

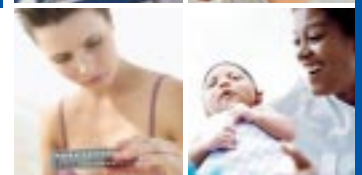
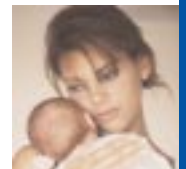
COMMUNITY RESOURCES

ORGANIZATION/AGENCY	SERVICES PROVIDED	CONTACT INFORMATION
Alcoholics Anonymous	24-hour hotline	305-461-2425
American Cancer Society	Smoking Quitline	800-227-2345
American Lung Association	Information Line	800-548-8252
Center for Substance Abuse Treatments	National Helpline	800-662-4357
Early Childhood Initiative Foundation Teach More/ Love More	Parenting Resources	305-631-8111 www.teachmorelovemore.org
Early Learning Coalition of Miami-Dade & Monroe	Subsidized Childcare & Voluntary Prekindergarten	305-646-7220 www.elcmdm.org
Florida Department of Children and Families (DCF)	Medicaid Applications & Eligibility Info.	866-762-2237 www.myflorida.com/accessflorida
Florida Department of Health	HIV & AIDS Hotline Family Counseling & Referrals	800-352-2437 800-451-2229
Florida KidCare	Low Cost Health Insurance for Children	888-540-5437 www.floridakidcare.org
Healthy Start Coalition of Miami-Dade	Childbirth, Breastfeeding, and Parenting Classes & Resources	305-541-0210 www.hscmd.org
Head Start	Child Development Services	305-347-4600
Jackson Health System/ Public Health Trust	Health Care Resources	305-585-1111
La Leche League International	Breastfeeding Support & Information	800-525-3243 www.lalecheleague.org
Legal Services of Greater Miami	Legal Help & Information	305-576-0080
Miami-Dade County Domestic Violence Hotline	24-hour information Safe Space Shelter	305-349-5888 305-758-2546
Miami-Dade County Health Department	Information/Referrals Immunizations Family Planning STD Testing & Treatment Vital Records (Birth Certificates)	305-324-2400 786-845-0550 786-845-0350 305-325-3242 866-830-1906
National Hispanic Prenatal Hotline	Spanish-only Information & Referrals	800-504-7081
National Hopeline Network	24 Hour Suicide Hotline	800-784-2433
Overeaters Anonymous Hotline	24-hour Hotline	305-854-9199
Planned Parenthood	Birth Control/Family Planning, STD testing, Pap Test	800-230-7526
Postpartum Support International	Helpline for Mothers Suffering from Postpartum Depression	800-944-4773
South Florida Workforce	Employment Assistance	305-594-7615
The Children's Trust HELPLINE	Information and Referrals	211
United States Department of Agriculture	The Food Pyramid	www.MyPyramid.gov
Women, Infants and Children (WIC)	Breastfeeding Helpline Nutrition Program	786-336-1336 786-336-1300
Zero Exposure Project	Substance Abuse Referrals & Information	877-233-5656 www.zeroexposure.org



WOMEN'S HEALTH BEFORE AND AFTER PREGNANCY

- **BABY SPACING**
- **HEALTH & WELLNESS**
- **NUTRITION & PHYSICAL ACTIVITY**
- **MENTAL HEALTH & SUBSTANCE ABUSE**




**Healthy Start Coalition
of Miami-Dade**

701 S.W. 27th Avenue, Suite 1401
Miami, FL 33135
305-541-0210 • www.hscmd.org

*Partially funded by the State of
Florida Department of Health.*

Making sure you are in very good health before and between pregnancies can help you and your future children be healthier by reducing the risk of birth defects and other problems related to pregnancy. This folder contains suggestions and information to help you achieve and maintain great health.

Understanding your lifestyle today can play an important role in your health now and in the future—you'll feel better and be less likely to develop chronic health problems. A woman's health not only affects her, but also affects the health of her future children.

Why is Nutrition Important?

Nutrition is eating healthy to have a healthy body. Eating healthy is one of the best ways you can take care of yourself--and those who depend on you. Having a healthy diet decreases your chance of being overweight or obese. This will also decrease your risk for many health problems including heart disease, type 2 diabetes, high blood pressure, stroke, arthritis, and some cancers.

MyPyramid (www.mypyramid.gov), the new food pyramid which was revised in 2005 by the U.S.D.A., allows people to choose a healthier lifestyle by balancing nutrition and exercise. Pyramids contain a distribution of fruits, vegetables, meats/beans, grains and milk or milk products which depend on individual activity levels and calorie needs. It is suggested to always read the labels on foods to check for portion size, calorie in-take and nutritional contents.

IRON, CALCIUM, & FOLIC ACID

What is Iron?

- A mineral that helps to build red blood cells, muscle proteins and healthy bones
- Women, due to menstruation, need more iron
- Some women develop iron-deficiency anemia because of pregnancy, heavy monthly menstrual periods, or a diet low in iron.
- Iron can be found in meat, poultry and fish, as well as in leafy green vegetables and dried fruits.

What is Calcium?

- A mineral that strengthens bones and teeth
- The main substance in bone
- Your bones store calcium so that your skeleton will remain strong later in life. If your body does not get the calcium it needs from your diet, it takes calcium from the only source that it has: your bones and teeth. This can lead to osteoporosis later in life. Osteoporosis can cause brittle bones, an increased risk for broken bones, shortened height due to collapse of spinal bones, and an increased chance of a hunched back.
- Calcium can be found in foods like milk, yogurt, cottage cheese, canned sardines, dark-green leafy vegetables, and fortified cereals and juices.

What is Folic Acid?

- All women of childbearing age MUST take folic acid (or folate) every day. Folic Acid is a B vitamin that, if taken daily, can help prevent some birth defects of the brain and spine like spina bifida, or "open spine"
- All women of childbearing age should take a multi-vitamin containing 400 micrograms of folic acid
- About half of all pregnancies are unplanned. That's why you need folic acid if there's any chance you could get pregnant. By the time you realize you are pregnant, your baby's brain and spine are already formed.
- Folic acid can be found in food like peas, peanuts, oranges, dark-green leafy vegetables, enriched grain products and fortified cereals.

What is Fiber?

- The parts of plants (fruits, vegetables, grains, legumes) that can't be digested.
- Eating a diet with lots of fiber appears to lower your risk of developing heart disease, diabetes, diverticular disease, & constipation.
- You can increase your fiber intake by:
 - *Eating whole fruits instead of drinking juice
 - *Replacing white rice, bread, & pasta with brown rice and whole grain products
 - *Snacking on raw vegetables instead of chips
 - *Eating beans or lentils instead of meat two or three times each week

BODY MASS INDEX

Body mass index, or BMI, is a new term to most people. However, it is the measurement many physicians use when discussing obesity. BMI uses a mathematical formula that takes into account both a person's height and weight. The chart does not take into account a person's age, gender, race or percentage of body fat. The BMI chart should be used as a guide along with the advice of your health care provider. Calculate your BMI by visiting www.nhlbisupport.com/bmi/

The Many Benefits of Physical Activity

Physical Activity is movement of the body in a way which burns calories; e.g. dancing, gardening, mopping, vacuuming, walking.

More than fifty percent of American adults do not get enough physical activity.

Regular physical activity, approximately three to five times a week for 30 minutes, will help to:

- give you more energy throughout the day
- improve circulation and prevent varicose veins
- strengthen your muscles
- control your weight
- reduce stress
- improve sleep
- improve breathing

Some ideas for adding physical activity to your lifestyle:

- Take the stairs instead of the elevator
- Choose a parking spot that's further away from the entrance
- Play with your children at the park instead of just watching them
- Join a team sport

REMEMBER: It is recommended that most adults drink six to eight glasses of water each day. One of the best ways to know if you're drinking enough water is the color of your urine. Having clear to light yellow urine indicates you're drinking enough water.

Having trouble drinking enough water? Try carrying a water bottle with you so you can take sips throughout the day. Adding a squeeze of lemon to your water or choosing sparkling water can make your water more interesting to drink.

Some tips for healthy eating:

- **Focus on fruits.** For a 2,000 calorie diet, you will need 2 cups of fruit each day, which equals 2-3 small fruits.
- **Vary your veggies.** Eat more dark green veggies, such as broccoli, spinach and salads; orange veggies, such as carrots and sweet potatoes; and beans and peas.
- **Get your calcium-rich foods.** Low-fat milk, yogurt, and cheese are all good sources of calcium. Calcium-fortified foods, like orange juice are also good sources.
- **Make at least half your grains whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, one cup of cereal, or 1/2 cup of cooked rice or pasta. Check labels to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients.
- **Go lean with protein.** Choose lean meats and poultry. Bake it, broil it, or grill it. Vary your protein choices with beans, peas, nuts, seeds, and fish.
- **Limit saturated fats to 10%.** Saturated fats are found in animal products such as butter, cheese, whole milk and fatty meats.

ARE YOU OR IS SOMEONE IN YOUR FAMILY OVERWEIGHT?

Obesity is a chronic condition where there is too much body fat making the person at risk for serious health problems like hypertension (high blood pressure), heart disease, diabetes, and some forms of cancer. People gain weight when the body takes in more calories than it burns off.

Many families eat the same foods, have the same habits, and tend to think alike regarding weight issues. Obesity can become part of your family's history and continue from generation to generation.

Lack of physical activity can cause obesity, as well as habits such as eating:

- large food portions
- fried foods
- junk or "fast" foods

Let's Talk About Emotional Health

A person with good emotional health has a balance between her physical, spiritual and environmental health. They feel good about themselves, have good relationships and can keep problems in perspective. It's important to remember that people with good emotional health sometimes have emotional problems or mental illness.

Stress Management

Stress is a feeling that builds up over time. We all feel stress when we have too much to do, too many responsibilities, are working too hard and feel exhausted. Stress management means making changes in your lifestyle which can help to limit or reduce the things in your life that might cause stress.

What can I do to prevent or manage stress?

- *Be realistic, if you feel overwhelmed, learn to say NO*
- *Get ACTIVE!*
- *Get adequate rest*
- *Eat a healthy diet*
- *Limit caffeine and alcohol*

Anger

We all get angry and stressed from time to time. This is normal. We all have the occasional frustrations of dealing with difficult co-workers and family members or events that you can't control but have to cope with, like bad weather or a traffic jam. You can't get rid of these problems but you can change the way these events affect you. Anger management means learning to control the way you respond to certain events or situations that upset you.

If you find yourself becoming more irritated or taking unhealthy risks like drinking too much or abusing drugs, you may have a problem dealing with anger. To keep feelings of anger from building up, try the following techniques:

- *Let people close to you know when something is bothering you. Talking about your feelings can keep you from losing your temper.*
- *Think before you act. Consider the consequences of your words and actions.*
- *Balance your work, home and school life.*
- *Take care of your physical health. Your physical health can affect your emotional health. Remember PHYSICAL ACTIVITY is a great stress releaser!*

Domestic Violence

Domestic violence occurs when a caregiver, parent, spouse or partner uses abusive behavior to control the behavior of their child or partner. Each year, at least 2 million women are abused in the United States. Violence against a partner or child is a crime in all states.

Domestic Violence includes:

- *Physical abuse: slapping, hitting, choking, kicking, shaking, throwing objects, threats of violence, physical restraint*
- *Emotional abuse: name-calling, verbal attacks, humiliation, destroying personal items, harming pets, extreme jealousy*
- *Sexual abuse: unwanted touching, forcing of sexual acts (even if it is your partner or spouse), forcing to watch pornography or sex acts*
- *Financial abuse: controlling access to money, not allowing the partner to work*

If you are a victim of Domestic Violence:

- *GO TO A SAFE PLACE – this can include the home of a friend or relative where the abuser cannot find you or an emergency shelter.*
- *Call the Miami-Dade County Domestic Violence Hotline at (305) 349-5888 or the Emergency Shelter at (305) 758-2546.*
- *Have an emergency safety plan of what you need to do and bring with you*
- *Take your children with you.*
- *Take house keys, money and important papers with you.*
- *File an injunction for protection (restraining order) either at the Emergency Shelter or by contacting 24-Hour Miami-Dade County Domestic Violence Hotline.*

EXPERIENCES OF MANY NEW MOTHERS

Up to 85 percent of women experience some form of postpartum sadness during the first year after childbirth or adoption.

Baby Blues

Mothers often experience a sadness in the first few days to a week after giving birth. It is believed that a change of hormones and stresses associated with having a new baby can cause the baby blues. A woman's symptoms may include: sudden mood swings; sadness; crying spells; loss of appetite; and sleeping problems. In addition, she may feel irritable, restless, anxious and lonely. These feelings are commonly called the "baby blues." Baby blues' symptoms often go away with time. Seek medical advice if these feelings do not disappear after two weeks. The baby blues is short-term and requires no treatment. It occurs in about 80 percent of women.

Postpartum Depression

Postpartum depression (PPD) can occur anytime within the first year after giving birth. It is the most common complication among women who have just had a baby. Unlike the baby blues, these feelings do not go away after a week or two. Your doctor may recommend counseling, support groups or the use of medications to treat your depression. A woman's symptoms may include: similar feelings to the baby blues such as sadness, despair, anxiety, irritability, being unable to do the things she needs to do every day. When a woman's ability to function during the day gets affected, it is necessary for her to see a health care provider right away. Postpartum depression can occur at any time within a year of delivery to 15 to 20 percent of mothers and requires treatment. The numbers increase to 50 to 80 percent if mothers had PPD previously.

Postpartum Psychosis

Postpartum psychosis is a rare and very severe mental illness. Symptoms will typically begin to appear in the first 6 weeks after giving birth. A woman with postpartum psychosis may lose touch with reality and have hallucinations (hearing or seeing things that others don't, like a person talking) or delusions (seeing things differently from the way they are). Other symptoms include insomnia (not being able to sleep), feeling unsettled and angry, strange feelings and behavior, suicidal and homicidal thoughts. *You must contact your doctor immediately if you experience any of these symptoms.*

Would you know if you were suffering from postpartum depression?

- Are you crying throughout the day, feeling overwhelmed, anxious and unable to cope?
- Are you unable to sleep despite extreme fatigue and/or losing weight without planned dieting?
- Are you experiencing confusion, memory loss, disorientation and/or difficulty concentrating on ordinary tasks?
- Do you feel emotionally detached from your infant?

If you answer "yes" to any of the questions above, you may be experiencing a postpartum mood disorder.

Getting Help

Postpartum depression is a serious medical condition that is not something that a woman can control.

- Postpartum depression can be helped with support, counseling, and medication.
- Reach out to your care provider, your baby's care provider, or call a postpartum support line, whoever you feel the most comfortable with.
- Talk to your doctor about which medications you can take while breastfeeding.
- Postpartum Depression Helpline 1-800-944-4773

Substance Abuse

Substance Abuse is the frequent use and dependency on drugs or alcohol, often with the intention of changing your mental or physical state. Substance abuse can include the improper use of prescription or legal drugs (alcohol, tobacco and over the counter medications), as well as the use of illegal substances such as cocaine, hallucinogens, inhalants or heroin.

PRESCRIPTION DRUGS

- Commonly abused prescription medications include: pain-killers (morphine, codeine, Vicodin, Demerol and OxyContin); drugs to treat anxiety and sleep disorders (Xanax, Valium, Librium, Mebaral and Nembutal); and drugs to treat attention deficit/hyperactivity disorder (ADHD) (Dexedrine and Ritalin).
- Recent estimates are that 15.1 million people abuse prescription drugs in this country – more than those that use cocaine, hallucinogens, inhalants and heroin COMBINED!

You may be abusing prescription drugs if:

- You consume larger doses than prescribed
- You use it more frequently than prescribed
- You take the medications for reasons other than why it was prescribed

ALCOHOL

Includes hard liquor, beer, wine or wine coolers. Social drinking may become a problem. Be aware of when you drink alcohol and why.

Effects:

- Impairs judgment and reaction time
- Impairs speech and motor control
- Drunk drivers kill about 23,000 Americans every year
- In severe cases causes short-term memory loss and blackouts

Avoid alcohol if you think you may be pregnant

Alcohol is a toxic substance that is quickly transferred from the mother's bloodstream to the baby. During the first three months of pregnancy, when all the baby's organs are forming, the baby is extremely vulnerable to toxic substances. Developmental problems in the fetus are generally linked to excessive, chronic drinking.

Researchers have not yet found out the exact amount of drinking which would be considered "safe" for the development of the fetus (or unborn child). It is known that drinking can lead to:

- risk of miscarriage
- birth defects
- growth retardation
- mental disorders

SMOKING

Cigarette smoking causes lung disease, heart disease, high blood pressure, and increases your risk of developing lung cancer.

Women who smoke have increased risks for delay in getting pregnant, infertility and premature births.

Benefits of quitting:

- Lowers risk of developing heart or lung disease
- Saves you MONEY
- Longer and Healthier Life

The most common smoking cessation methods are:

- Gradual Reduction
- Nicotine Replacement Therapy (Nicotine Gum and Nicotine Patch)
- Alternative Coping Skills
- Support groups / Counseling

Second-Hand Smoke

Cigarette smoke can also harm nonsmokers. Children whose parents smoke suffer higher rates of bronchitis and other lung infections. People who live with smokers are nearly five times more likely to develop asthma than people who live in smoke-free environments.

The American Cancer Society offers programs to help you quit smoking.
Call 1-800-227-2345.

OVER THE COUNTER (OTC) MEDICATIONS

Commonly abused OTC medications include cough syrup, motion sickness medication, and sleep aids.

- When taken in large amounts, over the counter drugs can be extremely dangerous resulting in impaired judgment and mental performance, loss of coordination, dizziness, nausea, hot flashes, disassociation, hallucination, overdose, and even death.

COMMON STREET DRUGS

Marijuana

- Smoking marijuana may increase the risk of cancer more than smoking tobacco; It may also cause bronchitis, chronic cough, emphysema, paranoia, memory loss, and anxiety.

Cocaine

- General effects include increased blood pressure, restlessness, irritability, anxiety, and with long term use, violence and paranoia.

Methamphetamine (Meth, Crystal, Speed)

- Methamphetamine is a highly addictive and powerful stimulant that activates certain systems in the brain.
- Taking even small amounts of "meth" can produce irritability, insomnia, confusion, tremors, anxiety, paranoia, aggression, and convulsions that can result in death.

GETTING HELP

- | | | |
|--|-----------------------|--------------|
| • Alcoholics Anonymous | 24 hour hotline | 305-461-2425 |
| • American Lung Association | Information Line | 800-548-8252 |
| • American Cancer Society | Smoking Quitline | 800-227-2345 |
| • Center for Substance Abuse
Treatments | National Helpline | 800-662-4357 |
| • Drug and Alcohol Resource Center | Treatment Information | 800-784-6776 |

Baby Spacing

WHAT IS BABY SPACING?

Baby Spacing is planning pregnancies with the best amount of time between births to improve the overall health of both the mother and baby.

Family planning is important. Baby Spacing determines the best time to have another child. When a woman has less than two years space between pregnancies, the baby has an increased risk of being born with a low birth-weight or pre-maturely. A mother needs to take this time between pregnancies for her body to recover and to adjust to lifestyle changes after having a baby. Waiting two years between births will give the mother more time to bond with her new baby.

Babies born too close together are less healthy and have an increased chance of dying in the first year of life. Maternal Depletion Syndrome is the condition when the mother's body does not have enough time between births to recover and is less able to nourish the baby she is carrying possibly causing a low or very low birth weight baby.

HERE ARE SOME QUESTIONS TO ASK YOURSELF:

Is This The Right Time For You To Have Another Child?

- Do you have the time and energy an infant requires?

Do You Have Your Family's Support In Having Another Child?

- Does your partner want another child?
- Is your marriage/relationship stable? An unstable marriage or relationship can be especially vulnerable to the stress of pregnancy.

How Will Another Child Affect Your Relationship With Your Partner?

- Will the new baby take time away from you and your partner?
- Will your partner support you with the new baby, both financially and with daily activities?

Will You Be Able To Support Your New Baby And The Rest Of Your Family?

- How much will your child care costs increase?
- Will you be able to continue to work the same number of hours after the new baby comes?

RESOURCES

Miami-Dade County

Health Department

Family Planning

786-845-0350

Planned Parenthood

Birth Control/Family Planning

800-230-7526

CONTRACEPTIVE CHOICES

Except for abstinence and the condom, these contraceptive choices do not protect you from getting a Sexually Transmitted Disease.

Abstinence - 100% effective. Deciding not to have sex.

The Condom - 85-98% effective. A latex shield put over the penis before intercourse to keep sperm from joining egg.

The Female Condom - 79-95% effective. A shield inserted into the vagina before intercourse to keep sperm from joining the egg.

Spermicide - 71-85% effective. Contraceptive foam, jelly, film or suppository inserted into the vagina shortly before intercourse to immobilize sperm and keep from joining egg.

Diaphragms, Caps, & Shields - 68-94% effective. Inserted into the vagina to keep sperm from joining egg. They must routinely be checked by a physician for proper fitting. Diaphragms can only be left in for up to 24 hours and may cause increased risk of bladder infection.

The Pill - 92-99.7% effective. Taken orally on a daily basis. The pill is most effective if taken at the same time daily.

The Patch - up to 99.7% effective. A sticker patch worn on the body releasing hormones that protect against pregnancy.

The Ring (Nuva Ring) - up to 99.7% effective. Inserted into the vagina for three weeks releasing combined hormones that protect against pregnancy.

The Shot (Depo Provera) - 97-99.7% effective. A hormone shot given every month or 13 weeks; similar to the progesterone made by a woman's ovaries to prevent the releasing of an egg (ovulation). Some, but not all, women experience weight gain.

IUDs (IntraUterine Devices) up to 99% effective. Small plastic or copper device inserted into the uterus. The IUD can contain hormones. IUDs prevent ovulation, keep sperm from reaching the eggs and could prevent the fertilized egg from implanting.

Permanent Methods of Birth Control - Sterilization - 99.5-99.9% effective.

Tubal Sterilization (women) - Permanently surgically blocking the fallopian tube. A woman needs to sign a consent form for permanent surgery 30 days before surgery.

Vasectomy (men) - Permanently surgically blocking the tubes which carry sperm.

Emergency Contraception - 75-89% effective. The day after pill can reduce the risk of pregnancy if started within 120 hours after unprotected vaginal intercourse. It works best if taken within 72 hours.

Some Common Infections

■ URINARY TRACT INFECTION (UTI/BLADDER INFECTION)

- A bladder infection is an inflammation of the urinary tract which can cause burning and frequent urination. This can lead to more serious infections of the kidneys.

■ BACTERIAL VAGINOSIS (BV)

- BV is an infection of the vagina usually caused by an overgrowth of bacteria that are normally found in the vagina
- Women with BV are more likely to get pelvic inflammatory disease, which can lead to infertility.
- Women who douche get more BV infections

■ MEASLES, MUMPS, RUBELLA, CYTOMEGALOVIRUS (CMV), TOXOPLASMOSIS, VARICELLA (CHICKEN POX)

- During pregnancy, these infections can affect a developing embryo, fetus or newborn by causing birth defects or miscarriage.
- Pregnant mothers and newborns may have a blood test that screens for these and other infections.
- Vaccinations are available for measles, mumps, rubella (MMR vaccine), and varicella. It is important that vaccinations are up to date prior to pregnancy.

■ GROUP B STREP

- A bacteria that is often present in the vagina.
- The mother does not have symptoms but it can make the baby very sick after birth.
- Cultures should be done during the last few weeks of pregnancy.

■ SEXUALLY TRANSMITTED DISEASES (STDs)

Sexually Transmitted Diseases are infections that can be spread during vaginal, anal and/or oral sex with an infected person.

- Through body contact during vaginal, anal or oral sex.
- To the eye by a hand or other body part moistened with infected fluids.

STDs can have many of the same consequences for pregnant women as women who are not pregnant. STDs can cause cervical and other cancers, chronic hepatitis, pelvic inflammatory disease, infertility, and other complications. Many STDs in women are without signs or symptoms. A pregnant woman with an STD may also have early onset of labor, premature rupture of the membranes surrounding the baby in the uterus, and uterine infection after delivery. STDs can be passed from a pregnant woman to the baby before, during, or after the baby's birth. Talk to your care provider about STDs and get tested.

AVOID EXPOSURE BY:

ALWAYS using a condom during vaginal, anal or oral sex and recognizing early symptoms such as burning, change in vaginal discharge and odor, bleeding or pain.

STD TREATMENTS:

If you think you have been exposed to an STD, see your health care provider to be tested and begin treatment. Always practice protected sex.

Bacterial Infections

Examples: Gonorrhea, Syphilis, Chlamydia

Treatment: antibiotics, but damage can be permanent.

Viral Infections

Examples: Herpes, HIV, Hepatitis B, and Genital Warts

Treatment: no cure, treatment to control symptoms; some vaccines available.

Sexually Transmitted Diseases

CHLAMYDIA

- Most Common STD among US teens
- Infects the vagina, cervix, fallopian tubes, anus, urethra or eye
- Symptoms: pain in the abdomen, pain during sex, a burning feeling when urinating or redness. Most commonly without symptoms, may infect baby's eyes.

GENITAL HERPES

- Many people carry the genital herpes virus but have no symptoms.
- Initial symptoms: a tingling or itching in the genital area, followed by vaginal discharge, pain or soreness in the groin area
- Secondary symptoms: small, red bumps may appear at the point where the virus entered the body. These bumps turn into open sores which can burst and be quite painful. May have no symptoms.
- During active breakout, infection may be passed to baby during birth.

GONORRHEA

- Infected mother can pass the germ on to her baby's eyes during birth, possibly causing a serious eye infection.
- Maternal symptoms: pain in the abdomen, pain during sex, a burning feeling when urinating, redness, or discharge.

HEPATITIS B

- A virus that infects the liver
- Contracted by having unprotected sex or sharing needles or personal items such as razors, toothbrushes and nail clippers with someone who is infected.
- Infected mother can pass the virus on to her baby
- Symptoms: loss of energy, loss of appetite, fever, yellowing of the skin or eyes, dark-colored urine, diarrhea and nausea. May be without symptoms. There is a vaccine.

SYPHILIS

- Infected pregnant mothers can pass it on to their babies
- Symptoms: a painless round sore which will appear where the bacteria first entered the body.
- If left untreated, the bacteria can cause mental illness, blindness, heart disease, paralysis or brain damage.

HIV AND AIDS

- AIDS stands for Acquired Immune Deficiency Syndrome and is caused by HIV (Human Immunodeficiency Virus).
- HIV attacks the body's immune system, mostly white blood cells (or T-cells).
- White blood cells fight infection and protect your body from disease. If your white blood cell count becomes too low, your body loses its ability to fight off infection and you can get sick easily.
- Contracted by having unprotected sex, sharing needles or from mother to baby.
- Most people who are infected with HIV do not get symptoms for years.

TRICHOMONIASIS

- Most common curable STD in young sexually active women.
- Symptoms: yellow-green vaginal discharge with strong odor, especially after intercourse; discomfort during intercourse and urination; genital itching.
- May cause premature birth weight or low birth weight.

HUMAN PAPILLOMAVIRUS (H.P.V.)

- Infects the skin and lining of the vagina, cervix, and anus.
- May cause genital warts or can lead to cancer of the cervix, vulva, vagina, anus, or penis. May be passed to baby during childbirth.
- At least 50 percent of sexually active men and women acquire HPV genital infection in their lives.
- Vaccine available

Are You Taking Care of Your Health?

All women should be taking care of their health by having regular physical check-ups which may include:

- ✓ a breast exam
- ✓ a mammogram (after age 40)
- ✓ a pelvic examination and a pap smear

Why perform a breast self exam?

Breast cancer is the most common cancer among women and accounts for one in every three cancer diagnoses in the United States - one out of eight women is expected to be diagnosed with breast cancer sometime during her life. Early detection and treatment are keys to survival and monthly breast exams and yearly mammograms are recommended after a certain age.

- 8 out of 10 or 80% of all breast cancers are found through breast self exams
- The sooner lumps are detected the better - when breast cancer is found early, the five-year survival rate is 96%
- Women know their own breasts better than their doctor and are more likely to detect changes in their breasts.

Some symptoms of concern are:

- A hard lump or thickening in any part of the breast
- Any changes in the appearance of the skin of the breast like swelling or redness or dimpling
- Unusual pain or a sudden change in size of the breast
- Dryness of the nipple
- Newly inverted or flattened nipples or discharge from the nipple

Contact your health care provider if you feel a lump that is painless, non tender and movable or if the skin is unusually dimpled or retracting.

Why are pelvic exams and pap smears important?

A pap smear is the standard screening test that all women should have annually. As part of a routine check-up, every woman should be given a pelvic examination. A pap smear will be taken as part of the pelvic examination and is used to detect:

- the presence of abnormal cells in the cervix which may be pre-cancerous
- cervical infections and inflammation
- testing may also be done for STDs – early detection is necessary to avoid serious health problems for women at risk. This includes women that have unprotected sex or multiple partners

Why should you avoid douching?

Anytime you insert any liquid into the vagina for rinsing or cleansing purposes, the chances of obtaining more vaginal infections increases. The vagina cleans itself naturally by producing mucus. When trying to clean the vagina, it is recommended to wash the outside area using water, mild soap, or vaginal wipes. Scented tampons, pads, powders and sprays should also be avoided. These products may increase vaginal infections, as well.

What is a mammogram?

A mammogram is a breast exam using a machine which scans the breast and the inside of the breast at low radiation waves. The images come out on X-ray film which are looked at by a doctor. Mammogram screening can result in breast cancer being detected early which increases the chances of survival.

RESOURCES

Susan G Komen Breast Cancer Foundation *Breast Health Information* 800-462-9273
Planned Parenthood *Pelvic Exams, Pap Tests, Cancer Screening* 800-230-7526

Chronic Problems

CHRONIC HEALTH PROBLEMS

■ **ASTHMA** ■ **DIABETES** ■ **HYPERTENSION**

■ **ASTHMA**

Asthma is a condition that affects the airways – the small tubes that carry air in and out of the lungs.

Why do people get Asthma?

Asthma can start at any age. It is difficult to say for sure what causes asthma, but breathing second hand smoke and pollution have been correlated with asthma.

■ **DIABETES**

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life.

You may have an increased risk of developing diabetes if:

- You have a family history of diabetes
- You are obese
- You are of Hispanic or African-American descent
- Your lifestyle includes un-healthy eating and low amounts of physical activity

■ **HYPERTENSION (HIGH BLOOD PRESSURE)**

- Blood pressure is the pressure your blood exerts against your blood vessel walls as your heart pumps
- If blood pressure is too high, it can damage the blood vessels raising the risk of stroke, kidney failure, heart disease and heart attack
- Chronic hypertension can increase the risk of a pregnant woman developing preeclampsia (previously known as toxemia), a serious condition that can cause low birth weight.

HEALTHY HABITS TO PREVENT CHRONIC HEALTH PROBLEMS

- Maintain a healthy diet which includes plenty of fruits, vegetables and low fat dairy products.
- Reduce salt intake.
- If you drink, limit the amount of alcoholic beverages.
- Alcohol should not be consumed if a woman thinks she may be or is actually pregnant or breastfeeding
- Do 30 minutes of physical activity each day.
- Quit smoking
- Ask your doctor what your blood pressure numbers are and what they mean.
- If you are prescribed medication – take it exactly as your doctor instructs.
- Maintain a healthy weight for your height to prevent obesity.
- Visit your medical professional regularly.
- Do not self-medicate; see a doctor.

Some Common Environmental Risks

ENVIRONMENTAL RISK FACTORS

- Lead & Mercury
- Pesticides
- PCBs
- Carbon Monoxide

■ LEAD & MERCURY

Exposure: Ingestion

Lead

- Lead is found in old paints, contaminated water and dirt.
- High lead levels can lead to learning and behavior disorders, lower IQs and attention problems in children

Mercury

- Mercury is found in white (albacore) tuna, shark, king mackerel, tilefish and swordfish.
- Women should limit their consumption of these foods during pregnancy.

For both Lead and Mercury

- Increased risk of spontaneous abortion, miscarriage, birth defects and cerebral palsy.

■ PCBs (*Polychlorinated biphenyls*)

Exposure: Ingestion

- PCBs are oils that are used in the electrical industry.
- PCBs are commonly found in larger, older, fatter fish.
- PCBs can cause low birth-weight, eye abnormalities, hypertension, low IQ, and motor and cognitive delays.

■ PESTICIDES

Exposure: Inhalation, Ingestion or Absorption through the skin

- Pesticides may cause miscarriage, premature birth, birth defects.
- Pesticides can cause a person to stop breathing.

■ CARBON MONOXIDE

Exposure: Inhalation

- Carbon monoxide is a toxic gas that has no color, odor or taste
- Carbon monoxide comes from motor vehicle exhausts, heaters and generators.
- Exposure can affect multiple organs but especially the brain and heart.
- Symptoms include: headache, lethargy, nausea, vomiting and irritability.
- Carbon monoxide exposure can lead to a coma, death or effects on mental status.

HOW TO DECREASE EXPOSURE

- Wash and scrub fruits and vegetables under running water; peel fruits and vegetables when you can. Buy organic products when possible.
- Trim fat from meat and skin from poultry and fish.
- Keep your home well ventilated; regularly clean filters and vents.
- Remove your shoes before entering your home; your shoes can track in harmful amounts of pesticides, lead, mercury and other contaminants.
- Keep household appliances, especially gas stoves & furnaces, maintained.

RESOURCES

Miami-Dade Health Department *Indoor Air Quality & Lead Exposure* 305-623-3500
National Women's Health Information Center 800-994-9662

Understanding Your Health

DO YOU UNDERSTAND ALL OF THE INSTRUCTIONS THAT YOUR DOCTOR GIVES YOU?

Health Literacy is an individual's ability to read, understand, and use health care information to make health care decisions and follow instructions for treatment.

Nearly half of all American adults--90 million people--have difficulty understanding and using health information. There is a higher rate of hospitalization and use of emergency services among patients who don't understand their doctor's instructions.

HOW TO GET THE MOST FROM YOUR HEALTH CARE VISIT.

- Ask Questions. Make a list of questions before visiting your doctor.
- Ask your doctor or nurse to review medical terms that you do not understand.
- Ask your doctor to explain or demonstrate recommended treatment.
- Ask the doctor to draw pictures to help you understand.
- Call your doctor or nurse after your appointment if you are confused or if you still have questions.
- Take along a friend or family member to doctor's visits.
- Take all of your medicines, including vitamins, mineral supplements, teas, and herbs, to each doctor visit.
- Make sure that you understand how often you are required to take your medication and whether or not you should take with certain foods. Ask about any side effects of the prescribed medication.
- Know that it is okay to see another doctor for a second opinion.
- Keep a calendar of your medical appointments and annual check-ups; list your doctor's phone number nearby.

Breastfeeding: Best for baby. Best for mom.

BENEFITS OF BREASTFEEDING

Breastfeeding: Baby is fed the mother's breast milk. Human breast milk provides the optimal nutrition sources for human infants. There are many advantages to breastfeeding, not only for the baby but also for the mother.

- Breastfeeding saves money and preparation time.
- Women who breastfeed tend to lose five more pounds after delivery than women who do not.
- Breastfeeding may prevent breast cancer or ovarian cancer for the mother later in life.
- Breastfeeding helps the uterus return to its original size more quickly and lessens bleeding after birth.
- Breastfeeding reduces the risk of infections for the baby.
- Breastfeeding provides a special time for you and your baby to bond.
- Breastfeeding hormones have a calming, stress-reducing effect.
- Breast milk is always ready. There is no wait for mixing or heating, and no bottle to clean after each feeding.
- Breastfed babies have a decreased risk for Sudden Infant Death Syndrome (SIDS).
- New research indicates that women who have breastfed have less risk of developing osteoporosis later in life.

FOR HELP WITH BREASTFEEDING:

Family Health Line 1-800-451-2229
Women Infants and Children (WIC) 786-336-1336
LaLeche League International 1-800-525-3243

Oral Health Care

Oral Health is defined as maintaining healthy teeth and gums through brushing and flossing properly twice a day and visiting the dentist twice a year for cleaning.

Keeping healthy teeth and gums affects how we look, but also affects our health and the health of our future children!

- If you have gum disease, you may have a higher risk of heart disease.
- If you have gum disease and diabetes, you can have more problems controlling your blood sugar.
- Gum disease has been linked to pre-term labor.
- Gum Disease increases bacteria in a woman's mouth which can be passed on to a baby. This contributes to low birth weight babies and premature deliveries.

ROUTINE DENTAL CARE SHOULD INCLUDE:

- Visiting a dental professional every 6 months for professional cleanings and oral exams
- Brushing your teeth and tongue at least twice a day with a soft toothbrush
- Flossing daily
- Replacing your toothbrush every three or four months
- Becoming aware of and promptly treating problems with your gum tissue such as bleeding gums, bad breath, red or swollen gums
- Eating foods that are good for your teeth and gums, including lean proteins, high fiber fruits and vegetables, and water.
- Limiting sugary, starchy & sticky foods.

Not having proper dental hygiene can lead to gingivitis. Gingivitis is the inflammation of gum tissue which can cause loss of bone, gums, and possible loss of teeth if untreated.

PROTECTING YOUR CHILD'S TINY TEETH

It is important to teach children good dental habits at an early age.

- A bedtime bottle of milk or juice could lead to major dental decay.
- Clean and wipe your baby's mouth every day and night with a wet face cloth or soft baby tooth brush.
- Once teeth appear, it is important to make a habit of brushing your child's teeth twice each day.
- Reduce the chance of passing harmful bacteria on to your child by not sharing toothbrushes, not licking pacifiers to clean them, and not testing your baby's food with the same spoon.

If baby teeth are lost too early because of tooth decay or improper tooth care, the child can develop problems such as:

- Poor appetite
- Speech problems
- Crooked or crowded permanent teeth
- Damaged permanent teeth