

StarBabies



FEBRUARY/MARCH 2018

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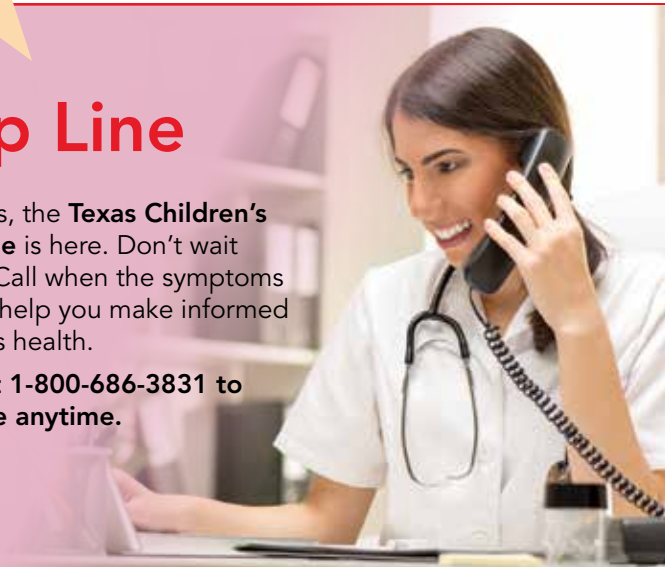
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Nurse Help Line

Whenever you need answers, the **Texas Children's Health Plan Nurse Help Line** is here. Don't wait until your child gets worse. Call when the symptoms first appear. Our nurses can help you make informed decisions about your family's health.

Call the Nurse Help Line at 1-800-686-3831 to speak to a registered nurse anytime.



Texas Children's Health Plan
P.O. Box 301011
Houston, TX 77230-1011

Texas Children's
Health Plan



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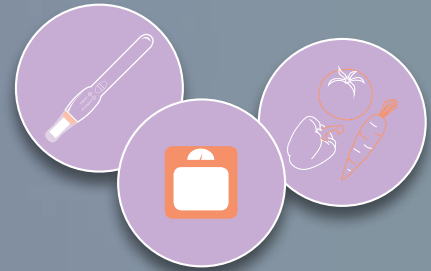
Your pregnancy: **Month 1**



Congratulations on your pregnancy! You may not look or feel pregnant yet, but there is already a lot going on inside your body. The fertilized egg implants itself into the uterus during this time. The embryo is quickly growing and in 8 short months, you will have your sweet baby in your arms!

You may start feeling pregnant during the first month, but it's more likely that symptoms will start next month. Here are some things that you might feel early in pregnancy.

- Swollen, tender breasts
- Nausea
- Bloating and gas
- Frequent need to urinate
- Sensitivity to smells
- Irritable or weepy
- Very tired



If you think you are pregnant:

- Make an appointment to see your doctor soon. The doctor will confirm that you are pregnant and will do some tests to make sure that you and your baby are healthy.
- Take your prenatal vitamins (available over-the-counter).
- Make sure that you are getting enough folic acid (vitamin B9), whether through your prenatal vitamins or an extra supplement. You need 400 micrograms a day to help prevent some birth defects.
- Remember that you are doing everything for 2 now. So, eat healthy, get enough rest, don't drink alcohol and don't smoke.

Source: What to Expect When You're Expecting

You can conquer morning sickness

Morning sickness is nausea, vomiting, and loss of appetite during the first trimester of pregnancy. It is most common in the morning, but some women may experience it at other times or even all day long. It starts during the first 7 to 12 weeks of pregnancy, but usually ends by the fourth month or second trimester.

Here are some ways to beat it:

- Eat smaller meals and more often. Have something to eat before going to bed.
- Stay away from greasy or spicy foods.
- Eat plain crackers or fruit. Keep crackers beside your bed to eat before you get up.
- Sip a little plain soda water.
- Drink water or weak tea with a little sugar if you have been vomiting. This gives your body back the liquid it has lost.
- Always take your vitamins with food.
- Rest if you are not feeling well.
- Call your doctor between checkups if you are vomiting often.

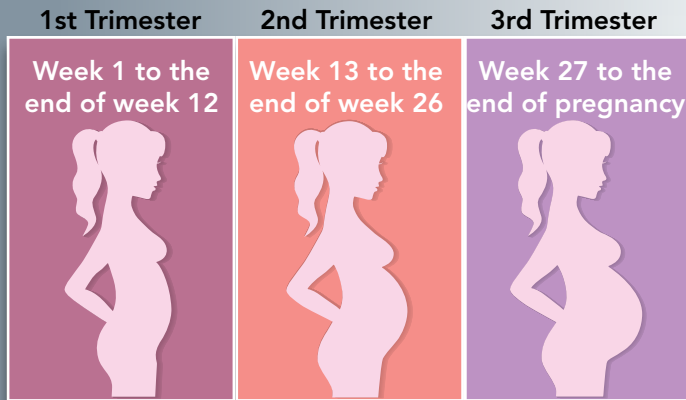
Sources: Coping With Morning Sickness Fact Sheet from Childbirth Graphics, Baby and Me Book: the Essential Guide to Pregnancy, www.expectantmothersguide.com

Understanding trimesters and due dates

When you tell people that you are pregnant, the first thing they will probably ask you is “When are you due?” At your first prenatal visit, your health care provider will help you determine an expected delivery date. Your due date is 40 weeks from the first day of your last menstrual period (LMP). If you deliver on your actual due date, your baby is really only about 38 weeks old — that’s because your egg didn’t become fertilized until about 2 weeks after the start of your last menstrual period.

It’s important to remember that your due date is only an estimate. Most babies are born between 38 and 42 weeks from the first day of their mom’s LMP and only a small percentage of women actually deliver on their due date.

Another common term you’ll hear throughout your pregnancy is trimester. A pregnancy is divided into trimesters:



Source: KidsHealth.org



Get the care you need

We want our expecting moms to have a great pregnancy. And that means it’s important for you to go to the doctor. After all, a healthy mom and a happy baby begin with quality prenatal care!

Don’t wait. Get seen right away. As soon as you think you’re pregnant, you should schedule your first prenatal visit. Your OB/GYN will want to see you in your first trimester or within 42 days of joining Texas Children’s Health Plan.

Don’t forget about your postpartum checkup. It is also important for you to go for a postpartum checkup after having your baby. Your OB/GYN MUST see you within 3 to 6 weeks after delivery. To sign your newborn up for Medicaid, call 2-1-1 and report the birth of your child to Health and Human Services Commission or visit yourtexasbenefits.com.

Cervical Cancer Screening. Routine pap smears are a key to the prevention and early detection of cervical cancer. Women ages 21–29 years should be tested every 3 years. For women ages 30–65, a pap smear with testing for human papillomavirus (HPV) every 5 years is preferred but screening with just a pap smear every 3 years is OK. Plan a visit with your doctor or local community clinic.

Mammography. Women are encouraged to talk with their doctor about screening for breast cancer with a mammogram. The American College of Obstetricians and Gynecologists recommends annual mammograms beginning at age 40. Early detection can lead to improved outcomes in women diagnosed with breast cancer. Plan a visit with your doctor or local community clinic.

For help finding a doctor visit TexasChildrensHealthPlan.org under “Find a Doctor” or call Member Services at **1-866-959-2555 (STAR)**. For help scheduling an appointment, you can call Member Services, email us at HealthPlan@texaschildrens.org, or we can offer a 3-way call with you and the provider.



Protect yourself and your baby from prenatal infections

Some infections can cause serious health problems for your unborn baby. If you're pregnant or think you might be, see your doctor NOW. And remember some of these steps you can take to protect yourself and your baby.

Group B Strep

If you are pregnant, you need to know about group B strep. About 25 percent of women carry the bacteria that cause group B strep infection. Though not harmful to you, babies can get very sick and even die if their mothers pass group B strep to them during childbirth.

Remember:

- Ask your doctor for a group B strep test when you are 35 to 37 weeks pregnant.
- If the test shows that you carry the bacteria, talk with your doctor. Be sure to tell them if you are allergic to penicillin or other antibiotics.

Cytomegalovirus (CMV)

If you are infected with CMV, you can pass the virus to your baby during pregnancy. Most babies born with CMV will be fine and have no symptoms. But some babies might have permanent problems, such as hearing or vision loss, at birth, or have problems later in life.

The best way to protect your baby from CMV is to protect yourself.

- Wash your hands often, especially after changing a diaper, feeding, wiping a baby's nose or mouth, and touching toys, pacifiers, or other objects.
- Don't share food, drinks, eating utensils, or a toothbrush with a child.
- Do not put a child's pacifier in your mouth.
- Clean toys, countertops, and other surfaces that may have a child's saliva or urine with soap and water or a disinfectant.
- Avoid contact with a child's saliva when kissing or snuggling.

Listeriosis

You can get a rare but serious infection from eating contaminated food. It's called Listeriosis. It mostly affects pregnant women, newborns, older adults, and people with weak immune systems. Pregnant women are 10 times more likely to get it than most people and it can be very serious for unborn and newborn babies. It can cause miscarriages, stillbirths, premature deliveries, or infections. Protect yourself by avoiding:

- Hot dogs and deli meats.
- Raw milk and soft cheeses such as queso fresco.
- Raw or undercooked fish or seafood

Source: cdc.gov

Protect your baby from sexually transmitted diseases (STDs) while you are pregnant

February is International Prenatal Infection Prevention Month and we want you and your baby to be healthy. Health problems can be caused by sexually transmitted diseases (STDs) that are passed from you to your baby before or during birth. Some of the STDs that can hurt your baby include:

- 1. Syphilis.** Your baby can get syphilis if you have it while you are pregnant. If you have syphilis and don't get treated, it can be very serious for your baby and can cause birth defects.
- 2. Herpes.** You can give your baby herpes while you are pregnant or at the time of birth. Herpes can make your baby really sick. You are most likely to give your baby herpes if you get it for the first time while you are pregnant.
- 3. Human Immunodeficiency Virus (HIV).** Your baby can get HIV during pregnancy, during birth, or in the first few weeks of life if you are infected with the virus. If you get the right treatment while you are pregnant, your baby has about a 1 in 100 chance of getting infected. If you don't get treatment, your baby has a 1 in 4 chance of getting the infection. HIV is life-threatening to both you and your baby if untreated.

*Dr. Lisa Hollier
Chief Medical Officer of Obstetrics/
Gynecology
Texas Children's Health Plan*

There are ways to help protect your baby.

- **Get prenatal care.** Your doctor will run tests to check for STDs. If you think you have an STD, be sure to talk about this with your doctor.
- **Know your partner.** Be sure your partner gets tested for STDs. Use condoms if you have a new partner during pregnancy.
○ Don't have sex with someone who has sores.
- **Get treatment.** If you test positive for an STD, your doctor will talk to you about the best treatment. Be sure to follow her instructions carefully to help ensure a healthy outcome for you and your baby!

Did you know that during pregnancy, you are more likely to have problems with your teeth and gums? This is because the hormone changes you have during pregnancy make your gums more sensitive to plaque bacteria. Gum disease can cause babies to be born too early or at a low birth weight.

To prevent gum disease you should:

- Watch for signs of bright red (not pink) swollen or bleeding gums, bad breath, and loose teeth.
- Get regular dental checkups. You should visit the dentist every 6 months. Make an appointment with your dentist as soon as you know you are pregnant.
- Discuss with the dentist how to reduce the risk of gum disease during pregnancy.
- Limit sweet and starchy snacks. Soda, candy, and chips contain a lot of sugar and starches. These foods feed the bacteria that live in your mouth and cause gum disease.
- Brush your teeth thoroughly every day in the morning, at night, and after meals. This can reduce the amount of plaque in your mouth.
- Floss daily.

Your
healthy
mouth

Keep your heart healthy during pregnancy

Exercise is an important part of helping you to stay healthy during pregnancy. And it's also a good way to help manage your weight. Here are a few exercise tips to help moms-to-be:

First Trimester

- You can continue exercises you were doing before pregnancy.
- Take a brisk walk for a total body workout that is easy on your joints and muscles, gradually working up to 30 minutes daily.
- Now is a great time to start a prenatal yoga or Pilates class.
- Shorten your workout if you feel tired.

Second Trimester

- Your heart is working harder to circulate all the blood you built up during the first 3 months. Cut back your cardio intensity by 20 to 30 percent.
- If you're a cyclist, try switching to a stationary bike. That's because your growing belly can make it harder to balance on a bike.

Third Trimester

- Stay away from heavy (15 pounds or more) weights.
- You can continue with your cardio until you deliver. But you may find that you walk faster than you can jog. Many pregnant women find that supporting their belly (with a Belly Band) during cardio is helpful.
- Now is a great time to try swimming: You'll feel weightless in the water. And there won't be any stress on your joints.

Sources: *GoRedforWomen.org* and *Parents.com*

Chocolate Sweetheart Parfait

Here's a yummy heart-healthy recipe for you to try!

Ingredients:

- ½ tsp. cocoa powder
- 1 tsp. vanilla extract
- 2 tsp. honey
- 1 ½ cups low-fat or fat-free Greek yogurt
- 2 cups fresh or frozen raspberries
- ¼ cup shaved dark chocolate or chocolate chips

Directions:

1. In medium bowl, whisk together cocoa powder and vanilla.
2. Add honey and yogurt and stir until well combined with cocoa mixture.
3. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
4. Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
5. Sprinkle each parfait with chocolate shavings.
6. Serve or refrigerate until ready to serve.

Source: *KidsHealth.org*

Nurse Help Line

Call our
Nurse Help Line
24 hours a day,
7 days a week at
1-800-686-3831

to speak with a registered nurse.

Call Member Services at
1-866-959-2555 (STAR)
for help picking a doctor,
midwife, or OB/GYN.

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Send comments to:

Star Babies
Texas Children's Health Plan
PO Box 301011
Houston, TX 77230-1011

Director, Marketing
Cristina Garcia Gamboa

Editor
Sara Ledezma

Layout designer
Scott Redding

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PO Box 301011
Houston, Texas 77230-1011

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