



JMJ Consulting

Prenatal Care Coordination

NEWSLETTER

September | 2019

Beauty Tip for the Mommy-to-be

Being pregnant changes every inch of us and some changes cause discomforts that cannot be solved with our usual routine. Here's a tip to help you as the mother-to-be.

Drink water

The amniotic fluid production, blood volume increase and nausea can cause pregnant women to dehydrate quickly. Drink as much as you want, preferably water, and keep in mind that pregnant women usually need an extra 300 ml of liquid for a total of about 2 liters a day. These needs also increase in nursing women, reaching an extra 450 ml a day. You can even add lemon slices to your water to improve your complexion and let ice melt in your mouth to reduce acid reflux. <https://www.motherforlife.com/pregnancy-and-maternity>

Look for additional tips next month.



Eating Healthy During Pregnancy

Eating well can help you have a healthy pregnancy and a healthy baby.

1. Don't forget **breakfast**.
 - Try fortified ready-to-eat or cooked breakfast cereals with fruit. Fortified cereals have added nutrients, like calcium.
 - If you are feeling sick, start with whole wheat toast. Eat more food later in the morning.
2. Eat foods with **fiber**.
 - Choose a variety of vegetables and fruits, like carrots, cooked greens, bananas, and melon.
 - Eat plenty of beans and whole grains. Try brown rice or oatmeal.
3. Choose healthy snacks.
 - Low-fat or fat-free yogurt with fruit
 - Whole grain crackers with fat-free or low-fat cheese
4. Take a prenatal vitamin with iron and folic acid every day. Iron keeps your blood healthy. Folic acid helps prevent **birth defects**.

REFERRAL PROGRAM

Know someone who is pregnant?

Refer them to our agency. If they qualify, you'll receive \$50 in cash.

For more information, call us at 414-847-6388 or email us at info@jmjconsulting2.com.

Offer expires September 30, 2019



Pregnancy Side Effects No One Ever Tells You

What in the world is happening to my pregnant body?

So, you've told people you're pregnant. What happens next? Oh, the famous questions, questions like "how are you feeling?", "are you tired?", "how's your morning sickness?", "do you have any cravings?", etc.

1. You May Have Sore Breasts:

One of the first pregnancy symptoms that many women experience is sore breasts. Essentially your body sends a memo upstairs saying, "the eagle has landed" and your breasts turn to each other and say, "This is what we've been training for, man! Then they flip the switch and start getting ready for milk production. Extra blood flow, fat production (hello awesome rack) and hormones all make for tender tatas especially in the first few weeks.

2. You May Be Constipated

You have extra progesterone pumping through you right now and it's pretty important – hence the name that means "pro gestating" – because it relaxes your uterus muscles so you don't have early contractions (just to name one of its important jobs). The downside is that it helps relax *all* your muscles so you get constipated easily.

"Wouldn't relaxed muscles actually give me diarrhea?" you say. Your intestinal tract actually works very hard to move stuff through, so once they get a little lazy, things stops moving. Literally! Move more, drink water, eat small meals and increase your fiber intake seems to be the suggested course of action. Just don't use laxatives (or at least talk to a medical provider before you do) because laxatives can cause other challenges things up even more.

3. You May Have Heartburn:

Remember that awesome hormone, progesterone that relaxes your uterus so it doesn't eject your baby like a 007 car? Well, it's also relaxing a muscle called the lower esophageal sphincter. This loosening can cause stomach acid to back up into your esophagus. Whether it's called acid indigestion, acid reflex or heartburn, it can feel like you're gargling battery acid and it's awful.

Thankfully this throat valve goes back to keeping the fires at bay once you've given birth. To help you may want to eat smaller meals more frequently. Also, consider eating slowly and drinking your beverages between meals, not with them. Be sure to let your physician no of these occurrences and how often.

Adapted from
<https://pregnantchicken.com>

WHAT CAN A PRENATAL CARE AGENCY DO FOR YOU?

Prenatal Care Coordination (PNCC) is a benefit that helps pregnant women get the support and services they need to have a healthy baby.

PNCC services include:

- Help getting the health care you need
- Personal support
- Information on good eating habits and health practices
- Help finding needed services in your community

Call
JMJ Consulting today!



Prenatal Care Services

Workshops. Outreach. Support



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