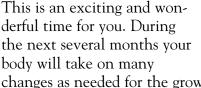


No. 1 • 1-2 Months

THE FAMILY PLACE

Congratulations on your Pregnancy!



changes as needed for the growth and development of your new baby. There will be many adjustments to make and new things to learn. We at The Family Place would like to help you by providing accurate information every two months through *Anticipations*, our perinatal education program newsletter.

Anticipations will include information on such topics as nutrition, fetal development, prenatal education classes, what to expect during office visits, problems occurring with pregnancy, hospital stay, and more.

Anticipations will also provide you with information on how to prepare for your brief hospital stay and your discharge home.

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

What's Inside .

Nutrition2
Growth & Development "My Growing Baby"2
Common Discomforts3 Nausea & Vomiting Urinary Frequency Breast Tenderness
Important Terms3
Pediatricians & Family Physicians?4
Exercising During Pregnancy4
Address Change4
The Doctor Visits5
Smoking, Drinking & Medications5

Nutrition

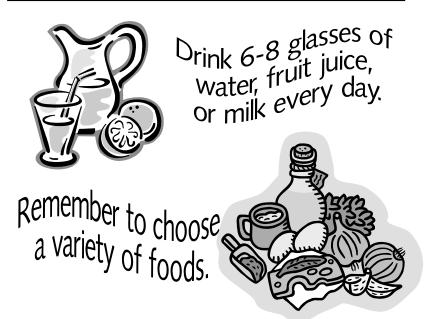
Nutrition is an important part of a healthy pregnancy. You must provide your body and growing baby with important nutrients for proper growth and development. Most of the recommended nutrients can be obtained by eating a well-balanced diet each day (see pyramid below).

A pregnant woman needs approximately 300 extra calories a day for the growth of the baby and maternal changes. The amount of weight gain will vary from person to person. It is the pattern of weight gain that is important. Your doctor will monitor your weight gain at each prenatal office visit. Your doctor will also recommend prenatal vitamins to take during your pregnancy.

Pyramid Servings for Moms-To-Be



	Daily guidelines for most pregnant women	Daily guidelines if you are physically active	
Calories	about 2,200*	about 2,500*	
Bread Group	9	10	
Vegetable Group	4	5	
Fruit Group	3	3	
Milk Group	3-4	3-4	
Meat Group	6 ounces total	7 ounces total	



Growth & Development:



" My Growing Baby"

By twelve weeks, three months since your last period, your baby is approximately three inches long and weighs about 1.6 ounces.

The baby's face is well formed with a small chin and protruding nose and ears. The eyelids are closed and tooth buds have appeared for all twenty baby teeth. The arms and legs are long and slender with well-formed fingers and toes, with the arms being more developed than the legs.

The baby can make a tiny fist and is moving around, although still too tiny for you to feel.

At this stage, the baby's heart rate can be heard electronically in the doctor's office. During the remainder of your pregnancy, all body organs will mature and the baby will gain weight.

Common Discomforts

Morning Sickness

Nausea and vomiting are early symptoms in pregnancy. These symptoms appear sometime after the first missed period and usually end by the fourth month of pregnancy. Approximately 50-80 percent of pregnant women experience these symptoms. Some women develop a dislike for certain foods, while others may experience nausea upon waking in the morning or throughout the day and evening.

Vomiting usually does not accompany the nausea. If you vomit more than once a day or show signs of dehydration such as dry mouth, concentrated urine, or urinating in small amounts, call your doctor. He or she may order medication and/or intravenous (IV) fluids to make you more comfortable.

There is no definite cause of nausea and vomiting in early pregnancy. It is thought to be caused by changes in hormonal levels.

Here are a few helpful tips to help control nausea and vomiting:

- eat dry crackers or toast before getting out of bed in the morning
- eat five or six small meals per day instead of three large ones
- drink liquids between meals rather than with meals
- avoid foods with strong aromas or flavors if they bother you

- get out of bed slowly and avoid sudden movement throughout the day
- avoid greasy, very spicy, or fried foods
- snack and drink beverages between meals to avoid nausea prompted by an empty stomach.

Urinary Frequency

Urinary frequency occurs early in pregnancy because of the pressure of the enlarging uterus on the bladder. This problem goes away for awhile when the uterus moves out of the pelvic area and into the abdominal cavity around the third month.

Urinary frequency is normal during this time. Symptoms such as pain, burning with urination, or blood in the urine should be reported to your doctor.

Here are a few helpful tips:

- empty your bladder frequently (at least every two hours while awake)
- consider safety factors in the home at night such as a clear path to bathroom, night light, etc.

Breast Tenderness

Breast tenderness and sensitivity occurs early and continues throughout the pregnancy due to increased levels of estrogen and progesterone. A well-fitting support bra gives the most relief.

Important Terms

Dehydration: When a person loses a lot of body fluids from conditions such as vomiting and diarrhea.

Fetus: Another word for your baby, between the eighth week of pregnancy and the time it is born.

Intravenous: Infusing a fluid or medication into the vein, also called an IV.

Placenta: A special organ that grows in your uterus when you are pregnant and connects you to your baby. It helps to nourish the fetus and take away its waste products. It is also called afterbirth.

Placental Abruption: When the placenta separates prematurely from the wall of the uterus. A very serious, possibly fatal, condition for the baby and the mother.

Placenta Previa: When the placenta grows in the lower part of the uterus; it may cover the cervix.

Premature Rupture of Membranes (PROM): When the bag of water surrounding the baby breaks before contractions start.

Prenatal: Refers to pregnancy before birth.

Rubella: A contagious disease caused by a virus. It is commonly called the German Measles.

Pediatricians & Family Physicians?

Once you have chosen the physician or practice who will care for you during your pregnancy, you will have to select a physician who will care for your baby after he/she is born.

If you are having a Family Practice doctor caring for you, more than likely you will have him or her 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 for a list of physicians included in your plan.

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

Exercising During Pregnancy

Normal amounts of exercise can be helpful in many ways for a pregnant woman. Exercise can increase your energy level, improve your sleep, help you maintain fitness and muscle tone, help control weight gain, promote bowel regularity, and help you "bounce back" after delivery. However, pregnancy is not the time to learn a new sport, to begin strenuous exercise, or to play contact sports. Swimming, walking, and cycling are recommended and jogging is considered safe if the mother is already conditioned to it. Exercise intensity should decrease as pregnancy advances.

Pregnant women should avoid the use of hot tubs, saunas, and vigorous exercise. Prolonged exposure to one of these can increase the mother's internal body temperature which then increases the baby's temperature. Studies have shown that increased internal body temperature may cause birth defects of the spine and brain.

Lewisburg, PA 17837



Here is an exercise you may perform now and throughout your pregnancy. The Pelvic Rock helps relieve abdominal pressure and lower back ache during pregnancy, and can also be resumed following the birth of the baby to firm abdominal muscles. It may be done in a sitting, lying down, or on all fours. Begin by tightening your abdominal wall, pulling in and up, and tuck in your buttocks. This will rock your pelvis upward, flattening your lower back as the hollow is straightened. Next, slowly relax your abdomen and buttocks allowing the hollow of your back to return. Take care, however, not to accentuate the curvature of your back. Repeat the exercises five to six times daily, maintaining a slow rhythmic motion.

Evangelical's Community Health Education Department offers a Prenatal and Postpartum Exercise class. Call 522-2693 for dates and times.

DID YOUR ADDRESS CHANGE?

IAME:		_ 🔊
IEW ADDRESS:		
END TO: THE FAMILY PLACE attn: PEP Newsletter	DUE DATE:	
evangelical Community Hospital		

Anticipations: 1-2 Months

The Doctor Visits

Prenatal care as soon as you think you are pregnant and seeing your doctor throughout your pregnancy are the best things you can do to have a healthy baby.

Routine prenatal care may consist of a visit to your doctor once every four weeks for the first seven months, every two weeks for your eighth month, and then every week until your baby is born. Your visit schedule will be determined by the physical and emotional needs of your pregnancy.

Every visit is an opportunity for you to ask questions about how you are feeling, tests you may need, and how the baby is doing. Please do not be afraid to ask questions. The only dumb question is the question that was not asked.

During your first visit, you will be asked many questions about your health and your partner's health. The nurse will check your blood pressure, ask you for a urine sample, and weigh you. Your doctor will perform an internal physical exam called either an "internal" or "pelvic." The doctor might also perform a pap smear and cultures at this time. During this visit your "due date" will be determined. The doctor will also order some blood tests such as your blood and RH type, complete blood count (CBC), Rubella and Hepatitis screen, RPR (same as the marriage blood test).

At future visits, your weight, blood pressure and urine will be checked, and you will be able to hear the baby's heartbeat.

Smoking, Drinking & Medications

Now is the time to think about your health and everyday habits. Things that you normally do may harm your baby.

SMOKING is dangerous to you and your baby. Babies born to mothers who smoke tend to have a lower birth weight. There is also a higher chance of miscarriage, stillbirth, placenta previa, placental abruption, and premature rupture of membranes. Now is the time to quit or cut down.

DRINKING alcohol such as beer, wine, wine coolers, liquor, and mixed drinks when you are prenant can harm your baby. Alcohol passes through the placenta to the baby within minutes after drinking. The baby's blood alcohol level is equal to the mother's. The harmful effects to the baby vary according to the baby's stage of development and can include low birth weight, fetal alcohol syndrome, attention-deficit disorder, and infant deformities.

STREET DRUGS such as cocaine, heroine, or marijuana are extremely dangerous to you and your baby. Your baby can become addicted to these drugs during your pregnancy and will have to go through withdrawal

after delivery. Using street drugs can cause slow brain growth and brain damage to the baby before it is born. This can also cause your baby to be born too early or cause you to have a miscarriage. Stop now if you use these drugs. Even if you only use them once in a while, you or your baby can be harmed.

Over-the-counter or store-bought medicines such as aspirin and cough medicines may cause problems for you and your unborn baby. Even too much of certain vitamins can cause problems. Before taking any medications, check with your doctor. When calling for advice make sure you inform the doctor that you are pregnant.

It is never too late to stop smoking, drinking, or taking drugs. Help yourself and your baby.

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

- simple exercises
- prenatal classes
- sex during pregnancy
- · and much more!



Pregnant... Now What?

You just found out you are pregnant and have many unanswered questions. This class is designed to inform and educate women who are in their first trimester of pregnancy. Topics will include: physical and emotional changes, nutrition, exercise, and easing discomforts that come with pregnancy.

To register or for more information please call Community Health at (570) 522-2693 locally or 1-800-377-EVAN. There is a \$5.00 fee to attend.

Attend this one night class and receive \$10 off your prepared childbirth class.

Prenatal & Postpartum Exercise Classes



Exercising during and after pregnancy can help you feel better and increase your stamina. The Community Health Department at Evangelical will be holding prenatal and postpartum exercise classes for mothers. Each session will include a moderate workout of strength conditioning, aerobic training and relaxation techniques.

The fee for this program is \$45 for a six week session. The course instructors are Amy Minnier, RN and Wendy Wood, Community Health Education Instructor. To register or for more information, please call Community Health Education at (570) 522-2693 locally or 1-800-377-EVAN.

