



StarBabies

FEBRUARY 2019

A PUBLICATION OF TEXAS CHILDREN'S HEALTH PLAN

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.



© 2019 Texas Children's Health Plan. All rights reserved. MK-1901-371 02/19

- 2 Your pregnancy: Month 1
- 3 A word about due dates and trimesters
- 3 Get the care you need
- 4 Protecting yourself and your baby from prenatal infections
- 5 Protect your baby from sexually transmitted diseases
- 6 Exercise: What's safe during pregnancy

Take a look inside!

P.O. Box 301011
Houston, TX 77230-1011



NONPROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 1167
N. HOUSTON, TX



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!

Your Body

Week 3

Getting enough of certain nutrients, such as folic acid, protein, calcium, and iron, is essential for your baby's development. A folic acid supplement is particularly important because folic acid helps prevent defects of the neural tube (the structure that gives rise to the brain and spinal cord), which forms very early in pregnancy.

Your intake of protein, which is used to create new tissue, should increase during pregnancy. Calcium aids the development of bones and teeth, so make sure you're getting a good dose of dairy products, leafy green vegetables, and legumes (beans, peas, lentils, etc.). Iron is essential during pregnancy as you support your baby's increasing blood volume. Good sources of iron include red meat, legumes, eggs, and leafy green vegetables.

To read full article, a different week of your pregnancy or to access the entire pregnancy calendar, visit:

<https://kidshealth.org/en/parents/week3.html#catyour-pregnancy>.

Week 4

This week, a pregnancy test probably could detect your pregnancy. A hormone called human chorionic gonadotropin (hCG) also causes the symptoms of pregnancy, which might start now.

Tiredness, tingling or aching breasts, or nausea also can happen with premenstrual syndrome (PMS). But by the end of this week, your period won't happen. Instead, your pregnancy is under way!

To read full article, a different week of your pregnancy or to access the entire pregnancy calendar, visit:

<https://kidshealth.org/en/parents/week4.html#catyour-pregnancy>

This information was provided by KidsHealth®, one of the largest resources online for medically reviewed health information written for parents, kids, and teens.

For more articles like this, visit [KidsHealth.org](https://kidshealth.org) or [TeensHealth.org](https://teenshealth.org).

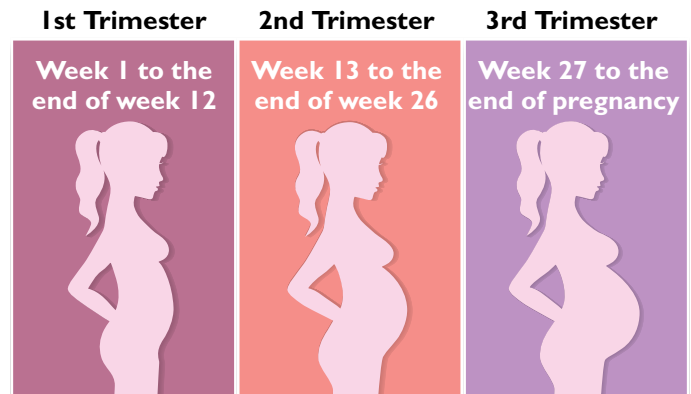
©1995-2019. The Nemours Foundation/KidsHealth®. All rights reserved.

A word about due dates and trimesters

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:



Full article: <https://kidshealth.org/en/parents/pregnancy-calendar-intro.html#catyour-pregnancy>
© 1995-2019. The Nemours Foundation/KidsHealth®.
Reprinted with permission.

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:

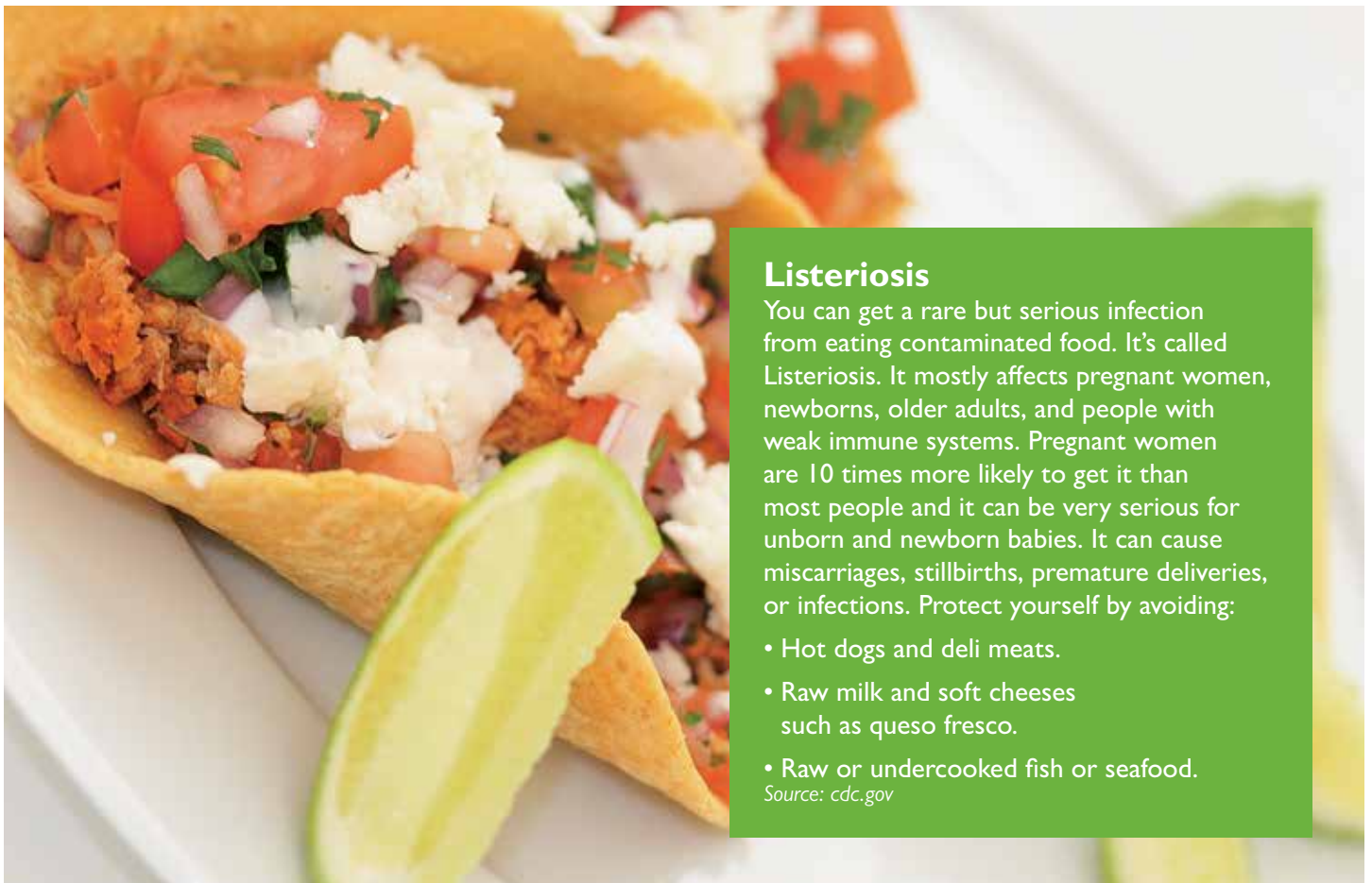
- Ask your doctor for a group B strep test when you are 35 to 37 weeks pregnant.
- If the test shows that you carry the bacteria, talk with your doctor. Be sure to tell them if you are allergic to penicillin or other antibiotics.

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:

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.

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.

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!

Your healthy mouth

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.



Exercise: What's safe during pregnancy?

It depends on when you start and whether your pregnancy is complicated. If you exercised regularly before becoming pregnant, continue your program, with modifications as you need them.

If you weren't fit before you became pregnant, don't give up! Begin slowly and build gradually as you become stronger. The U.S. Department of Health and Human Services recommends at least 150 minutes (that's 2½ hours) of moderate-intensity aerobic activity each week for healthy women who are not already highly active or doing vigorous-intensity activity.

If you're healthy, the risks of moderate-intensity activity during pregnancy are very low, and do not increase risk of low birth weight, pre-term delivery, or early pregnancy loss.

Before you continue your old exercise routine or begin a new one, you should talk to your doctor about exercising while you're pregnant. Discuss any concerns you have and know that you might need to limit your exercise if you have:

- Pregnancy-induced high blood pressure (hypertension).
- Early contractions.
- Vaginal bleeding.
- Premature rupture of your membranes, also known as your water (the fluid in the amniotic sac around the fetus) breaking early.

Full article: <https://kidshealth.org/en/parents/exercising-pregnancy.html?WT.ac=ctg>

©1995-2019. The Nemours Foundation/KidsHealth®. All rights reserved.

Get ready, get set, draw!

We want your child to enter the **Texas Children's Health Plan Annual T-shirt Design Contest!**

Your child won't want to miss the chance to be the winning artist for our 2019 T-shirt Design Contest. Every member who enters the contest will get a gift. We'll pick the winners in spring 2019. The winners' designs will be printed on a Texas Children's Health Plan T-shirt! The winners will also get prizes and have his or her drawings published in future editions of our newsletters.

Entries should be sent in on white, unlined letter-sized paper. You can use crayons, markers, pencils, or paints.

The deadline for entry is April 15, 2019.

Make sure your child's drawing includes our name, Texas Children's Health Plan, on it. Don't forget to include your child's name, age, and Texas Children's Health Plan Member ID number with each entry.



Please mail entries to:
Texas Children's Health Plan
Member Engagement Department
P.O. Box 301011, WLS 8366
Houston, TX 77230-1011

Call our Nurse Help Line 24 hours a day, 7 days a week at 1-800-686-3831 to speak with a registered nurse. For help picking a doctor, midwife, or OB/GYN, call Member Services at 1-866-959-2555 (STAR).

Star Babies is published monthly by Texas Children's Health Plan. Send comments to:
Star Babies, Texas Children's Health Plan, PO Box 301011, Houston, TX 77230-1011

Creative Manager, Member Engagement: David Barras
Editor: Sara Ledezma Layout designer: Scott Redding



facebook.com/texaschildrenshealthplan