

# YOUR PREGNANCY

at 23-27 weeks,

you may.....

- feel dizzy or lightheaded as your growing uterus presses on a large vein
- have heartburn
- notice rhythmic tightening of your uterus
- feel stressed with all of the changes that are occurring

Suggestions....

- avoid lying on back, lie on either side
- rise slowly
- limit or avoid greasy, spicy foods
- eat small, frequent meals and chew food thoroughly
- avoid coffee and cigarettes
- avoid lying down immediately after eating
- learn the difference between Braxton Hicks\* contractions and preterm labor signs
- take time to exercise, read, think about you baby, laugh, play...be good to yourself!

\* Braxton Hicks contractions are a normal part of pregnancy and prepare the uterus for labor. Premature labor occurs when uterine contractions or tightening cause the cervix to open earlier than normal. A baby born too early can have problems eating, breathing and keeping warm. Call your doctor or midwife if you experience a major change in baby's movement or any of the following:

- (4) or more contractions per hour
- water leaking from vagina
- low, dull backache
- diarrhea or intestinal cramps
- menstrual-like cramps
- red, pink or brown vaginal discharge
- unusual pressure in pelvis, lower back or thighs

Watch Me Grow.....

I am 11"-14" long and I weigh 1-1 1/2 pounds  
My skin is red and wrinkled and covered with soft hair  
My eyelashes and eyebrows are growing  
I can stretch, kick and suck my thumb  
I can sense when you are eating, resting, or busy, and may change my movements...have you noticed this?  
I can open and close my eyes and hear sounds...and I love to hear your voice talking or singing to me!



Illustration copied with permission from the March of Dimes

HealthTips:

Relaxation can be beneficial in relief of normal pregnancy discomforts and reduction of stress:

- get into a comfortable position
- breathe through your nose
- inhale slowly and exhale slowly
- imagine a peaceful feeling moving from your head to toes
- repeat to yourself, "I am relaxed" or "Thank you for being my healthy baby" or "I release and I let go."

Remember.....

- Register for prenatal classes by calling 1-800-248-6777
- Choose your support person for labor
- Think about writing your birth plan
- If you have decided not to have any more children, it is important to talk to your doctor
- Start thinking about the birth control method you want to use after your baby is born



If your name or address changes or you wish to stop receiving these newsletters, please call (231) 547-0295 or 1-800-432-4121.

**Just a Thought.....**Abuse of women by their partners often begins or increases during pregnancy.

Your current relationship may not be safe if:

- you are afraid when your partner gets angry - you are treated roughly, hit and shoved - you are told it is your fault you were hit.

**NO ONE** has the right to express their anger by hurting another person. A plan to move quickly to a safe place may include the following:

- pack a suitcase to hide or store with a friend
- keep important items in a safe place to take with you (medicines, social security card, money, driver's license)
- know where you can get safe shelter (friends, Safe Home) and how to get there
- tell others how you were hurt (doctor, police, counselor)
- physical abuse **is a crime** - there are many people in your community who may be able to help you (police, lawyer, counselor)

**Women's Resource Center and Safe Home Shelter: 231-347-0067 (day)  
231-347-0082 (24 hour crisis line) or 1-800-275-1995**

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

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

[www.acog.com](http://www.acog.com)  
[www.lllusa.org](http://www.lllusa.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.babycentral.com](http://www.babycentral.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 **smoking cessation** information, please visit:

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

For **dental** information:

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

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 the 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 (231) 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**