

StarBabies



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In this ISSUE

- 2 What to expect your 2nd month of pregnancy
- 3 Does pregnancy affect your vision?
- 4 Changing your eating habits
- 5 Tricks to help you fall asleep
- 6 Fight Zika: protect your baby

Events listed on back cover.

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Member Portal

A convenient way to keep up with your prenatal appointments.

You can take charge of your prenatal health care with our Member Portal. And, best of all, you can have your information at your fingertips!

This interactive tool lets you play an active role in your health care. You can change your main doctor, keep track of your appointments, access your shot records and so much more. And, once your baby is born, you can keep track of all his information, too.

It's easy! Just go to our website TexasChildrensHealthPlan.org and click the Member Login link at the top of the page to get started.



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What to expect your 2nd month of pregnancy

We hope that you have had your first prenatal exam by now, but if you haven't, please make an appointment today!

Here is what to expect during your first office visit:

- **Confirmation of your pregnancy.**
- **A complete medical history.** This is to give you the best care possible. Your doctor will want to know everything medically about you.
- **A complete physical exam.** This will include a review of your general health. Your doctor will get your blood pressure to serve as a baseline reading for comparison at next visits.
- **Several tests.** Blood tests, urinalysis, STD tests and other tests, including an ultrasound, if your doctor feels they are needed. You may also get a pap smear for the detection of cervical cancer.
- **Education.** Your caregiver should give you lots of advice about having a healthy pregnancy.

If this is your second prenatal visit you can expect your doctor to:

- Check your weight and blood pressure.
- Test your urine for sugar and protein.
- Measure your abdomen.
- Listen to your baby's heartbeat.
- Ask you questions about any symptoms you are having.
- Urge you to ask questions and discuss your concerns. It's a good idea to prepare a list of the things you want to talk about during your office visit.

Remember that every pregnancy is different with each woman. Physically you may be:

- Feeling sleepy.
- Urinating more often.
- Nauseous (with or without vomiting).
- Constipated.
- Having food cravings.
- Feeling faint or dizzy.

Sources: "What to Expect When You're Expecting," Murkoff, Eisenberg & Hathaway and www.babycenter.com



What causes morning sickness?



Does pregnancy affect your vision?

Yes! The changes in your hormones and the fluid that you are retaining can cause changes in your vision.

Most of the time, the changes aren't that big, but you might notice that you have a little more trouble seeing long distances. Most women don't need to change the prescription for their glasses. If you did not wear glasses before pregnancy, it is better not to get a new prescription right now. Vision changes that occur when you are pregnant usually correct themselves after you have the baby.



Pregnancy and medical problems

If you have medical problems while you are pregnant, this can also affect your eyes. If you have diabetes before you get pregnant, you need to have your eyes checked because of the problems that can happen with diabetes and pregnancy. Ask your doctor or midwife about seeing a specialist.

Preeclampsia, (high blood pressure of pregnancy) also known as toxemia, can cause problems with your vision. Preeclampsia is an important medical problem that can develop in any woman during pregnancy and sometimes even after the baby is born.

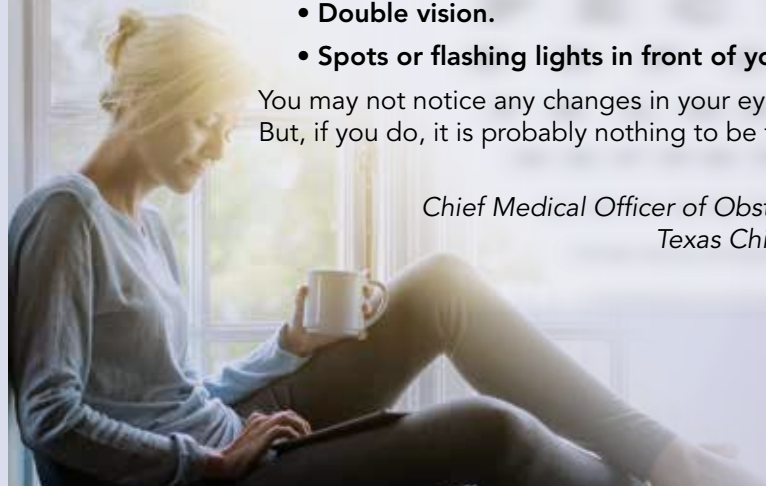
You need to tell your doctor right away if you have:

- **Blurry vision.**
- **Double vision.**
- **Spots or flashing lights in front of your eyes.**

You may not notice any changes in your eyesight while you are pregnant. But, if you do, it is probably nothing to be too worried about.

Dr. Lisa Hollier →

Chief Medical Officer of Obstetrics/Gynecology
Texas Children's Health Plan



Many women experience morning sickness during their first trimester of pregnancy. Despite its name, morning sickness can occur at any time of day. No one really knows for sure what causes it. But, here are some of the possible reasons you may get that icky, nauseated feeling early in your pregnancy.

- **Hormones.** Pregnancy hormones can slow down digestion and make you feel queasy.
- **Stress.** Emotional stress can cause stomach upset. So when you are stressed, it could cause morning sickness.
- **Fatigue.** If you are overly tired physically or mentally, your symptoms could get worse.
- **First pregnancy.** Morning sickness is more common and tends to be worse in first-time pregnancies. This may be caused by your body not being prepared for all of the extra hormones that pregnancy brings. Or, being nervous or fearful about pregnancy could trigger stomach upset.
- **Genetics.** If your mother had morning sickness, you are more likely to have it during your pregnancy.

Usually, morning sickness doesn't hurt you or your baby and it gets better on its own. But, if you cannot keep anything down, including fluids, you should call your doctor.

Be patient. The worst part of morning sickness is usually gone by week 14. After that, chances are you will start feeling well and get your appetite back in time to nourish your growing baby!

Source:WhatToExpect.com



Changing your eating habits may help you fall asleep easier



Having trouble falling asleep during pregnancy? Here are a few things to keep in mind if you are tossing and turning instead of catching a few Zzzz's. The problem may be the foods you are eating before going to bed. Take a look at a few of these tips to help you fall asleep easier.

Cut down on caffeine.

Cut down on drinks and food that have caffeine, such as coffee, tea, soda, and chocolate. Avoid them in the afternoon and evening.

Drink less in the late afternoon and evening.

Drink more fluids early in the day and less in the evening. This helps reduce bathroom breaks in the middle of the night.

Avoid heavy meals and spicy foods before bedtime.

Spicy foods such as chili and acidic foods such as tomatoes can cause heartburn and indigestion. So can eating a big meal too close to bedtime. There is some evidence that eating late in the day actually makes it harder to sleep, especially if you eat fatty foods. If heartburn is a problem, eat lighter meals and eat them earlier. Give yourself 2 to 3 hours to digest your food before you head to bed.

Snack before bedtime to discourage morning sickness.

If you're troubled by nausea, it may help to keep your stomach from becoming empty. Try nibbling on bland snacks such as crackers, especially before bedtime.

Maintain a healthy lifestyle.

Eat a balanced and varied diet with plenty of fresh fruits, vegetables, whole grains and low-fat protein sources. Eating a healthy diet, maintaining a healthy weight and getting appropriate exercise can help you sleep well.

Source: BabyCenter.com

This yummy smoothie has ingredients that promote sleep!

Banana Spice Smoothie

Ingredients:

- 2 ripe bananas
- 2 cups vanilla yogurt or kefir (drinkable yogurt)
- 1/2 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 1/8 tsp. ground allspice
- 12 ice cubes

Directions:

Combine yogurt, bananas, cinnamon, nutmeg, allspice, and ice cubes in a blender. Blend until smooth. Serve immediately.

Did you know certain foods can help you sleep?

Eating certain foods before bed can help you get better rest. Here are some to try.

- Kiwi
- Bananas
- Yogurt
- Chamomile tea (without caffeine)
- Kale



Tricks to help you fall asleep

Many pregnant women have trouble sleeping. Between the frequent bathroom runs, a racing mind and leg cramps, it is hard to get settled in for a good night's sleep. And, chances are, the further along you get, the more hurdles you will face when trying to rest.

Luckily, we have some tips to help you sleep.

- **Move your body during the day.** If you work out during the day, your body will be sleepier at night. Just don't exercise too close to bedtime.
- **Clear your mind.** If problems at work or home are bothering you, unload them on your partner or a friend in the early evening so they don't weigh you down at night.
- **Take your time.** Eating your dinner slowly will help keep you from getting heartburn.
- **Bedtime snack.** Eating a light snack before you turn in can keep you from waking up hungry during the night. Try foods that help promote sleep, such as milk, yogurt or bananas.
- **Slow the flow.** Limit your fluid intake after 6 p.m. to help cut down on trips to the bathroom.
- **Stop the buzz.** It's a good idea to limit your caffeine intake when you are pregnant. It is especially important to avoid it in the afternoon and evening.
- **Get into a routine.** Following the same bedtime ritual each night will signal your body that it is time to relax and sleep. You could have a snack, followed by a warm bath and then meditate or read for a few minutes before trying to fall asleep.



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)
1-866-959-6555 (CHIP)
for help picking a doctor,
midwife, or OB/GYN.

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Fight Zika: protect your baby

Zika virus can be dangerous for pregnant women and their babies. Zika is spread mostly by mosquito bites. It can cause severe birth defects in unborn babies if their mothers are infected while they are pregnant.

You can fight Zika by wearing insect repellent that contains DEET each time you go outside. You should also wear shoes and cover up when you go out. Keep mosquitoes out of your home by keeping doors and windows closed. Don't let water collect in containers outdoors.



use repellent



cover up



keep your windows closed

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 check-up. 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 **1-866-959-2555 (STAR)** or **1-866-959-6555 (CHIP)**.

