



Anticipations

The Perinatal Education Program (PEP) Newsletter



THE FAMILY PLACE

No. 3 • 5-6 Months

Your Pregnancy is Halfway Over!



Your pregnancy has definitely begun to show! Most expectant mothers are now wearing maternity clothes. This time is very exciting because your little one has begun to make itself known with gentle movements. Some of the annoying discomforts like nausea, vomiting, and frequent urination should have passed. Now is the time to enjoy your pregnancy and start planning for baby's arrival. You may want to begin decorating your nursery!

This newsletter includes important information on nutrition, pregnancy warning signs, and breastfeeding.

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

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Growth & Development:



“ My Growing Baby”

21-28 Weeks

At 20 weeks, almost five months from your last menstrual period, light hair called lanugo covers the baby's entire body. The largest amount is on the shoulders. Nipples are now present. The eyebrows and eyelashes are beginning to form. Your baby now has fingernails and toenails. As you may have noticed, the muscles are well developed and your baby is very active.

At 24 weeks, the hair on your baby's head is growing longer. The eyebrows and eyelashes are completely formed. The eyes are matured and will soon open. The baby will grasp when something touches its palm. Its skin is red and wrinkled with little fat under the skin. The skin on the baby's hands and feet has thickened and has fingerprints and footprints. The skin over the entire body is covered with a cheese-like, fatty substance called vernix caseosa. It protects the skin. Tiny sacs called alveoli are beginning to form in the lungs. They are needed for the baby to breathe when it is born.

At 28 weeks or six months, the skin is still red, wrinkled, and covered with vernix caseosa. The brain is developing rapidly. The baby has definite awake and alert periods. The eyelids open and close. If the baby is a boy, the testes begin to come down into the scrotal sac. The lungs are still immature. A baby born at this time would need immediate and prolonged intensive care in order to survive and to decrease the risk of a major handicap.

Nutrition



Adequate weight gain during pregnancy leads to an adequate birth weight for your baby. How much you gain during pregnancy is not as important as eating a good, healthy diet. Weight gain varies for everyone but generally it is recommended that women gain 25-32 pounds during pregnancy. This is not a time to diet or skip meals. When a pregnant woman doesn't eat for a period of time, she breaks down fat for energy. This produces a substance called acetone in the blood. Acetone is harmful to the baby's developing nervous system and is a threat to the baby's well-being. This condition can occur within six hours of not eating, so do not skip meals. Remember also that eating for two doesn't mean doubling what you're already eating. Instead it means eating more of the right foods and less of the wrong ones. Adding the extra 300-500 calories to your regular diet needed during pregnancy can be achieved by adding only 2 1/2 cups of skim milk to your diet.

SIZE OF THE BABY BEFORE BIRTH



20 Weeks:

8 inches long, 8-9 oz.

24 Weeks:

11-21 inches long, 1 lb., 10 oz.

28 Weeks:

14-15 inches long, 2 lbs.,
10.5 oz - 2 lbs., 12 oz.

Common Discomforts

Heartburn

Heartburn is a burning sensation in your chest or upper stomach. In pregnancy, it is caused by your enlarging uterus putting pressure on your stomach and from the increase in hormones. To help or prevent heartburn, avoid overeating, foods that are fatty, spicy and fried, and lying down soon after eating. Also drink six to eight glasses of fluids daily, eat smaller and more frequent meals, and try drinking milk half an hour before meals or when indigestion occurs. Good posture is important because it allows more room for the stomach to function. If an antacid is needed, consult your physician. Baking soda and Alka-Seltzer should be avoided because they may cause an imbalance of your body electrolytes.

Round Ligament Pain

Round ligaments are attached to and help support the uterus. As the uterus enlarges during pregnancy, the round ligaments stretch, enlarge and lengthen. You may feel an occasional sudden, sharp pain in your abdomen or groin when you laugh or move

quickly. The pain usually subsides quickly. If you have constant abdominal pain, call your doctor.

Once your doctor has verified that round ligament pain is occurring and not a medical problem, you may find relief by applying a heating pad to your abdomen. It may also help to bring your knees up onto your abdomen.

Carpal Tunnel Syndrome

Carpal Tunnel Syndrome (CTS) results from pressure on a nerve of the wrist. It is common on both sides but may be worse on your dominant hand. Typically the woman with CTS awakens with numbness, tingling, or burning in the fleshy part of the palm near her thumb. Numbness may also occur in the fingers and mild hand weakness may occur. Repetitive hand movements such as typing may worsen this syndrome. Symptoms often fade and then disappear after delivery. Treatments include splinting, avoiding movements that aggravate symptoms, and in some cases, injection of steroids. Surgery is rarely needed. This condition is not preventable.

Fainting / Faintness

Many pregnant women experience faintness. You may feel dizzy, have a swirling or floating feeling, and be unable to hear well. Being in a warm, crowded area may make you feel this way. If faintness occurs from standing a long period of time or being in a warm, crowded room, sit down and lower your head between your legs. If this doesn't help, lie down. Try to avoid hot, stuffy rooms and standing for long periods if possible. Sudden changes in position may also cause this feeling, so move slowly when you go from a resting position to standing.

Avoid going long periods between eating as this can cause faintness. Do not lie flat on your back after four months of pregnancy. This can cause your blood pressure to drop, fainting, and decreased blood and oxygen to the baby. If you feel dizzy and like you are going to faint frequently, tell your doctor. You may need an iron supplement.

Warning Signs:

If any of the following warning signs occur anytime during your pregnancy, call your doctor immediately:

- Vaginal bleeding or spotting
- Gush or leaking of fluid from the vagina
- Abdominal pain
- Foul-smelling vaginal discharge
- Burning or pain when urinating
- Vaginal area itching, burning or soreness
- Persistent vomiting
- Chills, fever or rash
- Decreased fetal movement
- Dizziness, light-headed or fainting spells
- Blurred vision
- Persistent headaches
- Sudden swelling of the hands, feet, legs or face



The Doctor Visit

Around the 28th week of pregnancy, your doctor may order a glucose screening test. This is a blood test to find out if you have diabetes in pregnancy. With diabetes, your body does not process sugar properly.

You will be sent to a laboratory. There you will be given a special flavored sugar drink. After one hour, you will have blood drawn to check the sugar level in your blood. A high level of sugar in the blood may be a sign that your body is not using sugar in the right way. Your doctor will discuss further treatment and tests with you if your blood sugar level is high.

WHERE THE WEIGHT GOES

About one quarter of your weight gain takes place between 12 and 20 weeks; half between 20 and 30 weeks; and another quarter between 30 and 38 weeks. Most women gain only a little weight at the very beginning or at the very end.



Baby	7-8 lbs.
Placenta	1-2 lbs.
Amniotic Fluid	2 lbs.
Uterus	2 lbs.
Blood Volume	3-4 lbs.
Fluid, Fat & Breast Tissue	10 lbs.

TOTAL 25-28 lbs

Breastfeeding: It's Your Decision

Now is the time to think about how you want to feed your baby. How you feed your baby is a personal decision. Allow it to be your decision.

Breastfeeding provides the best start for your baby and has many benefits for mothers, fathers, other family members and caregivers.

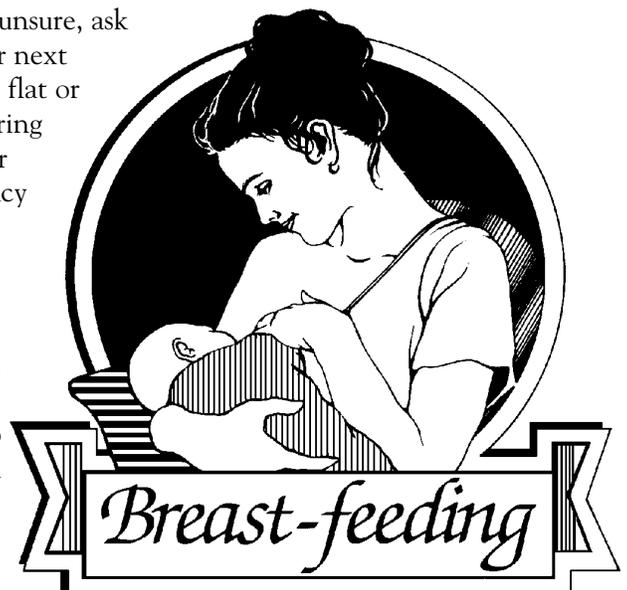
As your baby grows inside of you, your body is getting ready to make milk made specially for him or her. Breast milk has all the right ingredients. Ten good reasons to breastfeed are:

- Mother's milk is the perfect food for your baby
- Mother's milk actually changes as the needs of your growing baby change
- Mother's milk is easier to digest
- Bowel movements are softer and have less odor
- Breastfeeding saves money
- Breastfeeding makes you feel good
- Breastfeeding is easy and always available
- Breastfeeding can help you lose weight
- Breastfed babies have less allergies
- Breastfeeding helps to prevent too much bleeding after your baby is born. It also lets the womb (uterus) return to the size it was before you were pregnant.

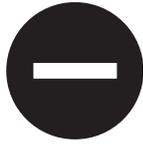
For most women, there is no need to prepare their nipples for breastfeeding. Good skin care for all women includes no soap or creams on the nipples and no need to rub nipples with towel or washcloth. All women should check for flat or inverted nipples in the last three months of pregnancy. If you are unsure, ask your physician at your next check-up. If you have flat or inverted nipples, wearing breast shells after your 36th week of pregnancy can help correct the problem.

If you have any questions or concerns regarding breastfeeding, please feel free to contact the Lactation Consultant at The Family Place at Evangelical. The Hospital also offers breastfeeding classes.

Visit our website at www.evanhospital.com to learn more.



Rhogam and the Rh Negative Mother



If a mother is Rh negative and the father is Rh positive, the baby may be Rh positive too. When the Rh negative mother is exposed to the baby's Rh positive blood, she develops antibodies to the baby's Rh positive blood. If a mother is carrying a baby that has Rh positive blood in a second, third or other subsequent pregnancy, the antibodies will attack and destroy the baby's Rh positive blood.

Rhogam is a medication that is given through injection to prevent antibodies from forming. At 28 weeks gestation, the injection is given to prevent antibody formation in case the baby is Rh positive. After delivery, blood is collected from the baby. If Rh positive and no antibodies are present, Rhogam is again given to the mother within 72 hours of delivery. Rhogam destroys any Rh positive cells that are in the mother's blood before antibodies are made. This prevents problems for future pregnancies.

There is no risk for this antibody formation if the baby is Rh negative or with the first pregnancy unless an Rh negative mother had at one time received an Rh positive blood transfusion. Rhogam is also given after a miscarriage, abortion, ectopic pregnancy or amnio-centesis. It is necessary anytime the baby's blood may mix with some of the mother's blood.

Exercise Guidelines

A regular exercise plan during pregnancy brings many advantages. It always improves health and fitness as well as helps you feel better. During pregnancy, it often eases many of the normal discomforts such as constipation, backache, fatigue and varicose veins. In addition, you may be better prepared for labor and delivery.

Before you begin your exercise plan, discuss exercise with your doctor, including how much and how intense. He will advise you on any restrictions you may have medically. Exercise is not recommended with certain conditions, such as ruptured membranes, various heart problems, history of or current pre-term labor, multiple pregnancy (twins, triplets, etc.), placenta previa, vaginal bleeding, incompetent cervix, or a history of three or more miscarriages.

It is best to exercise regularly, about three times a week, rather than sporadically. You should not try to lose weight by exercising. Don't exercise more than you did before you became pregnant. If you are fairly fit already, you may continue with your exercise program if your doctor agrees. You may need to modify the intensity and duration. Do only exercises that are safe during pregnancy. If you didn't exercise at all before you became pregnant, begin with exercises like walking, swimming or riding a stationary bicycle. Do these for 10-20 minutes, three times per week. Gradually increase your time as your stamina increases. Stop if you begin to feel fatigued. Never exercise to the point of exhaustion.

You will need to adapt exercise to the changes that occur with your body during pregnancy. Your joints are softer and more prone to injury and your sense of balance is altered. Your heart rate is higher and it rises more rapidly with exertion. Your body temperature may rise more rapidly now also. You need more oxygen and become out of breath more quickly.

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



Following is a list of recommended exercises and those not recommended during pregnancy:

Safe Sports

- Walking
- Race-walking or jogging if done pre-pregnancy (avoid becoming tired or overheated)
- Swimming
- Riding a stationary bicycle
- Simple non-strenuous aerobics
- Golf
- Cross-country skiing

Sports to Avoid

- Contact sports
- Horseback riding
- Downhill skiing
- Ice skating
- Gymnastics
- Scuba diving
- Water skiing
- Surfing
- Mountain climbing

If you are unsure if an activity is safe for you, call your doctor.

Work-Out Tips

The following are more guidelines to follow concerning exercise during pregnancy

1. Since your body temperature can rise more rapidly now, do not exercise in very hot or humid weather or exercise too long or hard. An elevated internal temperature can harm your baby. For the same reason, avoid hot tubs and saunas.

2. Layer your clothing and remove layers as you begin to perspire. Wear a supportive bra and appropriate clothes.

3. Again, do not exercise to the point of exhaustion. Stop if you feel fatigued. Do not do a vigorous exercise routine. A moderate, rhythmic exercise routine involving the large muscle groups is best. Walking and swimming are considered moderate, rhythmic exercises.

4. Measure your heart rate at peak times of exercise. Do not exceed the rate recommended by your doctor. To check your heart rate, place your index and middle fingers over the pulsating area of your neck. Count the pulsations for 60 seconds and that rate is your heart rate. Generally, it should be under 140. Another way to tell if you are working too hard is if you are breathing too hard to carry a normal conversation.

5. Restrict exercise to 15 minute intervals. Low impact exercises like walking and swimming can be done up to 30-45 minutes

once your stamina allows this without fatigue.

6. Warm-up and stretch to prepare your joints for 15 minutes. Cool down with mild activity and stretching for ten to fifteen minutes.

7. Drink plenty of fluids before and after exercising to avoid dehydration.

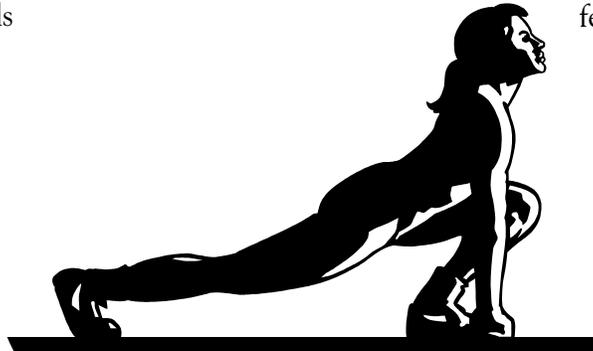
8. Avoid lying flat on your back to exercise or any time especially after the fourth month of pregnancy. The weight of the baby and your uterus on the blood vessels in this position can make your blood pressure very low and cause you to faint. It also decreases the blood and oxygen flow to the baby.

9. Avoid strain on your joints caused by bouncing and jerking movements. Such exercises include deep knee bends, full sit-ups and straight-leg toe touches.

10. Eat enough to supply your body with the additional 300 calories required during pregnancy plus the calories you're burning during exercise.

11. Stop exercising and call the doctor if you experience any of the following:

- dizziness
- difficulty breathing
- chest pain, numbness or tightness
- palpitations
- uterine contractions
- vaginal bleeding
 - headaches
 - faintness
 - sudden ceasing of fetal movement
 - any other unusual symptoms



12. Walking and swimming are the two best exercises you can do. Both are good aerobic exercises. Swimming is excellent for your body.

You'll use many different muscle groups while the water supports your weight. This relieves your joints of the extra weight they now bear. Avoid diving or jumping into the water. Instead, gently lower yourself into the water.

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

- A Guide for Pregnant Vegetarians
- Pre-Labor Exercises!
- Preparing Siblings for a New Baby
- Local Obstetrician Directory
- Circumcision pros & cons
- Packing for the Hospital

Community Resources Guide



Pregnancy may have been an unexpected event in your life. Many times it can occur at a time in your life when finances are a problem, difficulties are occurring with your partner or many other trials. Various agencies are available in the community to help you. They are listed below:

Susquehanna Valley Crisis Pregnancy Center

(570) 523-6872

This is a wonderful program that will help you with pregnancy information and abortion alternatives. Confidential counseling is available if you need it. Counseling can be with you alone, with your partner, and/or your parents. They will assist you with seeking medical care, legal aid, financial aid, pregnancy and baby care education, and social service assistance. Maternity and baby clothes, baby furnishings and housing are available also. Childbirth Education classes are available. The Center's address is 9 North Third Street in Lewisburg, PA, 17837. The 24-hour Hotline is 1-800-598-5004.

Birthright of Sunbury

(570) 286-8560

Birthright of Sunbury is located at 351 Woodlawn Avenue in Sunbury, PA, 17801. This agency provides confidential counseling as well as referrals to other agencies. These other agencies include adoption assistance, financial, medical, nutritional

and social assistance. They also assist you with maternity and baby clothing. The office is open on Mondays, Wednesdays and Fridays from 12:30 pm - 4:00 pm. The 24-hour Emergency Hotline is 1-800-550-4900.

Women in Transition

(570) 374-7773 or
(717) 523-6482

This agency provides help and support for you if you are being physically or mentally abused. There are services available for children who have been physically or sexually assaulted or have been around this abuse. The 24-hour Emergency Hotline is 1-800- 850-7948.

WIC

(Women, Infants, & Children)
WIC is available to you if you are pregnant, breastfeeding, or have children under five years of age. WIC provides free nutritional education and provides funding to you for free formula and certain foods. You must qualify financially for this service. You may be eligible whether you are working or not.

For example: A family of two may have a maximum annual income of \$22,089; family of three may have a maximum annual income of \$27,787; and family of four may have a maximum annual income of \$33,485.

For more information, call any of the following WIC offices:

Columbia/Montour Counties
(570) 752-6935

Cumberland County
(717) 243-0523

Perry County
(717) 582-7014

Lebanon County
(717) 273-6940

Mifflin/Juniata Counties
(717) 248-5339

Somerset County
(814) 443-1901

Snyder County
(570) 743-6627

Union County
(570) 523-6666

Northumberland County
(570) 648-1521

Northumberland County
(570) 988-1945

OR 1-800-WIC-WINS

WIC is a program of the Pennsylvania Department of Health

Community Resources Guide

- Continued

Evangelical Community Hospital Social Services

(570) 522-2586

This service provides information on financial, medical, nutritional, social and legal help available. Brief counseling is available. Assistance with adoption arrangements is also available. If needed, the staff can also arrange Home Health visits. Call the office at the phone number listed above or call the Hospital at (570) 522-2000 and ask for a Social Worker.

Lewisburg La Leche League

The La Leche League provides information and support for breastfeeding mothers. They meet the third Monday of each month at 7:00 pm in the Community Room (west rear entrance) of St. John's United Church of Christ located at 1050 Buffalo Road in Lewisburg, PA.

They also offer telephone advice and a lending library is available. You can either borrow or buy the book "The Womanly Art of Breastfeeding." If you are planning to return to work and need to obtain a breast pump, this organization will assist you with locating one to rent.

Family Planning Services

(570)523-3600

This agency provides medical and counseling services to individuals and couples. The service is a state-funded program. The Union County Family Planning office is located at 650 Route 15, Lewisburg, PA.

Pregnancy Care Center

523-6872

1-800-395-HELP

This non-profit organization provides support and counseling to mothers-to-be or new parents. There are a number of services offered at no charge such as baby clothing and supplies, parenting instruction, and support and encouragement.

Travel Tips

Traveling is fine during your pregnancy. Airplane, train and bus travel are less tiring for long distances because you can get up and move around. When you travel in a car, it is very important to wear both a shoulder harness and a lap belt to protect you and the baby in case of an accident. Just fasten the belt as low as possible below the baby.

Late in pregnancy, it is a good idea to avoid long trips. Sitting for long periods of time may cause leg cramps, discomfort, and fatigue. To avoid getting too tired during a car trip, stop about every two hours to stretch, walk, and go to the bathroom.

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:

