

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 your 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!



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Health Tips:

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 let you go."

Remember.....

- Register for prenatal classes by calling 1-989-731-2124 or 731-2112
- 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.



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

Health Tips.....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
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 **smoking cessation** information, please visit:

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

For **dental** information:

www.ada.org

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209 Portage Dr.
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Suite A
Harbor Springs, MI 49740
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For an appointment at one of these offices, please call (231) 547-0295 or 1-800-432-4121