



Protect your child from measles

You have the power to protect your children (and yourself) from measles by getting vaccinated. The measles, mumps and rubella (MMR) vaccine is very safe and effective. If you have questions about your child's vaccinations status, contact your health care provider today.

Learn more on page 5.



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Week 12

Your baby's development

Your baby's brain continues to develop, and tiny fingernails and toenails start to form. Vocal cords are formed this week, the last week of your first trimester.

Your baby's kidneys are functioning! After swallowing amniotic fluid, your baby will now be able to pass it out of the body as urine (pee). And the intestines will make their way into the abdomen because there is room for them now.

Your body

Has anyone told you that you have that “pregnancy glow”? It's not just from the joy you may feel because you're having a baby — there's a physical reason for smoother, more radiant skin during pregnancy. Increased blood volume and pregnancy hormones work together to give you that glow. The greater blood volume brings more blood to the blood vessels and the hormones

increase oil gland secretion, making skin look flushed, plumper, and smoother. Sometimes, though, the increased oil gland secretion can cause temporary acne.

To read the full article or to access the entire pregnancy calendar, visit: kidshealth.org/en/parents/week12.html#catpregnancy

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Early care = better care

Having a healthy pregnancy is one of the best ways to promote a healthy birth. Getting early and regular prenatal care improves the chances of a healthy pregnancy. Prenatal care is extremely important because it reduces the risk of pregnancy-related complications such as anemia, preterm birth, preeclampsia, complications of diabetes, or poor growth of the baby during the pregnancy.

Women who think they might be pregnant should plan a visit to their health care provider to start prenatal care as soon as a home pregnancy test is positive. Many local clinics or hospitals do a pregnancy test at no cost. They can give you a proof of pregnancy letter. Some of these clinics will even start your prenatal care before you have your Medicaid card. Ask at your clinic.

Prenatal visits to a health care provider include a physical exam, weight checks, and providing a urine sample. Depending on the stage of the pregnancy, health care providers may also do blood tests and imaging tests, such as ultrasound exams. These visits also include discussions about the mother's health, the infant's health, and any questions about the pregnancy.

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



Your doctor will probably want to see you on the following recommended schedule of prenatal visits.

- **Weeks 4 to 28:**
One prenatal visit a month.
- **Weeks 28 to 36:**
One prenatal visit every 2 weeks.
- **Weeks 36 to 40:**
One prenatal visit every week.

Prenatal care is an important part of a healthy pregnancy.

nichd.nih.gov/health/topics/pregnancy/conditioninfo/Pages/prenatal-care.aspx

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.

Breathe easy so your baby can, too



It's important to manage your asthma during pregnancy

When you are pregnant, one of the most important things for your baby's health is your breathing. If you have an asthma attack, it is much more dangerous for your baby than medicines prescribed to prevent or treat an asthma attack.

Protect yourself from asthma

How well you breathe starts with what you breathe. Often the worst air is in our homes. Smoke, from any sources, hurts breathing. Strong smelling chemicals like air "fresheners" and cleaners can irritate lungs and hurt breathing. Allergies can also trigger asthma— but only if you are allergic to something. Common allergies include dust and dust mites, the dander (shed skin) from furry or feathered pets, cockroaches, mold and mildew, and the pollens of trees, grasses, and weeds. If you have problems with allergies and/or asthma ask your doctor to help you find your allergies.

Protect your baby

What you breathe when you are pregnant can affect how your baby's lungs develop. Babies of mothers who smoke or breathe second-hand smoke have a much higher risk of wheezing as a baby and asthma that is hard to control when they are older. So, don't smoke or be around others who smoke.

All-natural, low-odor cleaners are better for your health

All-purpose cleaner

- White vinegar
- Water
- Lemon juice (few drops)
- Tea tree oil (few drops)

In a spray bottle, combine equal parts white vinegar and water. Add a few drops of lemon juice for a fresh scent.

Or you can add a few drops of tea tree oil for disinfectant properties. Shake well before using.

Floor cleaner

- ½ cup white vinegar
- 1 gallon hot water

Mix ½ cup white vinegar with 1 gallon hot water to safely clean hardwood, linoleum, vinyl, tile, and laminate flooring.

Window cleaner

- Water
- White vinegar

In a spray bottle, combine 2 parts water with 3 parts white vinegar. Spray on windows and wipe with newspaper or paper towels.



Measles: Here's what you need to know

It's true – we're (again) facing an outbreak of measles (rubeola) across the country this year.

What is measles and how do you get it?

Measles is a highly contagious respiratory disease caused by a virus. The virus is transmitted by direct contact with infectious droplets or airborne spread when an infected person coughs or sneezes.

The measles virus can remain infectious for up to two hours after an infected person leaves the area.

What are the symptoms?

In most cases, measles will start with fever, runny nose, cough, red eyes and sore throat. These are often followed by tiny white spots (Koplik's spots) inside the mouth and a distinct rash of small red spots starting at the hairline and spreading downward to cover most of the body. Unfortunately, measles can be deadly. Before widespread use of the vaccine, measles led to more than 2 million deaths per year.

Protect your child from measles!

Thankfully, you have the power to protect your children (and yourself) from this disease by getting vaccinated. The measles, mumps and rubella (MMR) vaccine is very safe and effective. If you have questions about your child's vaccinations status, contact your health care provider today.

To read full article, visit: texaschildrens.org/blog/measles-here's-what-you-need-know

Judith R. Campbell, MD

Dr. Campbell is a Clinician-Educator in the Section of Infectious Disease at Texas Children's Hospital and Baylor College of Medicine.



Hey! A mosquito bit me!

What's a mosquito?

A mosquito (say: mus-KEE-toe) is an insect that is found all over the world. There are thousands of different kinds of mosquitoes in many different sizes and colors.

The female mosquito needs blood from vertebrates (animals that have a spine) to lay eggs and produce more mosquitoes. She has a special part of her mouth that she uses to suck blood, and her saliva (spit) thins the blood so she can drink it. In fact, it's the mosquito's saliva that makes the bites itch!

What a bite looks and feels like

A person who gets bitten by a mosquito will notice a round pink or red bump that itches a lot.

What you should do

If you think you've been bitten by a mosquito, wash the bite with soap and water. Put on some calamine lotion to help stop the itching, or get an anti-itch cream from the drugstore. Placing an ice pack on the bite may also help.



What a doctor will do

It's very unusual for someone to have an allergic reaction to a mosquito bite. But if you develop an allergic reaction and feel dizzy or sick, a doctor can treat your allergic reactions with medicines.

How to avoid getting bitten

The best way to avoid mosquito bites is to wear an insect repellent. Repellents that include one of these ingredients are best: 10% to 30% DEET, lemon eucalyptus, or picaridin.

Since mosquitoes lay their eggs in water, it's also a good idea to empty out buckets, flower pots, toys, and other things in your yard that may have collected water during a rainstorm. And when it's possible, wear long-sleeved shirts and long pants to keep mosquitoes away from your skin.

To read article online, visit:

kidshealth.org/en/kids/mosquito.html?ref=search

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Layered Berry Parfait

Ingredients:

- 1 cup sliced fresh strawberries
- 1 cup fresh blueberries
- 2 Tbsp. honey
- 1 tsp. grated lemon peel
- ¼ tsp. nutmeg
- 4 containers (6 oz each) low-fat vanilla yogurt
- 1 ½ cups granola or strawberry bran cereal

Directions:

1. In a small bowl stir together strawberries, blueberries, honey, lemon peel, and nutmeg.
2. In 6 parfait glasses or dessert dishes, layer yogurt, fruit mixture, and cereal.
3. Serve immediately.



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)**.

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