

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

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 panties
- 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



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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		MiChild
	Pregnant Women & Children 0-1 yrs.	Children 1-19 years	Children 0-19 years
2	\$27,991	\$22,695	\$30,260
3	\$35,317	\$28,635	\$38,180
4	\$42,643	\$34,575	\$46,100
5	\$49,969	\$40,515	\$54,020

The unborn baby counts as a family member. Call the health department at (231) 547-0295 or 1-800-432-4121 for more information.

Helpful information is available at the following websites...

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

www.acog.com
www.lllusa.org
www.marchofdimes.com
www.michigan.gov/mdch
www.mywebmd.com
www.babycentral.com
www.kidshealth.org

For **nutrition** information, please visit:

www.eatright.org
www.mypyramid.gov
www.wichealth.org

For **dental** information:

www.ada.org

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

www.michigan.gov/tobacco
www.quitnet.com

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

Otsego Memorial Hospital 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