

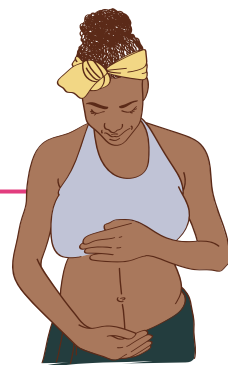
PRETERM BIRTH PREVENTIONWAYS

ESSENTIAL TIPS AND STRATEGIES FOR EXPECTING MOTHERS

Emergency Contacts

List of emergency contacts and hotlines for immediate help:

- Local emergency number (e.g., 911)
- OB/GYN or midwife contact information
- Hospital maternity ward contact details
- National preterm birth hotline (if available)



Definition

- Preterm birth is when a baby is born before 37 weeks of pregnancy.

Statistics:

- Approximately 1 in 10 babies are born preterm worldwide.
- Preterm birth is a leading cause of neonatal mortality and long-term disabilities.



Risk Factors

Previous preterm birth:

- Having had a preterm birth in a previous pregnancy increases the risk.

Multiple pregnancies:

- Twins, triplets, or higher-order multiples increase the likelihood of preterm birth.

Uterine or cervical abnormalities:

- Structural issues can lead to preterm labor.

Chronic conditions:

- Conditions such as high blood pressure and diabetes can contribute to preterm birth.
- Lifestyle factors:
- Smoking, alcohol use, and drug use are significant risk factors.

Preventive Measures

Regular Prenatal Care:

- Importance of routine check-ups for monitoring the health of mother and baby.
- Early detection of complications through regular visits.

Healthy Lifestyle:

- Balanced diet rich in fruits, vegetables, whole grains, and lean proteins.
- Regular exercise tailored to pregnancy, such as walking or prenatal yoga.
- Avoiding harmful substances like tobacco, alcohol, and drugs.

Managing Chronic Conditions:

- Proper management of diabetes, hypertension, and other chronic conditions through medication and lifestyle changes.

Awareness of Preterm Labor Signs:

- Contractions every 10 minutes or more often.
- Lower back pain, especially if it's constant or comes and goes in a pattern.
- Fluid leakage, which could be a sign of broken water.
- Vaginal bleeding or spotting.



Interventions and Support System

Medical Interventions

Progesterone supplements:

- Used to prevent preterm birth in women with a history of preterm delivery.

Cervical cerclage:

- A surgical procedure where the cervix is stitched closed during pregnancy.

Pessary:

- A device placed around the cervix to help keep it closed.

Support Systems

Importance of family and community support:

- Emotional and practical support from family and friends can reduce stress.

Role of support groups and counseling:

- Joining support groups for expecting mothers.
- Professional counseling to manage stress and anxiety.