

# YOUR PREGNANCY

## at 13-17 weeks,

### you may.....

- gain 3/4 to 1 pound per week
- notice your abdomen growing larger
- experience a general sense of well-being
- have renewed interest in sexuality
- notice an increase in vaginal discharge
- feel overwhelmed and tired as your body changes and activities/appointments increase

### Suggestions....

- eat a variety of foods from the 4 major food groups daily
- Drink 6-8 glasses of water everyday
- wear comfortable clothing - it may be time to start wearing maternity clothes
- good communication between partner and/or support person is important
- talk to your doctor if any pain or bleeding occurs during intercourse
- wear cotton pants
- report itching and foul odor to your doctor
- spend time doing things you enjoy and feel free to tell others "No!"

## Watch Me Grow.....

I am 6"- 8" long and weigh 5 ounces

My eyebrows have formed

My skin is pink and transparent

You can hear my heartbeat...how does that make you feel?

I depend on the umbilical cord to help me grow

I depend on you to keep my umbilical cord healthy

I can be observed as a boy or girl now



*Illustration copied with permission from the March of Dimes*

**Remember...** eating good food during your pregnancy will help keep you healthy and nourish your baby's rapidly growing brain.

- **Breads and cereals:** 9 servings each day (1/2 come from whole grains)  
One serving = 1 slice of bread, 1 cup cold cereal, 1/2 cup rice or noodles
- 4 - **Vegetables** and 3 - **Fruits** servings each day  
One serving = 1 piece of fresh fruit, 3/4 cup juice, 1/2 cup cooked or raw vegetables
- **Proteins** (fish, meat, eggs, beans); 2-3 servings each day  
One serving = 2 eggs; 2 Tablespoons peanut butter, 2 oz. meat, fish or chicken
- **Milk and Dairy;** 2-3 servings each day  
One serving = 1 cup milk or yogurt, 1" cube of cheese
- Take prenatal vitamins if prescribed by your doctor.
- Drink 6 glasses of water each day
- Avoid caffeine

## Health Tips:

When you smoke....baby smokes! You both can quit by doing these things instead of smoking.....Go for a walk.....brush your teeth.....chew gum.....shut your eyes and do deep breathing exercises.....ask a non-smoking friend for help.....drink water, eat celery, carrots or fresh fruit.....each day try to put off lighting your first cigarette.

If you are interested in a stop smoking program, ask the nurse for more information!

Please inform us if your name or address changes or if you wish to stop the newsletters by calling (231) 547-0295 or 1-800-432-4121

## Just a thought.....

**Health Insurance** is available for pregnant women and children through **Healthy Kids** and **MiChild**. Doctor's visits, lab tests, medicines and hospital costs are some of the benefits. **Healthy Kids** can be used with other insurance coverage and is available for pregnant women and children whose income falls within the following guidelines:

Family Size	Healthy Kids Annual Income		MiChild Annual Income	The unborn baby counts as a family member. Call the health department at (231) 547-0295 or 1-800-432-4121 for more information.
	Pregnant Women & Children 0-1 yrs.	Children 1-19 years	Children 0-19 years	
2	\$27,214	\$22,065	\$29,420	
3	\$34,281	\$27,795	\$37,060	
4	\$41,348	\$33,525	\$44,700	
5	\$48,415	\$39,255	\$52,340	

## Helpful information is available at the following websites...

For **pregnancy and newborn** information, please visit:

[www.acog.com](http://www.acog.com)

[www.llusa.org](http://www.llusa.org)

[www.marchofdimes.com](http://www.marchofdimes.com)

[www.michigan.gov/mdch](http://www.michigan.gov/mdch)

[www.mywebmd.com](http://www.mywebmd.com)

[www.kidshealth.org](http://www.kidshealth.org)

For **nutrition** information, please visit:

[www.eatright.org](http://www.eatright.org)

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.wichealth.org](http://www.wichealth.org)

For **dental** information:

[www.ada.org](http://www.ada.org)

For **smoking cessation** information, please visit:

[www.michigan.gov/tobacco](http://www.michigan.gov/tobacco)

[www.quitnet.com](http://www.quitnet.com)

Health Department of Northwest Michigan  
220 W. Garfield  
Charlevoix, MI 49720

**Northern Michigan Regional Hospital, Chippewa County Health Department,  
District Health Department No. 4, Luce-Mackinaw-Alger and Schoolcraft Health Department  
and Health Department of Northwest Michigan**

Counties of:

Antrim  
Bellaire  
209 Portage Dr.  
Bellaire, MI 49615  
(231) 533-8670

Antrim  
Mancelona  
205 Grove St  
Mancelona, MI 49659  
(231) 587-5044

Charlevoix  
220 W. Garfield  
Charlevoix, MI 49720  
(231) 547-6523

Emmet  
3434 Harbor-Petoskey Rd.  
Suite A  
Harbor Springs, MI 49740  
(231) 347-6014

Otsego  
95 Livingston Blvd.  
Gaylord, MI 49735  
(989) 732-1794

For an appointment at one of these offices, please call 547-0295 or 1-800-432-4121

In Chippewa County, please call 1-906-635-1566

District Health Department No. 4, please call 1-800-221-0294

Luce-Mackinaw-Alger-Schoolcraft counties, please call 1-800-562-4832