HEALTH TRACKS

A Newsletter From Local Public Health to Improve the Health of Families in NW Minnesota

Public Health
Prevent. Promote. Protect.

FIRST TRIMESTER

GREETINGS!

Congratulations on your pregnancy and welcome to your local public health newsletter. This is the first of 3 newsletters you will receive during your pregnancy, one letter every 3 months (or trimester). Each letter contains information on how to take care of yourself during pregnancy, important health care during pregnancy, and information on the growth of your baby.

It is important for you to take care of yourself and your growing baby throughout your pregnancy. Here are some helpful tips:

DO:

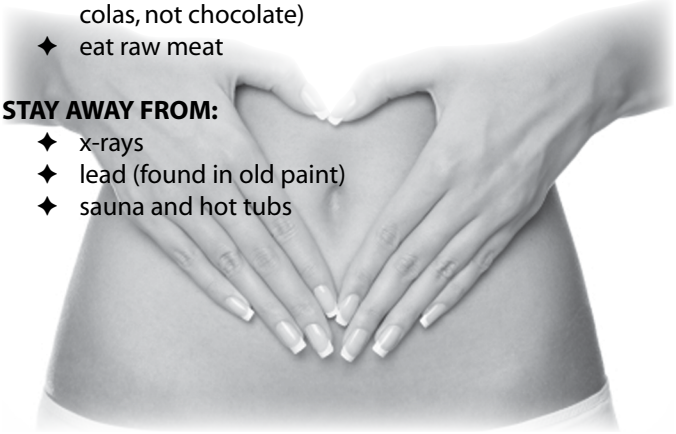
- eat a well-balanced diet
- wear seat belts throughout your pregnancy
- get some exercise, like walks, but do not overdo it
- rest when you feel tired
- see your health care provider as often as (s)he recommends
- Take a prenatal vitamin with folic acid as directed by your health care provider

DO NOT:

- smoke
- use drugs
- drink beer, wine, or liquor
- take any medicine without discussing it with your health care provider (even aspirin or Tylenol)
- drink more than 3 caffeine drinks/day (coffee, tea, colas, not chocolate)
- eat raw meat

STAY AWAY FROM:

- x-rays
- lead (found in old paint)
- sauna and hot tubs



YOUR HEALTH CARE

During the first 3 months of pregnancy you should have your initial visit with your health care provider.

PHYSICAL CHANGES IN YOUR BODY

Many things are changing in your body. You may:

- feel tired
- feel sick to your stomach
- have sore breasts
- go the bathroom more often
- feel excited or not so excited about being pregnant

Be sure and discuss any concerns with your health care provider.

WARNING SIGNS

If you have any of these signs, report them to your health care provider right away:

- bleeding from the vagina
- severe/constant nausea or vomiting
- swelling of face or hands, or lots of swelling in feet or ankles
- blurred vision
- see spots
- chills or fever
- sharp or continuous pain in your abdomen
- sudden gush or steady leak of water from the vagina
- a large decrease in passing urine

HEALTH TIP

If you own a cat, find someone else to change the litter box or wear rubber gloves and wash your hands very carefully after changing it. Cat litter can cause an infection called toxoplasmosis. Raw meat can also cause toxoplasmosis. Eat well cooked meat and wash your hands well after touching raw meat.

FEEDING YOURSELF AND YOUR BABY

Every day you should eat a well balanced diet. Increase calories by 300 per day.

- A teenager may have increased nutritional needs
- If you crave or eat nonfood items like clay, dirt, paper, etc. tell your health care provider
- See your health care provider

WEIGHT GAIN DURING PREGNANCY

The National Food and Nutrition Board recommends if you are normal weight before pregnancy, you should gain 25-35 pounds. This weight gain gives you the best chance of having a healthy baby. If you are underweight or overweight, discuss weight gain with your health care provider. Where does the weight go?

baby	7-8.5 pounds
amniotic fluid	2 pounds
placenta	2-2.5 pounds
increased blood volume	4-5 pounds
increased fluid in tissues	3-5 pounds
increased weight of uterus	2 pounds
body changes for breast feeding	1-4 pounds
mother's stores (protein & fat)	4-6 pounds
TOTAL	**23-35 POUNDS**

CHILDBIRTH CLASSES

There are many things to learn about your pregnancy, labor and delivery. It's very helpful to take childbirth classes with someone who will be with you during labor at the hospital.

Classes are offered at your hospital, college or public health agency.

INTIMACY DURING PREGNANCY

If your pregnancy is progressing normally, it is fine to make love throughout your pregnancy. It is recommended that you do not have sexual intercourse if you have:

- pain with intercourse
- bleeding from vagina
- bag of water is broken
- preterm labor

Be sure and ask your health care provider about any concerns you may have.

Domestic Violence: In some relationships pregnancy is a time when physical abuse may occur. If you are ever hit, kicked, or slapped, please discuss it with your health care provider or call the crisis line at 1-800-660-6667. Help is available!

YOUR BABY'S GROWTH

During the first 3 months of pregnancy your baby will:

- ✔ grow from 1/4" to 4 inches long
- ✔ weigh 1 ounce
- ✔ have a heartbeat by the end of 1 month
- ✔ move often, but you will not fee it
- ✔ open and close mouth and swallow
- ✔ be protected by a bag of water

I hope you have enjoyed this newsletter. Please feel free to call if you have any questions. Please call if you have a change of address or phone number so you can continue to receive these newsletters. Meanwhile, enjoy this special time in your life.

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