\_

NEW ADDRESS: \_\_\_\_\_

**SEND TO: THE FAMILY PLACE**  
Attn: PEP Newsletter  
Evangelical Community Hospital  
One Hospital Drive  
Lewisburg, PA 17837

**DUE DATE:**  
\_\_\_\_\_



## The Doctor Visits

During the first 12-19 weeks of your pregnancy, your physician will usually schedule office visits every four weeks. During these visits, you can expect to have your weight, blood pressure, urine and baby's heart rate checked.

Also during this time of your pregnancy, your physician may order some additional tests such as MSAFP (Maternal Serum Alpha-fetoprotein), amniocentesis, and ultrasound. MSAFP is a blood test drawn between 16 and 19 weeks of pregnancy. The test can screen for problems such as Down's Syndrome and neural tube defects. A neural tube defect is when the brain or spinal cord do not form properly. An ultrasound or sonogram is a test that uses sound waves to make a picture of the baby and the area around the baby. The ultrasound enables the doctor to determine the position, size and sex of baby, to estimate the due date and to spot some abnormalities.

An amniocentesis involves placing a needle through the mother's abdomen and withdrawing a small amount of the fluid that surrounds the baby. Checking this fluid enables the doctor to identify certain problems that could affect your baby's health. This test is done at about 16 - 18 weeks and only when really necessary .

## Sex During Pregnancy

You and your partner might worry that sex will harm your baby. But the baby is protected by fluid in your womb. If your pregnancy is normal, your doctor probably will say it is okay to have sex. However, if there are any problems with the pregnancy, your doctor may ask you to stop. Ask your physician, if you have any questions or concerns regarding sexual intercourse.



Sex during pregnancy may be uncomfortable. Trying different positions will help you feel more comfortable. The best positions are ones that put less pressure on your abdomen.

***There are a few things you should be aware of. If you experience any of the following during or after intercourse, be sure to tell your doctor right away:***

- (1) bleeding from the vagina
- (2) break your "bag of water"
- (3) feel pain in the vagina or abdomen

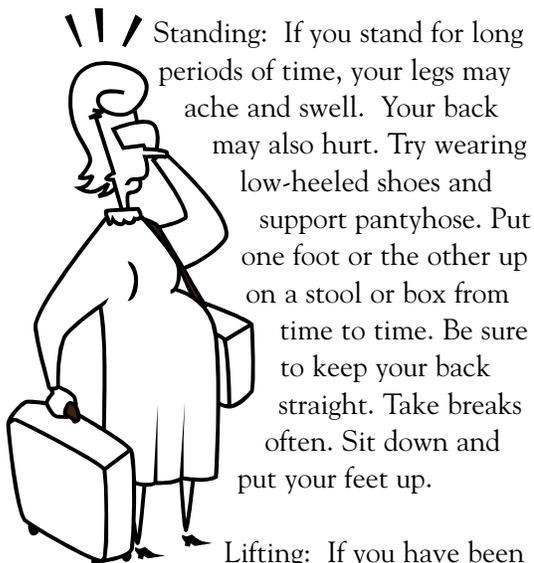
## Working & Pregnancy

Many mothers worry about working during their pregnancy. They are afraid something done at work will hurt the baby. Here are some things you should know.

If your pregnancy is normal, you probably can work until your baby is born. Tell your doctor what you do at your job. Then you and your doctor can decide what is best for you.

You may have to make some changes at work. The following are some tips to help:

**Sitting:** If you sit for long periods of time, which can cause stiff muscles, swelling in legs, and backache, try taking a short break every hour. If you can't take a walk, stand up and shake your arms and legs. When you are sitting, try the circulation exercises as discussed in this newsletter under Exercise.



**Lifting:** If you have been lifting heavy loads at work before you became pregnant, you probably can still lift them now. But be sure to check with your doctor first. When lifting, use good body mechanics as discussed in this newsletter under Exercise.

## Exercising During Pregnancy

Exercise is very important to you and your baby. When you are pregnant, exercise is not done to lose weight but to help you feel better. With pregnancy, there are four factors that make body awareness and protection essential. During pregnancy, blood volume increases, contributing to muscle aches, swelling, and/or decreased sensations in the legs and arms. The extra hormones released soften the ligaments, which also adds to muscle aches. The added weight of the baby pulling forward on the uterus where it attaches to the lower back can cause increased back discomfort. The baby's presence also changes the mother's center of gravity.

The following list of exercises for daily activities should help decrease or avoid these discomforts now, in labor and throughout life:

### (1) Maintain Good Posture

While standing, remember to:

- ✓ stand straight; keep the top of the pelvis tilted back and bottom tucked under
- ✓ hold head high; neck straight, chin up
- ✓ avoid standing for long periods of time
- ✓ shift weight from foot to foot
- ✓ wear comfortable shoes

While Sitting:

- ✓ sit straight
- ✓ use a low back pillow and a foot rest
- ✓ elevate feet whenever possible
- ✓ sit in "tailor" position
- ✓ avoid crossing feet or knees

While Lying Down:

- ✓ avoid lying flat on your back
- ✓ elevate feet whenever possible
- ✓ use a pillow between your legs when lying on your side

### (2) Use Good Body Mechanics

- ✓ flex knees when bending
- ✓ squat to pick things up
- ✓ lift with your knees, not your back
- ✓ keep your back straight when working at counters, etc.; don't bend over

### (3) Performing Circulation Exercises

- ✓ do all exercises slowly
- ✓ foot twirls in each direction; avoid pointing toes downward
- ✓ shoulder rolls in each direction
- ✓ rotate head in semicircles, left, forward and right, do not rotate back
- ✓ shake hands vigorously
- ✓ prop legs up 10 minutes twice daily

# Prenatal & Childbirth Classes

*Now is the time to plan ahead by scheduling your prenatal classes. Evangelical offers a variety of classes to help you prepare for labor and baby care. If you are interested in any of these classes, please call Evangelical Community Health Education at (570) 522-2693 or visit us online at [www.evanhospital.com](http://www.evanhospital.com).*

*Registration is required for all classes. The classes offered include:*

## Baby Basics

This four-week course covers infant care and nutrition, newborn characteristics, and hints for childproofing the home. Classes are held Mondays and Thursdays at 7 pm for four weeks.

## Prenatal Breastfeeding Class

This class is for all expectant mothers and support persons interested in discussing the advantages of breastfeeding. It covers common problems, positioning and latching the baby onto the breast, frequency of feeding, supply and demand, and many other areas of concern. The class is offered one Monday each month at 7 pm.

## Grandparent's Class

This course is for those expecting a grandchild. The classes teach updates in childcare and childbirth. This class is offered four times a year from 7-10 pm.

## Prepared Childbirth

Prepared Childbirth classes are open to all expectant parents during the last three months of pregnancy. This class prepares parents for the physical and emotional effects of labor and delivery of the baby. It is a six-week course.

## Prepared Childbirth Refresher Course

This course is for couples who have attended prepared childbirth classes during a previous pregnancy. It provides an update on childbirth methods, breathing, and relaxation techniques.

## Hello Baby

Hello Baby is a class for parents with children aged 3-8 who are expecting a new brother or sister. The class includes a tour of The Family Place and instructions on holding newborns. Using a newborn-size doll, the children learn to change a diaper. Sibling rivalry and new adjustments are discussed with the parents. Classes are held one week-day each month at 7 pm.



## Pediatric Basic Life Support

This class teaches infant and child CPR. Classes are held once each month at 6 pm.

## Prenatal and Postpartum Exercise Classes

These classes include a moderate workout of strength conditioning, aerobic training, and relaxation techniques. Each class is held two times a week.

## Teen Lamaze Class

The Prepared Childbirth courses are for all expectant teen parents (or support person) during the last three months of pregnancy. Classes prepare parents for the physical and emotional effects of labor and delivery of the baby.

**The next P.E.P. issue will have information on:**

- **warning signs**
- **breastfeeding**
- **glucose testing**
- **resource guide**
- **travel tips**
- **and much more!**