

Prenatal Care

FACTS: *(Information from National Institutes of Health)*

- Prenatal care refers to the medical care recommended for women before and during pregnancy.
- Prenatal care provided during the first trimester of pregnancy offers important opportunities to detect and manage problems at early stages and to inform women about ways of promoting healthy pregnancies and achieving positive birth outcomes.
- Your doctor or midwife will give you a schedule for your prenatal visits. You can expect to see your health care provider more often as your due date gets closer. A typical schedule includes visiting your doctor or midwife:
 - About once each month during your first six months of pregnancy
 - Every two weeks during the seventh and eighth month of pregnancy
 - Weekly in the ninth month of pregnancy
- In 2005, 77.8% of live births in Michigan were to mothers with an adequate level of prenatal care, 14.6% were to mothers with an intermediate level of care, and 7.1% were to mothers with an inadequate level of care. (www.michigan.gov)
- The percentage of live births to mothers with an adequate level of prenatal care in Michigan is slightly higher than the U.S. level. (www.michigan.gov)
- If you are a under/uninsured resident of Michigan, you may be eligible for Healthy Kids, an insurance program that covers women during pregnancy and the first two months after pregnancy ends.

Healthy Beginnings Month

RESOURCES:

LMAS DISTRICT HEALTH DEPARTMENT

Luce County: (906) 293-5107 Mackinac County: (906) 643-1100
Alger County: (906) 387-2297 Schoolcraft County: (906) 341-6951

Michigan Department of Community Health

www.michigan.gov/mdch

(800) 26-BIRTH

Michigan Department of Community Health Pregnancy Women, Children and Families

<http://www.michigan.gov/mdch/0,1607,7-132-2942---,00.html>

Michigan Department of Community Health Healthy Kids Insurance Program

http://www.michigan.gov/documents/HealthyKids_10324_7.pdf

Centers for Disease Control and Prevention Pregnancy Information Center

<http://www.michigan.gov/mdch/0,1607,7-132-2942---,00.html>



WHAT YOU SHOULD KNOW: *(Information from the US Department of Health and Human Services)*

I'm pregnant. What should I do or avoid for a healthy baby?

- Take a multivitamin or prenatal vitamin with 400 micrograms (mcg) of folic acid every day.
- Get early and regular prenatal care. Whether this is your first pregnancy or third, health care is extremely important. Your doctor will check to make sure you and the baby are healthy at each visit. If there are any problems, early action will help you and the baby.
- Eat a healthy diet that includes fruits, vegetables, grains, and calcium - rich foods. Choose foods low in saturated fat.
- Unless your doctor tells you not to, try to be active for 30 minutes, most days of the week. If you don't have much time, get your exercise in 10 minute segments, three times a day. Learn more about [how to have fit during pregnancy](#).
- If you smoke, drink alcohol, or use drugs, STOP! These can cause long-term harm to your baby. Ask your doctor for help.
- Ask your doctor before taking any medicine. Some are not safe during pregnancy. Remember that even over-the-counter medicines and herbal products may cause side effects or other problems. So ask your doctor before taking these products too.
- Avoid hot tubs, saunas, and x-rays.
- If you have a cat, ask your doctor about [toxoplasmosis](#). This infection is caused by a parasite sometimes found in cat feces. When left untreated toxoplasmosis can cause birth defects. Your doctor may suggest avoiding cat litter and working in garden areas used by cats.
- Stay away from chemicals like [insecticides](#), solvents (like some cleaners or paint thinners), lead, and [mercury](#). Not all products have pregnancy warnings on their labels. If you're unsure if a product is safe, ask your doctor before using it.
- Avoid or control caffeine in your diet. Pregnant women should have no more than two servings of caffeine per day. Remember that teas, sodas, and chocolate may contain caffeine.
- Stay active. Most women continue working through pregnancy. Few jobs are unsafe for pregnant women. But if you're worried about the safety of your job, talk with your doctor.
- Get informed. Read books, watch videos, go to a childbirth class, and talk with experienced moms.
- Ask your doctor about childbirth education classes for you and your partner. Classes can help you prepare for the birth of your baby.

SERVICES AVAILABLE: