

# YOUR PREGNANCY

at 33-36 weeks,

you may.....

- have shortness of breath as your growing uterus crowds your stomach and lungs
- have difficulty sleeping
- be more sensitive and anxious

Suggestions....

- sit and stand as straight as possible
- eat small frequent meals
- slow down so your body doesn't have to work so hard...it's OK to tell others "No"
- avoid late meals
- avoid drinks containing caffeine
- take an evening walk
- use an extra pillow to help relieve shortness of breath
- relaxation exercises may be helpful
- discuss your feelings with someone you trust
- take naps
- remember that you are a wonderful person doing very important work
- identify your circle of support

Watch Me Grow.....

I am 16" - 18" long and I weigh about 5 pounds  
I don't move around as much but my kicks are very strong  
I am beginning to collect fat that will help to keep me warm after I'm born  
As it gets closer to my birth day, I'm wondering who will help you take care of me?

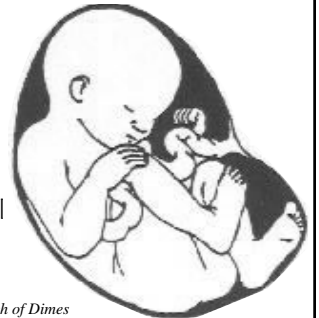


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Health Tips:

- **Circumcision** is the surgical removal of the foreskin from the penis. Parents must decide if they want their child to be circumcised. If parents consent, circumcision is usually done before the baby leaves the hospital.
- **The Community Health Education Center** has information and resources available on pregnancy, childbirth, care of the newborn and parenting. Visit their library or call them at (231) 487-4762.
- **Baby's** first immunizations can begin in the hospital with the Hepatitis B vaccine. Ask your doctor or nurse for more information.

Remember....to ensure a healthy baby it is important to learn about:

- signs of labor
- breathing/relaxation
- deliveries (vaginal, VBAC, C-Section)



If your name or address changes or you wish to stop receiving these newsletters by calling (231) 547-0295 or 1-800-432-4121

**Just a Thought.....**After your baby is born and you leave the hospital, questions may arise about newborn care and feeding and family changes. Northern Michigan Hospital, the health department and your physician/nurse midwife are pleased to offer a home visit by an experienced, knowledgeable nurse as an extension of our care for you and your baby. The visit will be made at your convenience and at no cost to you. There will be more information about the home visit at the hospital.

**Health Insurance** is available for pregnant women and children through **Healthy Kids** and **MChild**. 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 annual income guidelines:

Family Size	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. After the baby is born, he/she may be eligible for Healthy Kids or MChild. 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](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 **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