**OPENER:**
- Welcome everyone to The ABCDE’S to Ensuring Your Health and the Health of the Next Generation.
- Today we are going to review steps we can take to ensure a healthier future.

**INTRODUCTION:**
- Introduce yourself and why you are giving this presentation.
- *Optional:* go around the room and have participants provide their name and what outcomes they desire from the presentation.

**REFER:**
- Hold up any pertinent handouts that the participant should be aware of during the presentation.

**COVER**
- The points being presented could be used by anyone whether or not they are planning to get pregnant.

---

**Slide 2**

**COVER:**
- It is important to develop healthy lifestyles because each year, half of all pregnancies are unintended.
- Half of unintended pregnancies – or one in four pregnancies overall – end in abortion.
- This continues to be a major public health issue in the United States.

**READ SLIDE BULLETS**

*Extra Notes:* Population in L.A. County 10.3 million total
A woman’s health and the health of her infant is impacted BEFORE pregnancy and determines the future health of her baby and that baby’s children.

READ SLIDE

COVER: Preconception health care is critical because several risk behaviors and exposures affect fetal development and subsequent outcomes. BEFORE becoming pregnant is the best time to prepare:

- Use Contraception to plan to become or not become pregnant
- Manage chronic conditions
- Space pregnancies every 2 years
- Use Preventive Services using the ABCDE’S as a guide.

COVER: What is the Life Course Model?

- The Life Course Model suggests that biological, behavioral, psychological, and social protective and risk factors contribute to health outcomes across the span of a person’s life.

EXAMPLES:

- Disparities in birth outcomes, such as low birth weight and infant mortality, are often explained by the quality and frequency of prenatal care.
- As Figure 1 illustrates for White and African American women, differences in risk factors (downward arrows) and protective factors (upward arrows) over one’s life course affect one’s health and development and contribute to disparities in birth outcomes.
- Reproductive potential describes how one’s health status at any given age may influence reproductive health and future birth outcomes.

COVER:

- Our work needs to ensure that all risk factors are addressed in an integrated, coordinated, and
comprehensive manner in order to promote the opportunity for each community resident to have a healthy life.

**Slide 5**

**The ABCDE’S to Envisioning a Healthy Future**

- **A**buse: Alcohol, Cigarettes, Illicit Drugs, Domestic Violence
- **B**ehavioral: Mental Illness
- **C**hronic Disease: Overweight/Obesity, HT, Diabetes, Epilepsy, DVT, Asthma
- **D**iet, Drugs & **D**rugs: Nutrition & Exercise, Pharmaceuticals
- **E**nvironmental Exposures: Occupational, Household, Food
- **S**TI’s (sexually transmitted infections), **S**hots, **S**creening

**Cover:**
- Today’s presentation will cover “preconception health” or healthy lifestyles recommended for reproductive aged women but for everyone as well.
- These are categorized into the ABCDE’S.

**Read Slide**

**Slide 6**

**What Happens When There is No Planning for Future Health?**

**Read the Bullets as Pictures Come Up**

- **Picture One:** Macrosomia- Diabetes Mellitus
- **Picture Two:** Baby with AIDS
- **Picture Three:** Baby with Chlamydia Conjunctivitis
- **Picture Four:** Premature baby
- **Picture Five:** Baby with Fetal Alcohol Syndrome
Los Angeles County

4.9 million women and girls live in Los Angeles County
2.5 million are of reproductive age
150,000+ births per year
49% pregnancies are unplanned


Extra Notes: Population in L.A. County
10.3 million total

The ABCDE'S to Envisioning a Healthy Future

A - Abuse, Cigarettes, Illicit Drugs, Domestic Violence
B - Behavior
C - Chronic Disease
D - Diet, Drugs, & Drugs
E - Environmental Exposures
S - STI's, Shots, Screening

Now we will review our A - Abuse. READ the sections covered under A.

Turn to next slide to cover more details on Abuse.

Substance Abuse: Alcohol

- In L.A. County, about 13% of pregnant women drink alcohol
- Women should not drink alcohol or use drugs after a missed period.

The Los Angeles Mommy and Baby Survey (LAMB) (2005) revealed that 13.8% of women drank alcohol during pregnancy

Controlling alcohol binge drinking and/or frequent drinking before pregnancy prevents fetal alcohol syndrome and other alcohol-related birth defects.
What can go wrong: Alcohol

**MOTHER**
- Abuse/Dependence
- Accidental Injury
- Medication interaction

**BABY**
- Fetal Alcohol Syndrome
  - Baby is born small, with a small & malformed brain
  - Most have a degree of mental disability

---

**READ SLIDE**

**COVER:**
Problems for the Mother

**Abuse/Dependence:**
- Even women who drink less than 7 drinks a week are at increased risk of developing alcohol abuse or dependence if they occasionally have four or more drinks on any given day.

**Accidental Injury:**
- The chances of being killed in a single–vehicle crash are increased at a blood alcohol level that a 140–lb. woman would reach after having one drink on an empty stomach.

**Medication interactions:**
- More than 150 medications interact harmfully with alcohol.

**Problems for the Baby**

**Fetal Alcohol Syndrome (FAS):**
- FAS (add) occurs in 1/1000 births.
  - Babies with FAS are abnormally small at birth and usually do not catch up on growth as they get older and some degree of mental disability.

---

**READ SLIDE**

**COVER:**

According to the U.S. Public Health Service, if all pregnant women in the United States stopped smoking, there would be an estimated 11% reduction in stillbirths and a 5% reduction in newborn deaths.

- Also, infants born to women who smoke have a lower average birth weight.
- It is highly recommended to STOP smoking **BEFORE** pregnancy.

---

**Slide 11**

**Substance Abuse: Cigarettes**

In Los Angeles County, 12% of pregnant women smoke cigarettes

ONLY 20% of women who smoke quit during pregnancy
**What can go wrong: Cigarettes**

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infertility</td>
<td>Stillbirth</td>
</tr>
<tr>
<td>Lung &amp; other Cancers</td>
<td>Low Birth Weight</td>
</tr>
<tr>
<td>Heart Disease</td>
<td>Pre-term birth</td>
</tr>
<tr>
<td>Emphysema</td>
<td>Adverse perinatal outcomes</td>
</tr>
</tbody>
</table>

**Cover:**

**Problems for the Mother**

**Infertility:**
- Studies show that women who smoke may have more trouble conceiving than nonsmokers.
- Studies suggest that fertility returns to normal after a woman stops smoking.

**Cancer and Heart Disease:**
- Smoking causes about 90% of lung cancer deaths in women.
- Cigarette smokers are 2–4 times more likely to develop coronary heart disease than nonsmokers.

**Problems for the Baby**

**Low Birth Weight:**
- Smoking nearly doubles a woman’s risk of having a low-birth weight baby.
- Low birth weight can result from poor growth before birth, preterm delivery or a combination of both.
- If a woman stops smoking by the end of her 1st trimester of pregnancy, she is no more likely to have a low-birth weight baby than a woman who never smoked.

**Preterm Birth:**
- Studies also suggest that smoking increases the risk of preterm delivery before (37 weeks of gestation).
- Premature and low-birthweight babies face an increased risk of serious health problems during the newborn period, chronic lifelong disabilities (such as cerebral palsy, mental retardation and learning problems) and even death.
In L.A. County, 5% of pregnant women use illegal drugs.

At no time during pregnancy is it safe to drink, smoke, or use illicit drugs.

Los Angeles County Department of Public Health, Los Angeles Mommy & Baby Survey

This graph shows important differences of drug use between racial and ethnic groups:

- White pregnant women had the highest cigarette use during pregnancy (24.4%) as well as the highest alcohol use (22.7%)
- Black pregnant women had the highest illicit drug use during pregnancy (11.3%)
- Hispanic pregnant women had the lowest cigarette, alcohol, and illicit drug use

More than 4% of pregnant women ages 15 to 44 used illicit drugs during the past month

"We know that substance use by pregnant women is a leading cause of mental, physical and psychological problems in infants and children"
- SAMHSA Administrator Charles Curie
Slide 16

**Substance Abuse Resources in Los Angeles**

- 211
- Alcoholics Anonymous
- Nar-Anon (drug rehab) 877-947-5900
- www.LAQuits.com (alcohol & smoking cessation)
- www.helppregnantsmokersquit.org
- 1-800-QUIT-NOW (1-800-784-8669)
- Toll Free Help Line: 1-800-564-6600

READ SLIDE

Slide 17

**Domestic Violence**

Pregnancy is the most prevalent time a women will experience domestic violence.

READ SLIDE

COVER:

- In the U.S. estimated 20% to 25% of pregnant women are abused.

Slide 18

**Domestic Violence Victims Account for:**

- 25% of women who attempt suicide
- 25% of women seeking crisis psychiatric services
- Up to 23% of women in prenatal care

READ SLIDE
**Slide 19**

**Abuse**

**Domestic Violence**

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 3rd trimester bleeding</td>
<td>- Low Birth Weight</td>
</tr>
<tr>
<td>- Depression, Post-Traumatic Stress Disorder, Anxiety</td>
<td>- Pregnancy complications</td>
</tr>
<tr>
<td>- Substance Abuse</td>
<td>- Child abuse</td>
</tr>
</tbody>
</table>

**READ SLIDE**

**Slide 20**

**Abuse**

**Domestic Violence**

**Resources in Los Angeles**

- 211
- Domestic Violence Hotline: 1-800-978-3600
- Los Angeles Commission on Assaults Against Women
  213-626-3393
- Women’s Shelters/DV programs

**READ SLIDE**

**Refer** to accessible community support

- **List of orgs. in Los Angeles:**
  [http://womenshealth.med.ucla.edu/community/alliancerape.htm](http://womenshealth.med.ucla.edu/community/alliancerape.htm)

- **List of Shelters & DV programs:**
  [http://www.dhs.ca.gov/epic/fvrefer/los_angeles.htm#shelters](http://www.dhs.ca.gov/epic/fvrefer/los_angeles.htm#shelters)

**Slide 21**

**The ABCDE’s to Envisioning a Healthy Future**

- **A** lcohol, Cigarettes, Heroin, Drugs, Domestic Violence
- **B** ehavioral
  - Mental Illness
- **C** hronic Disease
  - Diabetes, HT, Epilepsy, DVT, Asthma
- **D** iet, Drugs & Dads
  - Nutrition & Exercise, Pharmaceuticals
- **E** nvironmental Exposures
  - Occupational, Household, Food
- **S** TI’s (sexually transmitted infections), Shots, Screening

**Cover:**

- Now we will review our B - Behavioral. **Read** the sections covered under B.
- **Turn to next slide to cover more details on Behavioral Issues.**
Mental Issues

- Two-thirds of pregnant women with clinical depression aren’t receiving any treatment
- At least one in ten pregnant women suffers from bouts of depression

**BEHAVIORAL**

**READ SLIDE**

**COVER:**

- **LA County Preconception Collaborative Project Profile:** Among women aged 18-44, 13.8% have some type of depression
- **LA HOPE Project:** 40% of women who suffered an infant or fetal loss were depressed while pregnant

- There are no indications that show significant depression or depression-treatment differences among pregnant women of different races and ethnicities, employment situations, education levels, and marital or parental situations.

**Symptoms and treatment**

- Pregnant women who are experiencing depression may think their symptoms are just a normal part of pregnancy.
- 2 or more weeks of depressed mood
- Decreased interest or pleasure in activities
- Change in appetite
- Change in sleep patterns
- Fatigue or loss of energy
- Difficulty concentrating
- Excessive feelings of worthlessness or guilt
- Thoughts of suicide
- Extreme restlessness and irritability.
What can go wrong: Mental issues

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Predictor of poor prenatal care</td>
<td>- Pre-term Birth</td>
</tr>
<tr>
<td>- Poor weight gain and nutrition</td>
<td>- Low Birth Weight</td>
</tr>
<tr>
<td>- Risk of using drugs and cigarettes</td>
<td>- Suicide</td>
</tr>
</tbody>
</table>

Patient Recommendations for Mental Health Issues

- Consult your pregnancy provider, mental health specialist, &/or pediatrician
- Women should consult a doctor before stopping depression medication
- Women taking medication for depression & anxiety should avoid benzodiazepines

A range of treatments for depression are available. These include:
- Counseling
- Psychotherapy
- Support groups
- Therapy with light
- Medications.

The drugs used to treat depression have both risks and benefits.

IMPORTANT: Call your healthcare provider as soon as you discover you are expecting to decide if you should continue taking antidepressant drugs.

Resources in Los Angeles

- 211
- 24/7 ACCESS CENTER at 1-800-854-7771
- Center for Multicultural Human Services http://cmhs.org/
- Los Angeles Suicide Prevention Hotline 310-391-1293
- www.postpartum.net
- www.lacountyhelps.org
PRECONCEPTION HEALTH CURRICULUM

Slide 26

The ABCDE's to Envisioning a Healthy Future

A. Abuse
   - Alcohol, Cigarettes, Illicit Drugs, Domestic Violence
B. Behavioral
   - Mental Illness
C. Chronic Disease
   - Overweight/Obesity, HT, Diabetes, Epilepsy, DVT, Asthma
D. Diet, Drugs & Dads
   - Nutrition & Exercise, Pharmaceuticals
E. Environmental Exposures
   - Occupational, Household, Food

Cover:
- Now we will review our C – Chronic Disease. READ the sections covered under C.
- Turn to next slide to cover more details on Chronic Disease.

Slide 27

CHRONIC DISEASE
Pre-existing medical conditions can affect the outcome of a pregnancy

Cover: READ SLIDE

Slide 28

CHRONIC DISEASE: Diabetes
• 1.85 million women 18-44 years have diabetes
• 500,000 of them do not know they have the disease
• Minority women are 2-3 times more likely to have type 2 diabetes

Cover: READ SLIDE

- 3% of LA County women have diabetes prior to pregnancy, known as pre-gestational diabetes, and 14% develop diabetes during pregnancy, gestational diabetes
- A preliminary LAMB study suggests that about 3% of pregnant women had diabetes before pregnancy

**Slide 29**

### CHRONIC DISEASE

**What can go wrong: Diabetes**

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Pre-eclampsia</td>
<td>- Miscarriage/Stillbirth</td>
</tr>
<tr>
<td>- Maternal &amp; Labor/Delivery Complications</td>
<td>- Pre-term birth</td>
</tr>
<tr>
<td>- Cesarean Section</td>
<td>- Birth defects</td>
</tr>
</tbody>
</table>

**READ SLIDE**

**COVER:**

*Problems for the Mother*

- **Pre-eclampsia:**
  - Severe cases can cause seizures for the mother and possible premature birth for the baby

*Problems for the Baby*

- **Macrosomia:**
  - Infant weighing 10 pounds or more that is caused by the fetus producing extra insulin to process excess sugar in the mother’s blood

**ASK:** What can a woman do before pregnancy to reduce the risks to her baby?

- Consult healthcare provider before attempting to conceive
- Maintain a healthy weight
- Taking folic acid is especially important

---

**Slide 30**

### CHRONIC DISEASE

**Overweight/Obesity**

1 in 3 pregnant women are overweight or obese at the onset of pregnancy

**READ SLIDE**

**Extra Notes:**

*LA HOPE Project:* 16% of women who had a recent fetal or infant loss were overweight.

*Health indicators for women in LA County:* 11.4% of female adolescents are overweight or obese & 24% of female adults are overweight or obese

*The Healthy Weight Actional Learning Collaborative (preconception health folder):*

35% are overweight or obese at the onset of pregnancy
**Slide 31**

**CHRONIC DISEASE**

**What can go wrong: Overweight**

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infertility</td>
<td>Fetal &amp; neonatal death</td>
</tr>
<tr>
<td>Maternal &amp; Labor/Delivery complications</td>
<td>Birth Defects, especially neural tube defects</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Large Baby</td>
</tr>
</tbody>
</table>

**Slide 32**

**CHRONIC DISEASE**

**Hypertension**

10% of pregnant women have high blood pressure

**Extra Notes:**

LA County Preconception Collaborative Project Profile: Among women aged 18 – 44, 8.8% have high-blood pressure

LA HOPE Project: 5% of women who suffered an infant of fetal loss had high BP prior to pregnancy

Health indicators for women in LA County: 23.5% of adult women are diagnosed with hypertension

LAMB (preliminary): suggests that about 10% of women reported high blood pressure during pregnancy, 2.6% had high blood pressure before pregnancy
PRECONCEPTION HEALTH CURRICULUM

Slide 33

**CHRONIC DISEASE**

**What can go wrong: Hypertension**

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Superimposed Preeclampsia</td>
<td>• Pre-term Birth</td>
</tr>
<tr>
<td>• Placental Abruption</td>
<td>• Placental abnormalities</td>
</tr>
<tr>
<td>• Birth defects from prescriptions</td>
<td>• Low Birth Weight</td>
</tr>
</tbody>
</table>

**READ SLIDE**

**COVER:**

**Hypertension:** high blood pressure with a reading of 140/90 or higher.
- High blood pressure may result before or after becoming pregnant.

**Problems for the Mother**
- Preeclampsia that develops in addition to your already existing chronic hypertension is called "superimposed preeclampsia"
- Mild chronic hypertension will not greatly increase your risk during pregnancy as long as you have no other existing medical problems.

Slide 34

**CHRONIC DISEASE**

**Asthma**

5% of pregnant women in Los Angeles County have asthma

**READ SLIDE**

**COVER:**
- At any given time, up to 8% of pregnant women have asthma.
- With appropriate asthma therapy, most women can breathe easily, have a normal pregnancy, and deliver a healthy baby.
- Women who discover that they are pregnant should continue their asthma medications. Suddenly stopping asthma medications could result in the developing baby not getting enough oxygen.

Slide 35

**CHRONIC DISEASE**

**What can go wrong: Asthma**

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Worsening of Asthma</td>
<td>• Pre-term Birth</td>
</tr>
<tr>
<td>• Cesarean Delivery</td>
<td>• Low Birth Weight</td>
</tr>
<tr>
<td>• High blood pressure or pre-eclampsia</td>
<td>• Baby that is small for its age</td>
</tr>
</tbody>
</table>

**READ SLIDE**
The vast majority of women with asthma and their babies do NOT have any complications during pregnancy.

**Slide 36**

**Chronic Disease**

*Resources in Los Angeles to obtain healthcare for chronic diseases*

- 211
- 800 793-8090 (Free health screening for women who qualify)
- www.lacountyhelps.org

**READ SLIDE**

**Slide 37**

**The ABCDE’s to Envisioning a Healthy Future**

- **A**lcohol, Cigarettes, Illicit Drugs, Domestic Violence
- **B**ehavioral
  - Mental Illness
- **C**hronic Disease
  - Asthma, CHF, HT, Diabets, Epilepsy, DVT, Asthma
- **D**iet, Drugs & **D**ads
  - Nutrition & Exercise, Pharmaceuticals
- **E**nvironmental Exposures
  - Occupational, Household, Food

**STI’s (sexually transmitted infections), Shots, Screening**

**COVER:**

- Now we will review our D – Diet, Drugs, and Dads. **READ** the sections covered under D.
- Turn to next slide to cover more details on Diet, Drugs, and Dads.

**Slide 38**

**Diet, Drugs & Dad’s**

**Nutrition & Exercise**

- 50% of women 18-44 y.o. did not meet the standard for physical activity
- 18.3% of adult women consume > 5 servings of fruits and vegetables a day

**READ SLIDE**
Slide 39

**READ SLIDE**

**COVER:**
- Mothers-to-be are advised to take prenatal vitamins that are specially formulated to help their health as well as the health of their babies.
- While the supplements contain numerous vitamins and minerals, their folic acid, iron, and calcium content are especially important.

Slide 40

**READ SLIDE**

**What can go wrong:**

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Obesity</td>
<td>- Macrosomia</td>
</tr>
<tr>
<td>- Vitamin/Calcium Deficiency</td>
<td>- Infant complications during delivery</td>
</tr>
<tr>
<td>- Difficult Delivery</td>
<td></td>
</tr>
</tbody>
</table>

Slide 41

**READ SLIDE**

**COVER:**
- Folic acid, a B vitamin, helps prevent birth defects of the brain and spinal cord when taken very early in pregnancy.
- Take a multivitamin with 400 micrograms of folic acid every day before pregnancy and during early pregnancy, as part of a healthy diet.
- Foods containing folic acid include fortified breakfast cereals, dried beans, leafy green vegetables and orange juice.
- It is BEST take the recommended doses of folic acid before you become pregnant.
**Slide 42**

**What can go wrong: Folic Acid Deficiency**

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anemia</td>
<td></td>
</tr>
<tr>
<td>Progressive fatigue</td>
<td></td>
</tr>
<tr>
<td>Shortness of breath</td>
<td></td>
</tr>
<tr>
<td>Fainting</td>
<td></td>
</tr>
<tr>
<td>Forgetfulness</td>
<td></td>
</tr>
</tbody>
</table>

**Slide 43**

**Pharmaceutical Drugs**

- 59% of pregnant women were prescribed a medication some time during pregnancy *
- Use of over-the-counter medications during pregnancy may be even higher**


**Slide 44**

**What can go wrong: Prescription Drugs**

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Miscarriage</td>
<td></td>
</tr>
<tr>
<td>Congenital anomalies</td>
<td></td>
</tr>
<tr>
<td>Small-for gestational age</td>
<td></td>
</tr>
<tr>
<td>Pre-term birth</td>
<td></td>
</tr>
<tr>
<td>Low Birth Weight</td>
<td></td>
</tr>
</tbody>
</table>
Slide 45

**Diet, Drugs & Dad’s**

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>• More likely to get prenatal care in the first trimester</td>
<td>• Likely to do well in school</td>
</tr>
<tr>
<td></td>
<td>• Have healthy self-esteem</td>
</tr>
<tr>
<td></td>
<td>• Exhibit empathy and prosocial behavior</td>
</tr>
<tr>
<td></td>
<td>• Avoid high-risk behaviors such as drug use, truancy, and criminal activity</td>
</tr>
</tbody>
</table>

**BABYMOTHER**

• Likely to do well in school
• Have healthy self-esteem
• Exhibit empathy and prosocial behavior
• Avoid high-risk behaviors such as drug use, truancy, and criminal activity

**READ SLIDE**

Slide 46

**Diet, Drugs & Dad’s**

**Resources in Los Angeles**

- 211
- 800-564-6600 Drug & Alcohol Programs Help Line
- www.4therapy.com (Drug Rehab Programs Network)
- Narconon (Drug Rehab Referral) 877-947-5900

**READ SLIDE**

Slide 47

**The ABCDE’s to Envisioning a Healthy Future**

- **A** lcohol, Cigarettes, Hall Drugs, Domestic Violence
- **B** ehavioral
  - Mental Illnesses
- **C** hronic Diseases
  - Diabetes, HT, Diabetes, Epilepsy, DVT, Asthma
- **D** iet, Drugs, & Dad’s
  - Nutrition & Exercise, Pharmaceuticals
- **E** nvironmental Exposures
  - Occupational, Household, Food
- **S** TI’s (sexually transmitted infections), Shots, Screening

**COVER:**

- Now we will review our E – Environmental Exposures. **READ** the sections covered under E.
- Turn to next slide to cover more details on Environmental Exposures.
**ENVIRONMENTAL EXPOSURES**

**What can go wrong: Occupational:** Hazardous materials, lead, mercury

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parvovirus B19</td>
<td>- Miscarriage</td>
</tr>
<tr>
<td></td>
<td>- Anemia</td>
</tr>
<tr>
<td>Lead Poisoning</td>
<td>- Mild rash; illness typically in vulnerable children; looks like a &quot;slapped-cheek&quot; rash on the face</td>
</tr>
<tr>
<td></td>
<td>- Fetal neurodevelopment problems</td>
</tr>
</tbody>
</table>

**What can go wrong: Household:** paint thinners, solvents, pesticides, bleach, lye, cat litter, garden soil

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toxoplasmosis</td>
<td>- Miscarriage</td>
</tr>
<tr>
<td></td>
<td>- Stillbirth</td>
</tr>
<tr>
<td>Reptile Salmonellosis</td>
<td>- Fetal Infection</td>
</tr>
</tbody>
</table>

**READ SLIDE**

**COVER:**

**Parvovirus B19** (fifth disease).
- Human parvovirus B 19 (often called Fifth Disease) is a virus that causes an infection that often starts with a mild fever, sore throat and flu-like symptoms.
- Only a small percentage of women have problems with the greatest risk occurring if the exposure is early in the pregnancy (before 20 weeks).

**Lead Poisoning**
- Very low levels of lead toxicity, less than 10mcg/dl, has been associated with intellectual impairment in children.
- Moreover, as many as 0.5% of women of childbearing age may have blood lead levels of greater than 10 mcg/dl.³

**READ SLIDE**

**COVER:**

**Toxoplasmosis:**
- Parasitic infection that can be transmitted to the fetus and cause severe problems during pregnancy and to the mother’s child.
- Toxoplasmosis the 3rd leading cause of foodborne deaths in this country.
- The parasite can be transmitted to humans by
  1. Ingestion of raw or inadequately cooked infected meat
  2. Ingestion of the organism via exposure to cat litter or soil
  3. Newly infected pregnant woman passing the infection to her unborn fetus
- To prevent the infection
  1. Cook meat to a safe temperature
  2. Peel or thoroughly wash fruits and vegetables before eating
3. Clean cooking surfaces and utensils after they have contacted raw meats or unwashed fruits and vegetables.
4. Avoid changing cat litter or use gloves and then wash hands thoroughly.
5. Do not feed raw or uncooked meat to cats and keep cats inside to prevent eating infected prey.

**Reptile-Associated Salmonella:**
- Source reptiles (turtles, snakes, iguanas, lizards, etc.) carry salmonella bacteria that can be transmitted through direct and indirect contact with reptiles.
- It is recommended that pregnant women avoid contact with reptiles.

**ENVIRONMENTAL EXPOSURES**

**SLIDE 50**

**READ SLIDE**

**COVER:**
- Fish and shellfish contain high-quality protein and other essential nutrients however nearly all contain traces of mercury.
- The risks from mercury in fish and shellfish on an unborn baby depends on the amount of fish and shellfish eaten and the levels of mercury in the fish and shellfish.

**EPA (Environmental Protection Agency) Recommendations During Pregnancy:**
- Do NOT eat shark, swordfish, king mackerel, or tilefish.
- Eat up to 2 average meals a week containing fish or shellfish that are low in mercury (shrimp, canned light tuna, salmon, catfish).
- Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers and coastal areas.
ENVIRONMENTAL EXPOSURES

What can go wrong:

<table>
<thead>
<tr>
<th>MOTHER</th>
<th>BABY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Listeria: nonspecific</td>
<td>Fetal death</td>
</tr>
<tr>
<td>flu-like illness is the</td>
<td>Pre-term birth</td>
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<tr>
<td>most common symptom</td>
<td>newborn infection</td>
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<tr>
<td>acquired via</td>
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<td>infected food (raw milk</td>
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<tr>
<td>products, soft cheese,</td>
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<tr>
<td>deli meats)</td>
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READ SLIDE

COVER:
- Listeria is a bacterial infection that can be passed from an infected mother to her fetus through the blood.
- It is not possible to detect food contaminated with Listeria based upon appearance or smell, because foods do not always appear rotten or soiled.
- Special food precautions should be taken:
  - Do not drink raw (unpasteurized) milk or foods that contain unpasteurized milk.
  - Wash raw vegetables thoroughly before eating.
  - Keep the refrigerator temperature at $40^\circ F$ ($4.4^\circ C$) or lower; the freezer at $0^\circ F$ ($-17.8^\circ C$) or lower.
  - Use precooked, perishable, or ready-to-eat food as soon as possible.
  - Keep raw meat, fish, and poultry separate from other food that will not be cooked and from cooked foods and ready-to-eat foods.
  - Wash hands, knives, and cutting boards after handling uncooked food.
  - Thoroughly cook raw food from animal sources to a safe internal temperature.
ENVIRONMENTAL EXPOSURES

Resources in Los Angeles
- 211
- Los Angeles County Department of Toxic Epidemiology Program www.laphilhealth.org
- U.S. Food and Drug Administration (888) SAFEFOOD
- www.cfsan.fda.gov/seafood1.html

READ SLIDE

The ABCDE'S to Envisioning a Healthy Future

A buse: Alcohol, Cigarettes, Hard Drugs, Domestic Violence
B ehavioral: Mental Illness
C hronic Disease: Overweight/Obeity, HT, Diabetes, Epilepsy, DVT, Asthma
D iet, Drugs, D rads: Nutrition & Exercise, Pharmaceuticals
E nvironmental Exposures: Occupations, Household, Food
S TI's (sexually transmitted infections), Shots, Screening

COVER: Now we will review our S – STIs, Shots and Screening.

Sexually Transmitted Infections

4% of pregnant women have an STI
STI screening reduces the risk of ectopic pregnancy & infertility

Hepatitis B vaccination prevents transmission of infection to infants and eliminates risk to the women
HIV/AIDS screening allows for timely treatment & allows women to time their pregnancy

COVER: General Information About STIs
- STIs are sexually transmitted infections you can get by having sex (genital, oral or anal) with someone who has one of these infections.
- Many infected individuals do not know they have an STI, because some common STIs cause no symptoms.
- STIs include:
  - Chlamydia
  - Gonorrhea
  - Syphilis
  - Bacterial vaginosis (BV)
  - Trichomoniasis
  - Genital herpes
  - Genital warts
  - HIV
- STIs pose special risks for pregnant women and their babies and it is important that pregnant women are
tested for STIs.

- Some STIs can be cured with drug treatment, but others cannot. However, if a woman has an STI, steps usually can be taken to protect her baby.

READ SLIDE

COVERAGE: Prevention and treatment of STIs

- The surest way to avoid transmission of sexually transmitted diseases is to abstain from sexual contact or to be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected.
- Latex condoms, when used consistently and correctly, can reduce the risk of transmission of HIV, gonorrhea, syphilis, chlamydia, and trichomoniasis.
- Screening tests for STIs should be performed during routine prenatal care, starting in early pregnancy and repeated close to delivery.
- Resulting issues can be treated if an infection is found at birth.

Slide 55

<table>
<thead>
<tr>
<th>Sexually Transmitted Infections</th>
<th>What can go wrong:</th>
</tr>
</thead>
</table>

- **MOTHER**
  - Cervical cancers
  - Chronic hepatitis
  - Pelvic inflammatory disease
  - Infertility

- **BABY**
  - Stillbirth
  - Low birth weight
  - Pneumonia
  - Neonatal sepsis
  - Neurologic damage
  - Blindness, deafness, conjunctivitis

READ:

- STIs can have many of the same consequences for pregnant women as well as women who are not pregnant.
- STIs can cause
  - cervical and other cancers
  - chronic hepatitis
  - pelvic inflammatory disease
  - infertility
- STIs can be passed from a pregnant woman to the baby before, during, or after the baby's birth.
**READ BABY SECTION**
- Neonatal sepsis is an infection in the baby’s blood stream
- Conjunctivitis is an eye infection

**Extra Notes: STIs in more detail**
Genital herpes, BV (bacterial vaginosi), and Chlamydia are the most common STIs found in U.S. pregnant women.

**Genital herpes**
- Caused by a group of viruses.
- About 25% of American women are infected, but most do not know it because the majority of infected individuals have no symptoms.
- The virus remains in the body forever and can cause repeated outbreaks of blisters.

*Problems for the Baby*
- A small minority of women with herpes pass it on to their infants during vaginal delivery.
- The highest risk is for those women who contract herpes for the first time late in their pregnancy.
- Some infected infants develop skin or mouth sores, which usually can be effectively treated with anti-viral drugs.
- The infection sometimes spreads to the brain and internal organs, resulting in brain damage, blindness, mental retardation and even death.

**Prevention of Transmission from Mother to Child**
- If a woman has symptoms of herpes at the time of delivery, a cesarean delivery will probably be recommended to protect her baby.

**Chlamydia**
- A bacterial infection that can cause reproductive problems for women who contract it prior to and during pregnancy.
10% of pregnant women have Chlamydia
Chlamydia causes no symptoms in about 75% of infected women, though a minority experience burning during urination and vaginal discharge.
Untreated, Chlamydia can result in pelvic inflammatory disease (PID) and damage a woman’s fallopian tubes, leading to infertility or ectopic pregnancy.

**Problems for the Baby**
- Babies of women with untreated Chlamydia often become infected during vaginal delivery.
- Infected babies frequently develop eye infections and pneumonia, which are treated with antibiotics.
- Many of the symptoms and characteristics of Chlamydia are similar to those of Gonorrhea

**Bacterial vaginosis (BV)**
- Affects about 16% of pregnant women
- Caused by an overgrowth of bacteria that naturally occur in the vagina.
- More commonly found in women with new sex partners or multiple sex partners
- Some women with BV experience vaginal discharge that has an unpleasant odor, burning on urination, and genital itching, while others have no symptoms.
- Studies suggest that BV may double a woman’s chances of preterm delivery.
- Women with symptoms of BV are treated with antibiotics to help reduce this risk.

**HIV/AIDS Information**

**HIV (human immunodeficiency virus)**
- HIV is the virus that causes AIDS (acquired immune deficiency syndrome) that is most often
contracted sexually or through intravenous drug use

- AIDS damages the immune system, and threatens the lives of mothers and babies.
- An estimated 120,000 to 160,000 women in the U.S. are living with HIV.
- The Centers for Disease Control and Prevention (CDC) and the March of Dimes recommend that all pregnant women be offered voluntary counseling and testing for HIV.

**Reducing Risk for the Baby**

- Women who learn they carry the virus can get treatment to help protect their babies.
- New drug treatments can now reduce the risk of a treated mother’s passing HIV on to her baby to 2% or less, compared to about 25% of untreated mothers.

<table>
<thead>
<tr>
<th>Slide 56</th>
<th><strong>Sexually Transmitted Infections</strong></th>
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<tbody>
<tr>
<td><strong>Resources in Los Angeles</strong></td>
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<tr>
<td>• 211</td>
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<tr>
<td>• STD information and referrals to STD Clinics</td>
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<tr>
<td>CDC-INFO :1-800-CDC-INFO (800-232-4636)</td>
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</tbody>
</table>
Shots: Immunizations

Mother Section Cover:
- A flu shot made with an *inactivated virus* is recommended for women who will be pregnant during the flu season.

Vaccinations You Should Avoid:
- LAIV (live, attenuated influenza vaccine) flu shot: Women who are pregnant during flu season should be inoculated with the inactivated vaccine instead.
- Measles
- Mumps
- Rubella (German measles)
- Varicella (chickenpox)
- BCG (tuberculosis)

Resources in Los Angeles
- 211
- FREE immunizations in your area 1-800-427-8700
- www.lapublichealth.org

Extra Notes:
*Carrier Screening in More Detail*
Carrier screening tests can check for possible genetic diseases that your child may inherit.

**Tay-Sachs Disease**
- Tay-Sachs and Sandhoff diseases are inherited diseases of the central nervous system.

**Cystic Fibrosis (CF)**
Cystic fibrosis (CF) is a genetic (inherited) disease that makes the body produce thick mucus in the lungs. This mucus promotes infections that are often life threatening.

PKU (phenylketonuria)
- PKU is an inherited disorder of body chemistry that, if untreated, causes mental retardation.
- Fortunately, through routine newborn screening, almost all affected newborns are diagnosed and treated early, allowing them to grow up with normal intelligence.

**Slide 60**

**Screening (Genetic)**

**Resources in Los Angeles**
- 211
- L.A. County Oral Health Program (213) 351-7804
- www.marchofdimes.com (information on genetics screening)

**Slide 61**

**Los Angeles**

4.9 million women and girls live in Los Angeles County

2.5 million can potentially have HEALTHY babies
The ABCDE’S to Envisioning a Healthy Future

BEFORE becoming pregnant is the best time to prepare
- Contraception
- Spacing
- Preventive Services

Ask your health provider to help you prepare

READ SLIDE

EMPHASIZE:
- Contraception use is one of the best ways to prevent and plan pregnancies
- It is recommended that pregnancies are spaced by at least 2 years apart
- Preventative health services and routine well-woman examinations are recommended for all women of reproductive age
- The ABCDE’S are the key to a healthy future.

A woman’s health and the health of her infant is impacted BEFORE pregnancy

and determines the future health of her baby and that baby’s children

READ SLIDE

COVER:
- Preconception health care is critical because several risk behaviors and exposures affect fetal development and subsequent outcomes.

The ABCDE’S to Envisioning a Healthy Future

A buse
- Alcohol, Cigarettes, Illicit Drugs, Domestic Violence

B ehavioral
- Mental Stress

C hronic Disease
- Overweight/Obesity, HT, Diabetes, Epilepsy, DVT, Asthma

D iet, Drugs, & D ads
- Nutrition & Exercise, Pharmaceuticals

E nvironmental Exposures
- Occupational, Household, Food

S TI’s (sexually transmitted infections), Shots, Screening

READ SLIDE

REVIEW One Final Time
Remember Your ABCDE's!