



# StarBabies

JULY 2019

A PUBLICATION OF TEXAS CHILDREN'S HEALTH PLAN

## Get your insect repellent for Zika prevention at no cost to members

Texas Children's Health Plan now covers the cost of mosquito repellents to help prevent members from getting Zika virus. Eligible members include all pregnant women, females ages 10 to 55 years old, and males ages 14 years and older.

You do not have to have a prescription. You can go to your pharmacy, present your member ID and you can get one bottle or can of insect repellent. You are able to get up to two containers per month.

Take advantage of this benefit and help keep your family and community safe.



- 2 Week 21
- 3 What is gestational diabetes
- 4 Prenatal test: nonstress test
- 5 Prenatal test: glucose screening
- 6 Strawberry Bars
- 6 Get the care you need

**Take a look inside!**

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



© 2019 Texas Children's Health Plan. All rights reserved. MK-1906-515 7/19

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

# Week 21

## Your baby's development

The amniotic fluid that has cushioned and supported your baby now serves another purpose. The intestines have developed enough that small amounts of sugars can be absorbed from the amniotic fluid that your baby swallows and passed through the digestive system to the large bowel. Almost all of your baby's nourishment, however, still comes from you through the placenta.

Until now, your baby's liver and spleen have been responsible for making blood cells. But now the bone marrow spaces are developed enough to contribute to blood cell formation. Bone marrow will become the major site of that production in the third trimester and after birth. (The spleen will stop producing blood cells by week 30, and the liver will stop a few weeks before birth.)



## Your body

Is exercise safe during pregnancy? Exercise can be a great way to stay in shape during pregnancy and can even keep some problems — such as varicose veins, excessive weight gain, and backache — to a minimum.

But pregnancy is not the time to start training for a triathlon — going slowly is the name of the game. Because ligaments become more relaxed during pregnancy, you're at higher risk for injury, so low- or non-impact exercise such as yoga, swimming, and walking are your best bets. Talk to your health care provider before beginning any exercise program while you're pregnant.

© 1995-2019. The Nemours Foundation/KidsHealth®. Reprinted with permission.



# What is gestational diabetes?

Gestational diabetes is a kind of diabetes that comes on during pregnancy. When a woman has it, her blood sugar levels are high. That makes the unborn baby's blood sugar levels higher too. Most pregnant women have a glucose screening for gestational diabetes at 24 to 28 weeks.

A big worry about gestational diabetes is what it can do to a baby. Babies born to mothers who have gestational diabetes are more likely to:

- Be born early (prematurely)
- Grow very large
- Have breathing problems
- Have jaundice
- Have low blood levels of calcium or glucose just after they're born

These and other kinds of problems from gestational diabetes can make babies need to stay in the hospital longer for extra treatment.

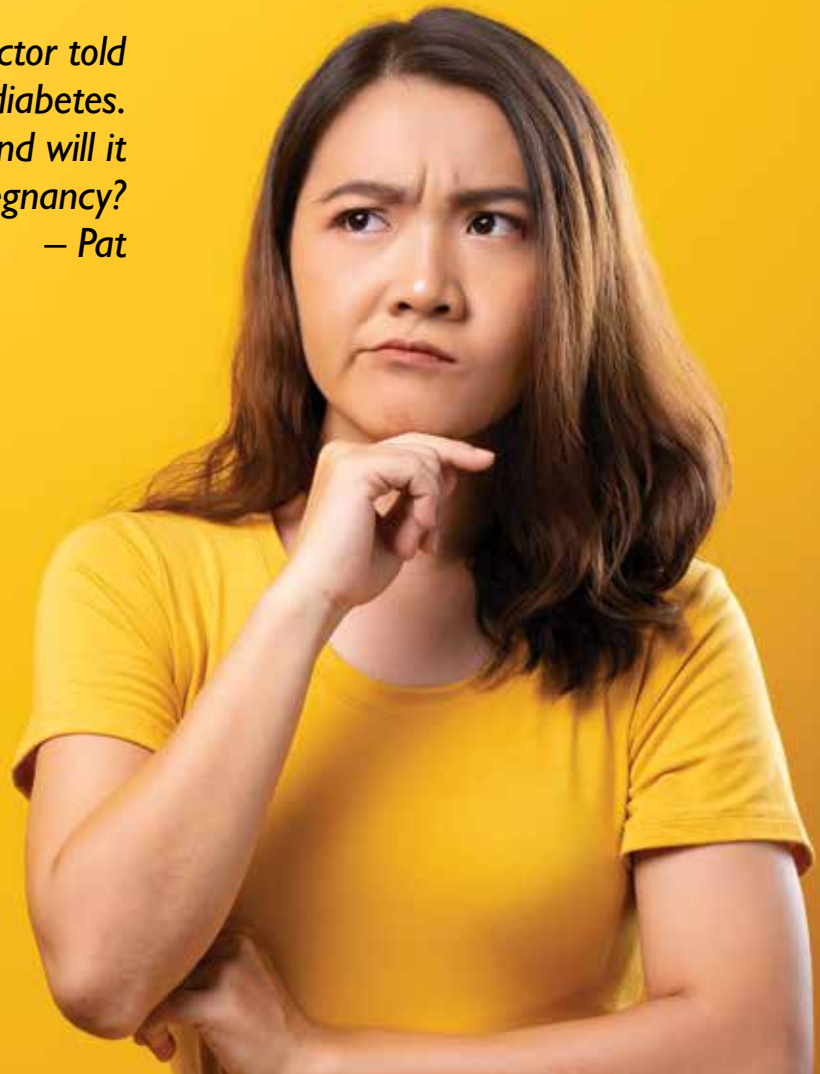
If you have gestational diabetes, your doctor will probably start you on a treatment plan. Most women can get their blood sugar levels under control with a healthy food plan and daily exercise. Some women also need to take daily insulin shots and test their blood sugar until they give birth.

Gestational diabetes usually goes away after a baby is born. A mom may get it again during future pregnancies, though. Some women who have it will develop diabetes when they're older.

Sometimes a woman may have had diabetes before the pregnancy but not know it. When that happens, the diabetes does not go away after the baby is born.

© 1995-2019. The Nemours Foundation/KidsHealth®. Reprinted with permission.

*I'm not diabetic, but my doctor told me that I have gestational diabetes. What does that mean? And will it last beyond my pregnancy?*  
— Pat



# Prenatal test: Glucose screening



## **What is a prenatal glucose screening?**

Glucose screening checks for gestational diabetes, a short-term form of diabetes that some women develop during pregnancy. It's becoming more common in the United States, affecting about 6% to 7% of pregnancies.

The test is usually done at 24 to 28 weeks, but sometimes earlier if a woman is at higher risk for gestational diabetes.

## **Why is prenatal glucose screening done?**

Glucose screenings check for gestational diabetes. It's important to diagnose the condition because it can cause health problems in a newborn baby, especially if it's not treated.

## **What happens during a glucose screening?**

This screening test involves drinking a sugary liquid, followed by a blood test an hour later to check glucose levels. If the level is high, you'll have a glucose-tolerance test. For this test, you'll drink a glucose solution on an empty stomach and have your blood drawn once every hour for 3 hours.

## **Should I have a glucose screening?**

Most women have this test, and if they have gestational diabetes, are treated to reduce the risk to the baby.

## **When are glucose screenings done?**

Screening for gestational diabetes usually is done at 24 to 28 weeks. Testing may be done earlier for women who are at higher risk of having it, such as those who:

- Have previously had a baby who weighed more than 9 pounds (4.1 kilograms)
- Have a family history of diabetes
- Are obese
- Are older than age 25
- Have sugar in the urine (pee) on routine testing
- Have high blood pressure (hypertension)
- Have polycystic ovary syndrome (PCOS)

## **When are the results available?**

The results are usually available within 1 to 2 days. Ask if your health care provider will call you with the results if they are normal or only if the reading is high (in which case, you'll need to come in for another test).

© 1995-2019. The Nemours Foundation/KidsHealth®. Reprinted with permission.

# Prenatal test: Nonstress test

## What is a nonstress test?

A nonstress test monitors an unborn baby's heart rate for 20 to 30 minutes to see if it changes as the fetus moves and during contractions. It is called "nonstress" because doing it places no stress on the fetus.

## Why are nonstress tests done?

A nonstress test (NST) is usually done when a health care provider wants to check on the health of the fetus, such as in a high-risk pregnancy or when the due date has passed.

The test checks to see if the baby responds normally to stimulation and is getting enough oxygen. A baby that doesn't respond isn't necessarily in danger, though more testing might be needed.

Sometimes, a biophysical profile (BPP) is done, which includes an ultrasound and an NST. A BPP examines a baby's breathing, movement, amount of amniotic fluid, and tone, in addition to the heart rate response.

## Should I have a nonstress test?

Your health care provider may recommend this if you have a high-risk pregnancy, if there are concerns during your pregnancy, or if you have a low-risk pregnancy but are past your due date.

## What happens during a nonstress test?

You'll wear two monitors (one tracks the baby's heartbeat and movement, and the other records contractions) while lying on your left side. A technician monitors the fetal heart rate during each movement on a screen while your contractions are recorded on paper.

If there's no movement during the test, the baby may be asleep and the technician may use a buzzer to wake the baby. You also may be asked to drink or eat to try to stimulate the baby more.

## When are nonstress tests done?

A nonstress test is done any time after 26 to 28 weeks, depending on why it's needed. This is the age when a baby's heart rate can respond to movements by speeding up or slowing down.

## When are the results available?

Results of a nonstress test are ready immediately.

© 1995-2019. The Nemours Foundation/KidsHealth®. Reprinted with permission.



# Strawberry Bars

## Ingredients:

- 1 cup flour
- 1 cup rolled oats
- ½ cup butter or margarine, softened
- ⅓ cup light brown sugar
- ¼ tsp. baking powder
- ⅛ tsp. salt
- ¾ cup strawberry jam

## Directions:

1. Preheat oven to 350°F (180°C).
2. In a large bowl, mix everything together except the strawberry jam.
3. Measure out 2 cups of this mixture. Leave the rest in the bowl, and set it aside.
4. Take the 2 cups of the mixture and press it into the bottom of a square (8" x 8") pan coated with shortening or nonstick spray. You can use your hands or a spoon. Make sure you cover the entire bottom of the pan!



5. Using a large spoon, spread the strawberry jam on top of the mixture in the pan. Spread it evenly all over.
6. Take the mixture that was left in the bowl, and spread it over the strawberry jam. Press it down lightly.
7. Bake for 25 minutes. Remove the pan from the oven, and allow it to cool for at least 15 minutes.
8. Cut the bars into 12 squares to eat and share!

© 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](http://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](http://texaschildrenshealthplan.org) and click "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](mailto:healthplan@texaschildrens.org), or we can offer a 3-way call with you and the provider.

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)**.

Texas Children's Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Texas Children's Health Plan cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-866-959-2555 (TTY: 711). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-959-2555 (TTY: 711).

© 2019 Texas Children's Health Plan. All rights reserved. Todos los derechos reservados. MK-1906-515 7/19