

StarBabies



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Expect great things!

Starting June 22, our pregnant members that visit **The Center for Children and Women** can now deliver their babies at the Vintage Park location of **CHI St. Luke's Hospital**.

The hospital is a new, state-of-the-art facility that offers a compassionate, healing environment. CHI St. Luke's at Vintage has 14 labor/delivery/postpartum units. For babies needing extra care, the Neonatal Intensive Care Unit (NICU) is run by Texas Children's Hospital.




For more information, visit JoinTheCenter.org or call **832-828-1005**. Find a list of all providers under "Find a Doctor" at TexasChildrensHealthPlan.org.

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As your belly gets bigger and bigger and the weather gets hotter, you may wonder how you are going to survive being pregnant this summer. Don't worry. Even though it's not always easy to be pregnant during the summer, here are 5 ways to help you get through it.

5 ways to survive *a summer pregnancy*

- 1. Icy drinks.** You need to drink more liquids in the summer to replace those you will be sweating out. You can have chilled seltzer water with a splash of fruit juice. Or, you could make fruit smoothies using frozen fruit, juice and ice. Popsicles count as fluids, too.
- 2. Kick up your heels.** Swollen ankles, calves and feet can be worse in the summer heat. To cut down on the swelling, try to put your legs and feet up as much as you can. Try not to consume too much salt as this can cause water retention and swelling.
- 3. Get wet.** An afternoon dip in a cool pool can lower your body temperature and make you more comfortable. A cool shower helps, too!
- 4. Wear breathable clothes.** Choose lightweight, loose, comfortable clothes. Breathable fabrics will help prevent extra sweating, chafing, and heat rash.
- 5. Keep your cool when exercising.** You might need to change your routine a bit during the hot months of summer. Try exercising in the early morning or evening, when it's cooler. Swimming is another great option.

Source: TheBump.com

Healthy Recipe

Berry Good Popsicles

Ingredients:

- 30-ounce container lowfat or nonfat fruit-flavored yogurt
- 1 cup strawberries
- ½ cup blueberries

Directions (makes 6 servings):

1. Put strawberries and blueberries in a blender and mix until berries are in small pieces.
2. Combine yogurt and berries in a large bowl.
3. Divide yogurt mixture evenly into 6 paper cups.
4. Place a popsicle stick in the middle of the yogurt.
5. Put in the freezer and freeze overnight.
6. Remove paper cup before eating.



Cool off this
summer with
a delicious
frozen treat.



Learn to prevent stress *during your pregnancy*

Being pregnant can create stress at home and on the job. Taking control of stress and your pregnancy can be very helpful. Here are some ways to help prevent stress.

At work:

- If your job creates problems while pregnant ask to be given other tasks.
- Allow time to walk around or to put up your feet.
- Wear support stockings and flat shoes.

At home:

- Exercise regularly and eat healthy meals and snacks.
- Take up a hobby such as knitting a quilt for your baby or making a baby book.
- Talk to your baby as you feel her move.
- Get plenty of rest.

Great exercises for the *hot summer months*

Exercising while you are pregnant has many benefits.

Besides the basic health benefits that people who exercise enjoy, there are a few added bonuses when you exercise during pregnancy. It can help your labor move more quickly and a fit body tends to better handle the hard work of labor. It can help you get back to your pre-baby weight more quickly after you deliver.

If your pregnancy is normal and your doctor says it is okay, you should get about 30 minutes of moderate exercise per day.

Here are a few exercise options for the hot summer months.

- **Walking.** This is something just about anyone can do. To beat the heat, walk indoors on a track or walk outdoors early in the morning or in the evening when it is cooler.
- **Swimming.** In the water, you weigh just 1/10th of what you do on land. This makes water workouts a perfect choice for a pregnant woman. Swimming in a cool pool can also help keep your body from overheating.
- **Exercise machines.** If you have been using an elliptical or walking on a treadmill before your pregnancy, you should be able to continue. Just be sure to adjust the machine and your pace as needed for your comfort.

Source: What to Expect When You're Expecting



What can I expect...

1 2 3 4 5 6



in my 6th month of pregnancy?

In the 6th month of pregnancy (23 to 27 weeks), your belly is rapidly expanding and you are probably feeling your baby move a lot. You might even notice when your baby has the hiccups! This month marks the end of your 2nd trimester, but your baby still has a lot of growing to do.

At this point in your pregnancy, your baby:

- Kicks and moves a lot.
- Starts to open its eyes.
- Has eyelashes and eyebrows and hair on its head.
- Has air sacs developing in its lungs.
- Continues to grow rapidly.

At, at the end of this month your baby could be 15 inches long and weigh 2 pounds!

During your visit in the 6th month, your doctor will check the following:

- Weight and blood pressure
- Urine for sugar and protein
- Belly for its size and position of the baby
- Baby's heartbeat
- Your hands and feet for swelling
- Symptoms you may have been having, especially unusual ones

Source: What to Expect When You're Expecting

It is time for you to start looking into childbirth classes and to ask your doctor any questions you have about labor and delivery. Visit TexasChildrensHealthPlan.org/StarBabies for member class information.

I'm feeling pressure and pain in my pelvis

What does this mean?

As your baby grows, your uterus expands and puts extra pressure on your pelvic area. The result can be chronic pelvic and abdominal pain, or an achy, swollen, "full" feeling.

The pain could be caused by pelvic varicose veins, which become more common in pregnancy, due to the extra blood your body produces. Or, the pain could be caused by ligaments stretching as they support your expanding uterus.

Sometimes the pain is mild. But sometimes it is a wrenching pain that feels like your pelvis is coming apart. The pain is usually in the pubic area, but it can also be felt in the upper thighs. Sometimes the pain can make it difficult to walk, stand, or roll over in bed.

What can I do?

- Get regular exercise.
- Limit the amount of weight you lift.
- Push down gently during bowel movements.
- Avoid gaining too much pregnancy weight.
- Do Kegel exercises and pelvic tilts, which strengthen pelvic muscles.

When should I worry? Occasional discomfort is normal. But call your doctor if you have constant, severe, nonstop pain with chills, fever, or bleeding.

Source: What to Expect When You're Expecting



High blood pressure and swelling

What is it? Preeclampsia (also known as pregnancy-induced hypertension or PIH) usually develops late in pregnancy (after week 20).

How common is it? Five to 10 percent of pregnant women will be diagnosed with PIH. Half of those cases are women who had high blood pressure before pregnancy.

Who is at a higher risk?

- If your mother had PIH when she was pregnant.
- If your partner's mother had PIH when she was pregnant.
- Women lacking in vitamins E, C, and magnesium.
- If you already have high blood pressure.
- Women carrying multiple babies.
- Women over the age of 40.
- Women who are diabetic.

What are the symptoms?

- Severe swelling.
- Sudden weight gain unrelated to eating.
- Headaches and visual changes.
- Rise in blood pressure.

Should you be concerned? Women who receive regular prenatal care will be diagnosed early and managed well. If it goes untreated, it could progress to a much more serious condition.

What can you do?

- Change your diet and exercise.
- Medicine could be used to lower your blood pressure.
- If the condition is more severe, bed rest and careful monitoring (possibly in the hospital) is the best treatment.

The good news is that 97 percent of women return to normal health after delivery.

Source: *WhatToExpect.com*

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. Call **1-800-964-2777** to sign up your baby for Medicaid once you deliver.

Cervical Screening

Routine pap smears and screenings are key to the prevention, early detection, and treatment of cervical cancer. Women ages 21 to 69 should have a pap smear once a year. Plan a visit with your doctor or local community clinic.

Mammography

A regular mammogram is important for the early detection and treatment of breast cancer. Women ages 40 to 69 should have a mammogram every 2 years. The key to good health is to be proactive. Plan a visit your doctor or your 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).



How can you **treat** itchy **Poison Ivy** this summer?

Leaves of three, let them be! You've probably heard that little rhyme about poison ivy. But did you know that poison ivy, poison oak, and poison sumac all contain the same rash-causing substance?

When will it appear?

About 60 to 80 percent of all people get a reaction that can appear within hours of contact or as much as 5 days later. The rash from poison ivy takes 1 to 2 weeks to heal.

Signs and Symptoms

- An itchy, red rash that appears within 4 hours to 4 days after touching the plant oil.
- Blisters that ooze clear fluid.
- Bumps and blisters that may be different sizes and look like streaks on the skin.
- Rash may begin to look crusty as it heals.

What to do

- Remove any clothing that has touched the plant or rash and wash all recently worn clothing.
- Gently wash skin and scrub under fingernails right away with soap and water.
- Cut fingernails short to keep your child from breaking the skin when scratching.
- Place cool compresses on the skin as needed.
- For itching: add oatmeal to the bath; use calamine lotion (do not use on the face or on the genitals); and, if needed, give your child diphenhydramine.
- If you have a severe rash or a fever with the rash, call your doctor.

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

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Send comments to:

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PO Box 301011, NB 8360
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COMING SOON!

We're giving away school supplies!

Saturday, August 8
10 a.m. to 2 p.m.

ALMEDA MALL

Plan to bring your kids to Texas Children's Health Plan's annual Back to School event. Each school-aged child will receive a backpack and supplies for the new school year. Health screenings and vaccines will be provided at no cost to you. Just bring your child's shot record.

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