

StarBabies



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Congratulations

to our 2018 T-shirt design winners!

We received more than 36 drawings for our 2018 T-shirt design contest. This year, we picked 8 winners. Congratulations to Joseph B., Jaquelin D., Alan M., Luz G., Jessie P., Humgerto P., Arshia K., and Leonardo C. for their great artwork! Thank you to all who sent art to us this year. We look forward to seeing what you draw next year!

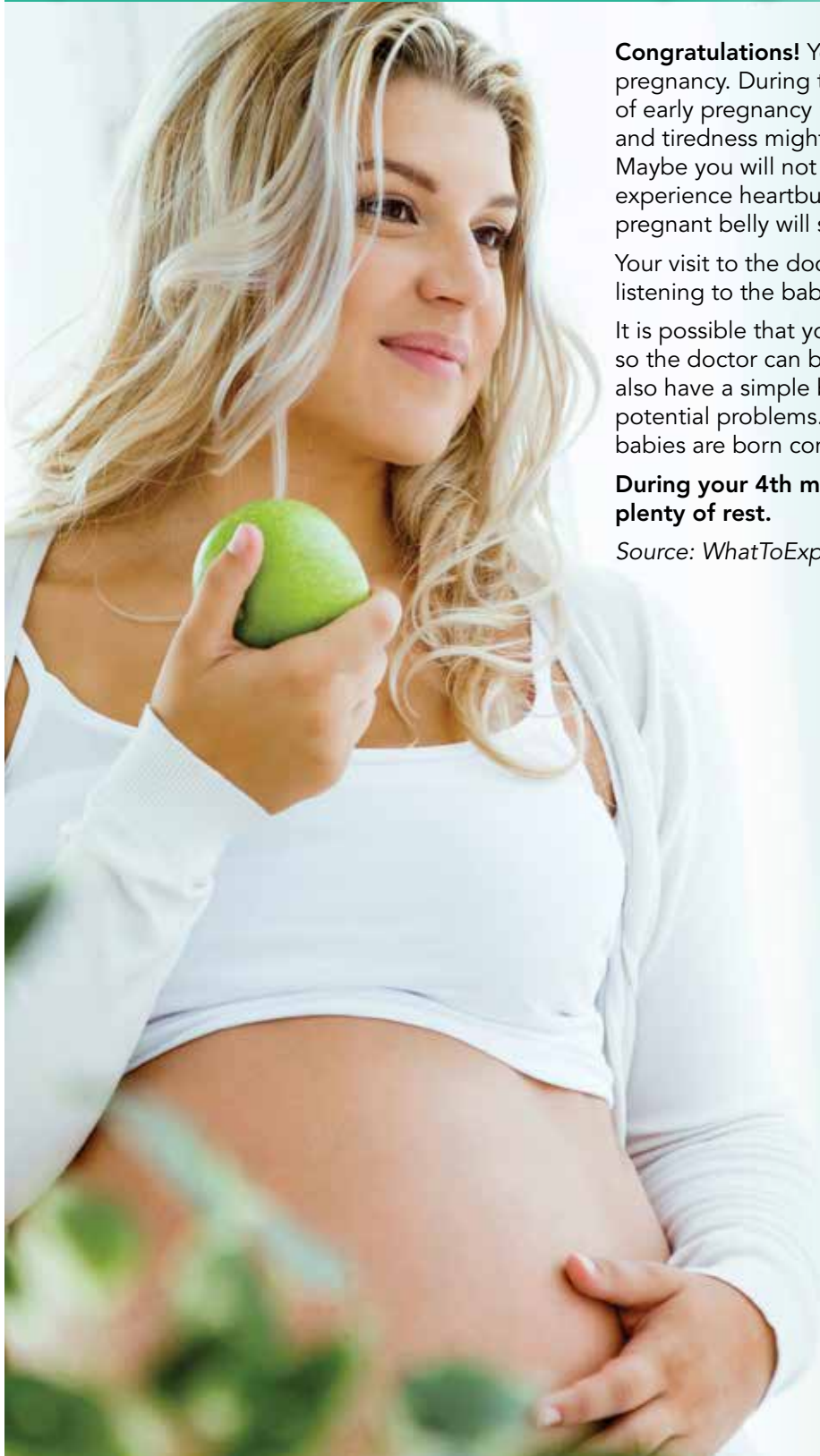


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What to expect your fourth month of pregnancy...



Congratulations! You are now starting your second trimester of pregnancy. During the 4th month (14 through 17 weeks), the symptoms of early pregnancy may start to ease up. This means that the nausea and tiredness might be replaced with feeling hungry and having energy. Maybe you will not need to urinate (pee) as often. You might start to experience heartburn and constipation. And, it is very likely that your pregnant belly will start to “show.”

Your visit to the doctor this month will include checking your weight, listening to the baby's heartbeat and checking the size of your uterus.

It is possible that you will be scheduled for an ultrasound this month so the doctor can be sure that your baby is growing properly. You may also have a simple blood test that can show an increased risk for some potential problems. Even though this seems like a lot of tests, most babies are born completely healthy.

During your 4th month, continue to eat well, get exercise and get plenty of rest.

Source: *WhatToExpect.com*

Here is what your baby will be doing during the next 4 weeks:

Week 14—Your baby is about the size of your clenched fist. He may be sprouting hair and eyebrows.

Week 15—Baby is about the size of an orange. He may wiggle his fingers and toes. He may suck and swallow.

Week 16—Your baby weighs between 3 and 5 ounces and is 4 to 5 inches long. He is moving more and more. Even though his eyes are still sealed shut, he can start to perceive some light.

Week 17—Baby is about 5 inches long and weighs about 5 ounces. He is beginning to grow body fat. He will continue to practice sucking, swallowing and breathing.

It's not too early to prepare for your baby's birth

Having a healthy pregnancy is one of the best ways to promote a healthy birth. These classes are just one of the extra services you get for being a Texas Children's Health Plan member. Why should you take a childbirth class?

- Get cool gifts and tips for a healthy pregnancy and healthy baby.
- Comfortable environment to learn with other mothers like you.
- Your partner/family member will be able to learn with you.
- Have answers to your questions regarding healthy birth and breastfeeding.
- Learn the keys to successfully begin to breastfeed.

For the breastfeeding portion of the class, you will:

- Increase your confidence in your ability to breastfeed your baby for as long as you desire.
- Learn what to expect, how to establish your milk supply, and how to properly latch baby to the breast.

Sign up at [TexasChildrensHealthPlan.org/events/member/childbirth-education](https://www.texaschildrenshealthplan.org/events/member/childbirth-education)



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](https://www.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](https://www.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.



Baby's first kicks

Toward the end of your 4th month, it is possible that you will begin to feel the tiny, subtle movements of your baby.

When you feel your baby move for the first time, it may not feel like a kick. It may feel like the tiny flutter of a butterfly in your belly. You might not recognize the movement at first. You might think it is gas or your stomach growling. Or, it could feel like a bubble bursting in your stomach.

Do not worry at this stage of your pregnancy if you don't feel your baby move every day. This is not unusual during your 4th month. Some mothers do not feel their babies move at all during this time. As your baby grows, the kicks and movements will get stronger. Soon enough, you will feel your baby kick, flip, and move about at all hours of the day or night!

Source: *What to Expect When You're Expecting*



5 ways to avoid a C-section delivery

Sometimes things happen during your pregnancy that cause you to have to deliver by Cesarean, also known as a C-section. The good news? You can take steps to avoid it and have a healthy, natural delivery.

- 1. Ask questions.** Some doctors and hospitals have higher C-section rates than others. Talk with your doctor about her goals for your pregnancy.
- 2. Did you know that you may be able to have a vaginal birth if you have had a C-section before?** Not all women can try for a vaginal birth, so talk to your doctor and ask if she offers this choice and if it is right for you.
- 3. If you have a healthy pregnancy, wait until your baby is ready.** The last weeks of pregnancy are uncomfortable. But don't ask to deliver before your baby is ready. Women who are induced before their baby is ready are more likely to need a C-section.

4. Stay at a healthy weight. Women who are obese before pregnancy are about twice as likely to need a C-section. Women who gain more weight in pregnancy are also more likely to need a C-section.

5. Wait. Give yourself time between your pregnancies. The best wait time is 18 months to reduce your risk of complications.

*Dr. Lisa Hollier
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Fact or fiction?

Can the speed of your baby's heartbeat predict the sex of your baby?

Is it a boy or a girl, and can your baby's heart rate give you a clue? While some have been telling tales for ages (a heart rate above 140 promises a girl and one under 140 delivers a boy), studies show no relation between fetal heart rate and gender.

It may be fun to try to guess your baby's sex based on your baby's heart rate (you will be right 50% of the time). But, you might not want to make color choices for your baby's room based on it.

Source: *What to Expect When You're Expecting*



Is VBAC an option for you?

When a woman has her baby by cesarean delivery (C-section), her options for later pregnancies are either another C-section or to attempt a vaginal birth after cesarean (VBAC). The best way to increase your chances of having a successful VBAC is to ask questions and discuss options with your doctor.

Because there are risks with repeat C-sections and VBAC, you should talk to your doctor to help you decide which option is best for you. VBAC may be possible if you have had 1 or 2 previous C-sections. Your doctor should discuss with you the risks and benefits of both VBAC and repeat C-section delivery.

Here are some benefits of a successful VBAC:

- It avoids major abdominal surgery, so there is less chance of bleeding and infection, as well as a shorter recovery period.
- It also helps reduce complications from having multiple, repeat C-sections.

Complications are still possible. But, most of these occur if a C-section becomes necessary during labor, for instance if the old incision (or cut) on the uterus tears open during labor.

Because of these risks, your doctor will look at factors that may affect your chance of having a successful VBAC. The size of family you are planning may affect your decision to attempt VBAC or have a repeat C-section. Your doctor will share the information with you so that you can make the best decision.

Not all hospitals and providers offer VBAC, so be sure to ask your doctor. If he doesn't offer the option of VBAC, ask for a referral to a hospital or practice that does.

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Diagnosis: **ZIKA VIRUS**

What we know

You probably heard a lot about Zika virus last year. You may not have heard as much in the past couple of months because the mosquitoes that carry it are not as active during the winter. But, you should know that it is still out there. As the weather gets warmer and it rains more during the spring, you will probably start to hear about more cases.

Now that you are pregnant, we want you to have a healthy baby! Here is what you should know about Zika.

- No vaccine exists to prevent Zika.
- Prevent Zika by avoiding mosquito bites.
- Mosquitoes that spread Zika virus bite during the day and night.
- Zika can be passed through sex from a person who has Zika to his or her sex partners. Condoms can reduce the chance of getting Zika from sex.
- Local mosquito-borne Zika virus transmission has been reported in the continental States, including Texas.

Here are some common questions about Zika and their answers:

- 1. What is Zika virus?** Zika is carried by mosquitoes. It is spread when a mosquito bites someone, becomes infected, and then bites someone else. It can also be spread through sex. If your partner is at risk for having Zika, you should abstain from sex or use condoms every time.
- 2. What are the symptoms of Zika?** Most people infected with Zika do not have symptoms. Those who do may have fever, rash, eye pain, red eyes, and muscle pain. Even though it is a relatively mild disease in pregnant women, it is thought to be a much bigger problem in unborn babies or newborns.
- 3. What problems could Zika cause my baby?** Zika virus has been linked to cases of microcephaly, a birth defect causing a very small brain. Babies have also shown very serious brain problems. Eye infections in babies have been reported as well. There have been reports of miscarriages and stillbirths in women who got the virus early in their pregnancy.
- 4. If I have Zika, how will I know if my baby is going to have a problem?** We don't know yet how likely it is for a person with Zika to have a baby with birth defects or lose the pregnancy. Sometimes babies look fine on ultrasound, but show signs later in pregnancy. Scientists are studying Zika to learn more about it.
- 5. Is there a treatment for Zika?** At this time, no. Only the symptoms can be treated. However, there is a test for Zika. If you think you have Zika, see your doctor right away.
- 6. Where can I find out more?** The Centers for Disease Control (CDC) has the most current information: www.cdc.gov/zika/pregnancy

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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