



Healthy Pregnancy

Healthy Beginnings



The first and second trimester



MomCare is a program within the state of Florida that provides women seeking Medicaid due to pregnancy, a simplified application process. It is a Medicaid-funded program authorized by a special waiver from the federal government called SOBRA (Sixth Omnibus Budget Reconciliation Act). Once accepted into the program participants receive guidance on selecting a prenatal health care provider, assistance with scheduling initial prenatal visits, and information about support programs for which they may be eligible.

MomCare was developed as a partnership between the Florida Association of Healthy Start Coalitions, Florida Department of Health, Florida Agency for Healthcare Administration and Florida Department of Children and Families. The program is managed locally by the Healthy Start Coalition of Orange County. It is also a part of the Healthy Start Program.

Momcare as a component of the Healthy Start program provides care coordination and wraparound services which include home visits and referrals for additional programs. Maternity Care Advisors assist participants in the facilitation of access to prenatal and pediatric primary care, as well as facilitation with family planning information and referral services.

The **Healthy Start Program** is located at the Orange County Health Department Ocoee Social Service Center on Story Road. The Orange County Healthy Start program promotes optimal health and developmental outcomes for all pregnant women and infants that reside in Orange County. Healthy Start begins with a screening form that is completed at the doctor's office or hospital, and many services are offered

For more information about Healthy Start please review the Healthy Start page in this booklet and the Additional Resources list section of this book.

The goals of the Healthy Start Program are:

- To reduce low birth weight babies being born
- To reduce infant mortality rates (*death of a baby before age 1*)
- To improve the health and developmental outcomes of infants

Every baby deserves a Healthy Start

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Introduction to MomCare

So you are expecting, how wonderful! It may be possible that the excitement you're feeling is accompanied with some anxiety. That's OK! You may be worried about what choices to make, how to get the best healthcare, or if there is anyone who can help you through this beautiful yet, sometimes stressful process.



Do You Have Questions Such As;

- *What do I do now?*
- *Where do I go?*
- *What help is available for me?*
- *Whom can I talk to?*
- *Is there someone that can help me?*

Let the MomCare staff help provide the answers and solutions to your problems. The MomCare Program is truly a wonderful opportunity for pregnant women. A Maternity Care Advisor will talk with you and provide you with the assistance to get medical care and other services you need to have a healthy pregnancy and a healthy baby.

*All of your information will be kept private and confidential. MomCare Advisors will not speak with relatives or anyone in your household regarding your personal information without your permission. **For our records, please complete the Notice of Privacy forms on the next page and return it in the enclosed envelope.** We want to ensure that this process goes as smooth as possible for you.*

You are not alone!

Notice of Privacy Practices

This notice describes how medical information about you may be used and disclosed and how you can get access to this information.

PLEASE READ CAREFULLY



Department of Health Duties

The Department of Health is required by law to maintain the privacy of your protected health information. This Notice of Privacy Practices tells you how your protected health information may be used and how the department keeps your information private and confidential. This notice explains the legal duties and practices relating to your protected health information. As part of the department's legal duties this Notice of Privacy Practices must be given to you. The department is required to follow the terms of the Notice of Privacy Practices currently in effect.

The Department of Health may change the terms of its notice. The change, if made, will be effective for all protected health information that it maintains. New or revised notices of privacy practices will be posted on the Department of Health website at www.myflorida.com and will be available by email and at all Department of Health buildings.



Uses and Disclosures of your protected health information

Protected health information includes demographic and medical information that concerns the past, present, or future physical or mental health of an individual.

Demographic information could include your name, address, telephone number, social security number and any other means of identifying you as a specific person. Protected health information contains specific information that identifies a person or can be used to identify a person.

Protected health information is health information created or received by a health care provider, health plan, employer, or health care clearinghouse. The Department of Health can act as each of the above business types. This medical information is used by the Department of Health in many ways while performing normal business activities.

Your protected health information may be used or disclosed by the Department of Health for purposes of treatment, payment, and health care operations. *Health care professionals use medical information in the clinics or hospital to take care of you. Your protected health information may be shared, with or without your consent, with another health care provider for purposes of your treatment. The Department of Health may use or disclose your health information for case management and services. The Department of Health clinic or hospital may send the medical information to insurance companies, Medicaid, or community agencies to pay for the services provided to you.*

Your information may be used by certain department personnel to improve the department's health care operations. The department also may send you appointment reminders, information about treatment options or other health-related benefits and services.

Some protected health information can be disclosed without your written authorization as allowed by law. Those circumstances include:

- ▶ Reporting abuse of children, adults, or disabled persons.
- ▶ Investigations related to a missing child.
- ▶ Internal investigations and audits by the department's divisions, bureaus, and offices.

- ▶ Investigations and audits by the state's Inspector General and Auditor General and the legislature's Office of Program Policy Analysis and Government Accountability.
- ▶ Public health purposes including vital statistics, disease reporting, public health surveillance, investigations, interventions and regulation of health professionals.
- ▶ District medical examiner investigations.
- ▶ Research approved by the department.
- ▶ Court orders, warrants, or subpoenas.
- ▶ Law enforcement purposes, administrative investigations, and judicial and administrative proceedings.

Other uses and disclosures of your protected health information by the department will require your written authorization. This authorization will have an expiration date that can be revoked by you in writing. These uses and disclosures may be for marketing and for research purposes. Certain uses and disclosure of psychotherapist notes will also require your written authorization.



Individual Rights

You have the right to request the Department of Health to restrict the use and disclosure of your protected health information to carry out treatment,

payment, or health care operations. You may also limit disclosures to individuals involved with your care. The department is not required to agree to any restriction.

You have the right to be assured that your information will be kept confidential. The Department of Health may mail or call you with health care appointment reminders. We will make contact with you in the manner and at the address or phone number you select. You may be asked to put your request in writing. If you are responsible to pay for services, you may provide an address other than your residence where you can receive mail and where we may contact you.

You have the right to inspect and receive a copy of your protected health information. Your inspection of information will be supervised at an appointed time and place. You may be denied access as specified by law. If access is denied, you have the right to request a review by a licensed health care professional who was not involved in the decision to deny access. This licensed health care professional will be designated by the department.

You have the right to correct your protected health information. Your request to correct your protected health information must be in writing and provide a reason to support your requested correction. The Department of Health may deny your request, in whole or part, if it finds the protected health information:

- ▶ Was not created by the department,
- ▶ Is not protected health information,
- ▶ Is by law not available for your inspection, or
- ▶ Is accurate and complete.

If your correction is accepted, the department will make the correction and tell you and others who need to know about the correction. If your request is denied, you may send a letter detailing the reason you disagree with the decision. The department will respond to your letter in writing. You also may file a complaint, as described below in the section titled Complaints.

You have the right to receive a summary of certain disclosures the Department of Health may have made of your protected health information. This summary does **not** include:

- ▶ Disclosures made to you.
- ▶ Disclosures to individuals involved with your care.
- ▶ Disclosures authorized by you.
- ▶ Disclosures made to carry out treatment, payment, and health care operations.
- ▶ Disclosures for public health.
- ▶ Disclosures for health professional regulatory purposes.
- ▶ Disclosures to report abuse of children, adults, or disabled.
- ▶ Disclosures prior to April 14, 2003.

This summary **does** include disclosures made for:

- ▶ Purposes of research, other than those you authorized in writing.
- ▶ Responses to court orders, subpoenas, or warrants.

You may request a summary for not more than a 6-year period from the date of your request.

If you received this Notice of Privacy Practices electronically, you have the right to a paper copy upon request.

For Further Information

Requests for further information about the matters covered by this notice may be directed to the person who gave you the notice, to the director or administrator of the Department of Health facility where you received the notice, or to the Department of Health, Inspector General at 4052 Bald Cypress Way, BIN A03/ Tallahassee, FL 32399-1704/ telephone 850-245-4141.

Complaints

If you believe your privacy rights have been violated, you may file a complaint with the: Department of Health's Inspector General at 4052 Bald Cypress Way, BIN A03/ Tallahassee, FL 32399-1704/ telephone 850-245-4141 and with the Secretary of the U.S. Department of Health and Human Services at 200 Independence Avenue, S.W./ Washington, D.C. 20201/ telephone 202-619-0257 or toll free 877-696-6775. The complaint must be in writing, describe the acts or omissions that you believe violate your privacy rights, and be filed within 180 days of when you knew or should have known that the act or omission occurred. The Department of Health will not retaliate against you for filing a complaint.

Effective Date

This Notice of Privacy Practices is effective beginning April 14, 2003, and shall be in effect until a new Notice of Privacy Practices is approved and posted.

References

"Standards for the Privacy of Individually Identifiable Health Information; Final Rule." 45 CFR Parts 160 through 164. *Federal Register*, Vol. 65, No. 250 (December 28, 2000).

"Standards for the Privacy of Individually Identifiable Health Information; Final Rule." 45 CFR Parts 160 through 164. *Federal Register*, Vol. 67, No. 157 (August 14, 2002).

DH 150-741, 4/03; Stock Number: 5730-741-0150-0

Florida Department of Health
Office of the Inspector General
4052 Bald Cypress Way, BIN A-03
Tallahassee, FL 32399-1704

NOTICE of PRIVACY PRACTICES

MOMCARE PROGRAM

At Momcare, we respect your privacy.

The law requires that the MomCare program keeps your health information private. Some examples of “Protected Health Information” (PHI) include your name, address, phone number, and additional personal information that identifies you.

- ◇ At MomCare, we may share your information to:
 - Help you locate programs or services needed for a healthy pregnancy. (Treatment)
 - Make sure you have a prenatal care provider and that your appointments are kept. (Treatment)
 - Bill Medicaid for the services provided to you. (Payment)
 - Conduct customer satisfaction surveys to make sure we are providing the best service for you and so you may have a healthy baby. (Health Care Operations)
- ◇ MomCare Advisors will not speak with relatives or anyone in your household regarding your personal information without your permission. Your MomCare Advisor will ask you who she can or cannot share your information with.
- ◇ You can check your MomCare records and ask that any mistakes be noted (amended). Please call our privacy officer and make an appointment if you feel this needs to be done.
- ◇ Our full privacy statement can be requested through your MomCare Advisor.

Orange County Healthy Start
MomCare Program
475 West Story Road, Suite 1
Ocoee, FL 34761
(407)254-6822

← Please cut here or request an additional copy by calling your advisor

NOTICE of PRIVACY PRACTICES

MomCare Consent

**By signing this form, I agree to participate in the MomCare program.
(MomCare provides health insurance and telephone support to help you.)**

MomCare respects your privacy. If you want to obtain a full copy of our privacy statement, you can contact us at 407-254-6822.

We share personal information like your name, address, phone and other personal information in 3 ways.

- * To provide service to you such as helping you locate programs and services you want (treatment).**
- * To bill the insurance company for the service we provide to you (payment).**
- * For our normal operations of MomCare such as customer satisfaction surveys, and to make sure we are providing quality services that help moms have healthier babies (healthcare operations).**

You can ask us not to share your private information with specific people. See our privacy statement to see how. We don't have to agree to those requests, but we will make every effort to when we can. If we agree not to share your private information with certain people, we won't share it unless we have to by law.

If you would like to grant permission for us to share your personal information with certain people, please print their name and relationship to you on the line(s) below:

_____	_____	_____	_____
Name	Relationship	Name	Relationship

You can change your mind about who gets your personal information, but we have to have that in writing. We will help you with the paperwork.

By signing this form, you are agreeing that you know what our commitment is to maintaining your privacy.

Print Name

Date

Signature

Date

Choosing a Doctor or Midwife



A list of doctors and midwives is provided in this book. Your advisor will help you choose a doctor/midwife as a health provider for prenatal care if you have not already chosen one.

It is in your best interest to make this decision soon as possible. This way you can start your prenatal care quickly. **If you do not pick a provider within 30 days,** your Maternity Care Advisor will make this choice for you. If this occurs you will be assigned to a provider that is within a 30-minute drive from your home. We want you to have a healthy pregnancy and we look forward to helping you obtain this goal.

Questions to consider when choosing a doctor:

- How long have you been practicing obstetrics?
- Approximately how many babies have you delivered?
- What do you like the best about your job?
- How much time do you allow for each prenatal visit?
- How long is the average wait in your office?
- What percentage of your own patients do you deliver in a month?
- How can I reach you in an emergency?
- Are you a solo or a group practice?
 - If solo; who cover for you when you are not available?
 - If in a group; how often will I see other doctors?

Questions to consider when choosing a midwife:

- Are you licensed?
- Where did you train?
- How many births have you attended?
- Do you work with other midwives?
- Can you provide me with a list of references?
- Would you transfer me to a hospital if it is necessary?
- Do you have a good relationship with a hospital?
- What are your fees, and what insurances do you accept for your services?
- Do you work with a physician, or do you have a backup obstetrician in case of emergency?



Questions to consider regarding prenatal care:

- What tests are routinely performed during pregnancy?
- What if I have a concern about a specific test?
- How much experience do you have with high-risk pregnancies?
- If I become high-risk, what changes might I expect in my prenatal care?

If you are unhappy with the provider selected:

You may request to change your doctor/midwife if you are unsatisfied during the first 60 days of your Medicaid eligibility. After you make this request you need to call your Maternity Care Advisor and inform them of the changes and your reason for the change.

If you become unhappy after the first 60 days, you may also speak with your advisor about the problem and obtain assistance. Your Maternity Care Advisor will work with you to find a resolution.



Resolutions may include:

- Communicating with your doctor on your behalf
- Assisting you in the process of changing your doctor
- Helping you schedule appointments for care

After the first 60 days, you can still request to change providers only if you:

- Move
- Experience difficulty in scheduling appointments
- Have other conflicts with your chosen provider



**If you have any questions,
please contact us directly at (407) 254-6822**



Getting The Best Care From Your Doctor or Midwife

Never be embarrassed to give the doctor or midwife accurate information even if you are ashamed of it. Your information will be kept confidential and it is helpful to determine the type of care that will best for you and your baby.

Don't be afraid to take notes or ask if you don't understand something. You may also want to bring your partner, family member, or friend to help you remember what the doctor says. It may also help to write down your questions and bring them with you to your next visit.



It's okay to voice your questions or concerns. Remember you are now speaking for yourself and your baby.

Questions you can ask about a medical condition and/or test results are:

- What does this mean for my baby and me?
- How will it affect my pregnancy?
- Are there any signs I should watch out for?
- What do I need to do if a danger sign appears?

Ask your doctor/midwife what to do if something goes wrong during the night or on the weekends. Be prepared to give details about your condition and how long it lasted.

Trust your gut feelings. Get help if you think something might be wrong.



Have you heard of Healthy Start?

Healthy Start is a non-profit organization designed to reduce infant mortality and low birth weight. The Orange County Healthy Start Program is available to pregnant women and infants at risk for such conditions and in need of medical and social services to assure healthy babies.

How Does It Work?

Healthy Start begins at the initial visit to the prenatal care provider's office. Local obstetricians and midwives administer the Healthy Start screening form, which is a questionnaire form. The answers you provide on this form determine whether or not you are eligible to qualify for the Healthy Start program. All information is kept private and confidential. If you don't need services, no one will contact you or share your information.

There is never an obligation to participate or any fees to pay. By participating in the Healthy Start questionnaire, you are only improving the likelihood of having a successful healthy pregnancy.

Healthy Start also provides a variety of services, to help women have a healthy baby including:



- ☞ *Breastfeeding Education*
- ☞ *Childbirth Classes*
- ☞ *Nutritional Information*
- ☞ *Parenting Classes*
- ☞ *Boot Camp for New Dads*
- ☞ *Resources to Help Quit Smoking*
- ☞ *Information and support through face-to-face visits in your home or other desired location, by telephone, and by mail.*

Healthy Start is staffed by professional Care Coordinators who assist pregnant women and infants. When you say "YES" to the Healthy Start Prenatal Risk Screening, you and your baby get the best possible start. Ask your healthcare provider about your free Healthy Start screening.

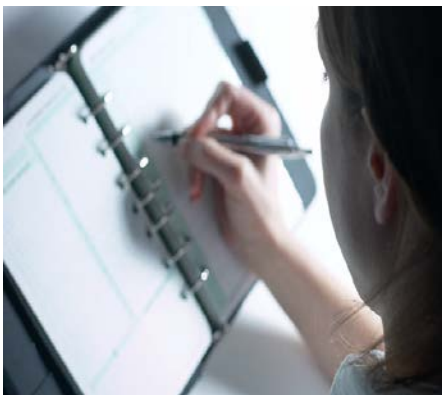
Every baby deserves a Healthy Start in life.



Medicaid Provider List



The following pages include a list of providers and contact information for maternity care purposes. The list includes the location of provider offices and telephone numbers for contact. You will also find helpful information about office hours, hospital affiliations, and the names of some of the medical staff that may work with you. It is a good idea to ask providers which kind of Medicaid is accepted, and if there are any updates to their office hours or hospital affiliation as this information may change.



Do keep track of, and attend all of your appointments. You will need to update your advisor on your provider selection, and/or changes. If you have any questions regarding setting an appointment or if you have any other questions related to obtaining additional services, please contact a MomCare Advisor.

#	Location	Provider Name(s) and Sex (M =Male) (F =Female)	Address	Hospital Affiliation	Patient Age Limit	Languages Spoken	Office Hours	Phone No.
1	Apopka Family Health Center	Rojas, Alex, MD (M); Francis Bruno, MD (M); Helen Humphries, ARNP (F); Mary Kostenbau, ARNP (F)	225 E. 7 th Street, Apopka 32703	FL Hospital South	None	English, Spanish, and Creole	M&W 8AM - 8PM, T & TH 8AM - 5PM, F 8AM -12M	(407) 886- 6201; Fax: 407-886- 3822
2	Aloma Park OB/GYN	Depres, Bernard, MD (M)	1925 Mizell Ave., Ste 104, Winter Park, 32792	Florida Hospital; Winter Park Hospital	14 and up	English	M-F: 9AM- 5PM	(407) 657- 4407; Fax: 407-657- 4669
3	Birth Place	Joseph, Jennie, L.M., CPM, (F)	213 S Dillard St, St 340 Winter Garden, 34787	ORMC Arnold Palmer Hospital	12 and up	English & Spanish	M-Th 9AM- 5PM	(407) 656- 6938; Fax: 407-656- 9161
6	Family Health Center	Olson, Mark, MD (M); Keehbauch, Jennifer, DD (F); Rupal, Patel, MD (M)	133 Vanmore Drive, St 200, Winter Park 32789	Florida Hospitals South and East	None	English & Spanish - Interpreters available	M - F 8AM - 5PM	(407) 303- 1967; Fax: (407) 303- 2886/2809
7	Health Services for Women	Blount, Howard, M.D.	5308 So. John Young Parkway, Suite 300, Orlando 32839	FL Hospital and ORMC Arnold Palmer Hospital	15 and up	English	M-W 8:30 - 12PM; Th 8:30AM - 5PM; F - CLOSED	(407) 903- 9995; Fax: 407-0903- 0225
4	Inspirational Family Birth Center	Mattox, Susan, LM/CPM (F);	434 Grove, Avenue, Winter Park, 32789	FL Hospital South	15 and up	English	M, W, and F: from 8:30 AM - 4:30 PM	(407) 644- 5567; Fax: 407-644- 4975
9	OB/GYN Of Central Florida	Orrega, John, J. MD (M); Carolyn Walden ARNP (F)	10131 W. Colonial Dr, 3rd Floor - Suite. 4, Ocoee, 34761	Health Central and ORMC Arnold Palmer Hospital	14 and up	English & Spanish	M, T,Th 8:30AM - 5:30PM; W 8:30AM-7PM; F 8:30AM-3PM	(407) 298- 4910; Fax: 407-296- 2638
10	OB/GYN of Health Central	Oloufa, Shereen, MD (M)	10,000 W. Colonial Drive # 382, Ocoee, 34761	Health Central and ORMC Arnold Palmer Hospital	None	English & Spanish	M- Th 9AM - 5PM; F 9AM- 12PM	(407) 578- 0033; Fax: 407-294- 8003
11	Orange County Health Department Women's Health Services at Southside	Mary Anderson, ARNP (F), Helene Fedele, ARNP (F), Truc Tan, MD (M)	6101 Lake Ellenor Drive Orlando FL 32809	Winnie Palmer Hospital. FL Hospital South	None	English Spanish & Creole	M - Th 7:30- 4:30 and Fri 7:30- 11:30AM	(407) 858- 1424; Fax: 407-858- 5999
12	Orange County Health Department Women's Health Services at Eastside	Val Thompson, ARNP (F)	12050 E. Colonial Drive, Orlando 32826	FL Hospital South and Winnie Palmer Hospital	None	English, Spanish, Vietnamese, French, Tagalog	M - Th 7:30- 4:30 and Fri 7:30- 11:30AM	(407) 249- 6232; Fax: 407-249- 4456
14	Orange County Health Department Women's Health Services at Lake Underhill	Biery, Carol, ARNP (F)	5730 Lake Underhill Rd. Ste A, Orlando 32807	FL Hospital South and Winnie Palmer Hospital	None	English & Spanish	M - Th 7:30- 4:30 and Fri 7:30- 11:30AM	(407) 207- 7590; Fax 407-207- 7586

#	Location	Provider Name(s) and Sex (M =Male) (F =Female)	Address	Hospital Affiliation	Patient Age Limit	Languages Spoken	Office Hours	Phone No.
15	Orange County Health Department Women's Health Services at Lila Mitchell	Thomas R. Prince MD (M); Vina Le Blanc ARNP, (F) Miriam Becker, CNM (F), Stacy Gruka CNM, (F) Alyn McGee, CNM, (F) Noelle Jacobsen, CNM (F), Caprice Wright CNM (F)	5151 Raleigh Street, Orlando 32811	Health Central Hospital	None	English, Spanish & Creole	M - Th 7:30- 4:30 and Fri 7:30- 11:30AM	(407) 296- 5177; Fax: (407) 521-4699
16	Orlando Center for Women's Health	Bracero, Pasqual, MD (M); Jose Rodriguez MD Diane Ocrossque MD (F)	12315 Lake Underhill Rd. Orlando 32828; Orange County OR 2711 N. OBT, Kissimmee 34744; Osceola County	FL Hospital; ORMC Arnold Palmer Hospital	16 and up	English & Spanish	M - W 8AM - 5PM	(407) 380- 0302; Fax: 407-380- 5127 or Fax: 407-870- 9660
17	Orlando OB/GYN Assoc.	Gutierrez, Jose, F., MD (M)	6001 Vineland Rd. Ste. 101 Orlando, 32819	FL Hospital; ORMC Arnold Palmer Hospital	16 and up	English & Spanish	M-W 8 AM- 5PM; <i>Vineland Rd. Office - Thurs. 8:30AM-5PM</i>	(407) 352- 0573; Fax: 407-896- 5829 OR Vineland Office Fax: 407-363- 6899
18	Orlando Regional Outpatient Center OB/GYN HR Clinic; must be referred	McWhorter, Jeannie, MD (F); Kuffakie, Martha, MD (F)	105 W. Miller Street, Orlando, 32806 - OR - 89 W. Copeland Drive, Orlando, 32806	ORMC Arnold Palmer Hospital	None	English & Spanish - Interpreters available	M-Th 8AM - 4:30PM and F 8AM - 12PM	(321) 841- 5560; or (407) 841-5281 Fax: 407- 425-5947 or Fax: 407- 648-9879
19	Physician Associates - South Orlando	Lamberly, Norman, MD (M)	6447 Chcksaw Trail, Orlando, 32829	ORMC Arnold Palmer Hospital	16 and up	English & Spanish	M - W 8AM- 5PM; Th 10AM-7:30PM; F 8AM-4PM	(407) 277- 9242
20	Physician Associates- Ocoee	Chudgar, Franav M.D. (M)	8937 W. Colonial Drive, Ocoee, 34761	ORMC Arnold Palmer Hospital	14 and up	English	M-F 8AM- 4:30PM	(407) 381- 7369; Fax: 407-306- 6375
21	Physician Associates- Baldwin Park	Danna, Penny A., MD (F); Gerkovich, Jack J., MD (M)	867 Outer Rd , Suite A Orlando, 32814	ORMC Arnold Palmer Hospital	14 and up	English & Spanish	M-Th 7:45AM - 5:30PM and F 8AM - 12PM	(407) 898- 6588; Fax: 407-896- 3785
22	Physician Associates- Sandlake	Peppy, Terrence S., MD (M); Pena, Alejandro J., MD (M); George Landano, MD (M)	7472 Doc's Grove Circle Orlando, 32819	FL Hospital South; ORMC Arnold Palmer Hospital	16 and up	English & Spanish	M, T, TH 7:30AM- 4:45PM; W 10AM-7:30PM; F 9AM- 11:45AM	(407) 381- 7336; Fax: 407-354- 5334
	Physician Associates- Waters-Edge	Cates-Smith, Pamela	4401 S Orange Avenue, St 109 Orlando, 32806	Winnie Palmer Hospital	16 and up	English	M, T, TH 7:30AM- 12:00PM; 1:00PM - 5:00PM-7:30- 12:00PM Fri	(407) 207- 5717; Fax: 407-254- 1423
23	Pine Hills Family Health Center	Bruno, Francis MD (M); Decker, Lawrence, DO (M)	1800 Mercy Drive, 2 nd Flr, Orlando 32808	FL Hospital; Helth Central; ORMC Arnold Palmer Hospital	None	English, Spanish, and Creole	M & W 8AM- 5PM; T & Th 8AM-6PM; F 8AM-3PM	(407) 209- 3202; Fax: 407-209- 3220

#	Location	Provider Name(s) and Sex (M =Male) (F =Female)	Address	Hospital Affiliation	Patient Age Limit	Languages Spoken	Office Hours	Phone No.
24	Sipprell, Thomas M.D.	Sipprell, Thomas M.D.	4063 Goldenrod Rd, St 5, Winter Park, 32792	Winter Park	None	English	9:00AM- 5:00PM F 9AM - 12PM	(407) 679- 5533
25	Stroup, Michael, M.D.	Stroup, Michael, MD (M)	70 W. Gore St. Ste 201, Orlando, 32806	FL Hospital South; ORMC Arnold Palmer Hospital	None	English	M-Th 8:30AM- 5 PM; F 8:30AM-12PM	(407) 894- 2447; Fax: 407-894- 2318
26	Waite, Norma L., M.D.	Waite, Norma L., M.D (F)	7479 Conroy Rd., Ste B, Orlando, 32835	FL Hospital and ORMC Arnold Palmer Hospital	16 and up	English	M- Th 8AM - 5PM; F 9AM- 12PM	(407) 292- 5007; Fax: 407-291- 7079
	Women's Health Care of Orlando	Dunn, Ingrid	3701 Avalon Park West Blvd St 230 Orlando, 32828	Fla Hospital Winter Park			M,Tue,Thurs 8:30-5:00 W 8:30-7:00 F 8:30-12:30	407-453- 2072
27	Women's Health Center	Lopez, Fernando, MD (M); Juan Narvez MD (M)	Waterford Lakes 11399 Lake Underhill Rd., Ste A Orlando, 32825 OR 930 So. Semoran Blvd. Orlando Fl 32807	FL Hospital; Winter Park Hospital; and ORMC Arnold Palmer Hospital	None	English & Spanish	M,TH, & F 8AM-6PM; T & W 8AM-8PM	(407) 207- 6768; Fax: 407-210- 2125 So. Semoran: (407) 207- 6768; Fax: 407-737- 4303
29	Women's Care Specialists	Jose Cardenas, MD (1287 N. Semoran Blvd, Suite 100, Orlando 32807	FL Hospital; ORMC Arnold Palmer Hospital	13 and up	English & Spanish	M-Th 8:30AM - 5:00PM and F 8:30AM - 2PM	(407) 482- 8892
30	Women's Center for Total Health	Albritton, John, S. MD (M)	1925 Mizell Ave., Ste 206, Winter Park 32792	Winter Park Hospital	None	English	M-Th 8:30 AM- 5PM; F8:30 - 12PM	(407) 645- 3055; Fax:407-647- 5125

What to Expect from My First Visit



The first doctor's visit you have will generally be the longest one. So just be prepared to be there for a while and bring whatever you may need to help pass the time.

What will be done during this visit?

- ✚ To start, your weight & height will be taken. This way, your provider will be able to better monitor your weight gain.
- ✚ Your **blood pressure** will be taken. Your blood pressure will be monitored closely because it may go up during your pregnancy.
- ✚ Your doctor or midwife will ask you questions about your **medical history** so that they can determine if there are any risks involved with your pregnancy. Some of these questions will be regarding any health medication you may be taking and your lifestyle. Please answer these questions honestly to receive the best care.
- ✚ A physical exam will be completed. This includes checking your lungs, and your heart, to make sure that there are no conditions that need to be treated.
- ✚ A pelvic exam will be done so that your provider can feel the size and shape of your uterus. By doing this, they will be able to confirm your due date and see exactly how your body is growing. A pap smear may also be done in order to check for infections.
- ✚ A breast exam will be performed. Your provider will check for any lumps in order to make sure that your breasts are healthy.
- ✚ Your doctor or midwife will also give you a **urine test**. This will test for proteins in your urine, for diabetes, and for other infections that may need attention.
- ✚ A blood test will also be done to test for Anemia, Hepatitis, Sickle Cell, Syphilis, and HIV. This is very important because these diseases will need to be treated immediately for yours and the baby's sake.



It is important to receive early prenatal care so that any problems you may encounter or experience can be identified and corrected early. It is okay and healthy to ask questions or to express any concerns you may have to your provider. Be sure to request additional information if you do not fully understand something your provider is telling you.



GETTING YOUR ULTRASOUND

An ultrasound is a machine that is used to create pictures of your baby by using sound waves. The pictures that it creates are called sonograms. All women should have this test done at least once during their pregnancy.

The ultrasound may help you to see:

- If your baby is growing and developing as it should
- The age of the baby, which helps you to determine the due date
- How many babies you are carrying (for example if you may be having twins)
- If your baby is a boy or girl
- If the placenta is growing

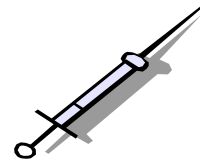
Ultrasounds are totally safe for you and your baby. The test itself usually takes around 30 minutes.

Your doctor/midwife may ask you to drink a lot of water and not to urinate before the test. This is because the pictures will be clearer when your bladder is full.



The procedure is simple. You will lie down on your back and a technician will use a jelly like substance to cover your belly. This will help the small instrument that is used to gently glide along your stomach. This is a painless procedure. You can also ask to see a picture of your baby on the monitor. You might even be able to take a picture home to keep.

Immunization Shots



Every year in the United States, it is estimated that around 60,000 people die from disease that could have been prevented by getting the necessary vaccines. It is very important that you get the required immunization shots *during your pregnancy*. These shots will help protect you and your baby against diseases and help prevent birth defects. Your healthcare provider will tell you which shots you and your baby need in order to have a healthy start. They will be determined by age and health history.



Shots You May Need

- Influenza (*recommended during flu season*)
- Hepatitis A
- Hepatitis B
- Tetanus & Diphtheria (*recommended if you have not had one in the past 10 years*)
- Pneumococcal (flu vaccine)

Ask your doctor about other shots you may need based on your job risks and if you plan on traveling outside the United States. Keep a record or chart of the shots you receive and the dates given. You can also ask your doctor where to get low or no cost shots.

Shots You May Need To Avoid

- **MMR – Measles, Mumps, & Rubella.**
This shot can pose a serious risk to your baby. Women should typically wait a month after they get the shot *before* getting pregnant. If you are already pregnant, consult your doctor about the MMR.
- **Varicella – Chickenpox**
This shot too can pose a risk for your baby. Women should also wait a month before getting pregnant if they receive this shot. Consult with your provider if you have already received this shot and you are pregnant.

National Immunization Hotline Contact Information

1-800-232-4636 (English)

1-800-232-4636 Opt (Spanish)

1-888-232-6348 (TTY)

www.cdc.gov/nip

Changes to Expect During Early Pregnancy



The first few months of pregnancy are sometimes the most difficult ones. They are marked by invisible, yet wonderful, transformations. Knowing what to expect from these first few months is the key in being able to deal with them much better.

Within those first two weeks of conception, your hormones begin to tell your body to begin nourishing the baby, even before any test can confirm your pregnancy. Some of the most common physical changes you may experience include:

- ✦ **Tender breasts** – the increasing hormone production will usually make your breasts much more sensitive. They will most likely feel heavier and fuller, which indicates that the breasts are preparing for breastfeeding. During this transition, wearing a good supportive bra usually helps.

Some women may also notice that the skin around the nipple (areola) may get darker. It is believed that the darker areola helps the newborn to spot the nipple. Also the Montgomery Glands, the small pimple-like bumps around the areola, may enlarge so that the glands can secrete a substance that lubricates and helps to protect the areola from infection.

- ✦ **Fatigue** – You will feel tired a lot more than usual because your body is producing more blood and preparing for the pregnancy. Your heart is pumping faster and harder, not-to-mention your changing emotions will change your energy level also.
- ✦ **Dizziness** – Because of the circulatory changes during early pregnancy, you may experience slight dizziness. Some preventative measures are to avoid prolonged standing, rise slowly after sitting, and eat occasional snacks so that your blood sugar doesn't fall. If you are driving and you start to feel dizzy, pull off the road and park immediately.

Contact your health care provider if you experience severe dizziness accompanied with pain or vaginal bleeding.

- ✦ **Increased Urination** – Since your uterus will begin to press on your bladder, you will need to urinate more frequently. To prevent urinary tract infection, it is important that you urinate whenever you feel the need to. Drink less fluid in the evening to help with bathroom trips in the middle of the night.



Morning Sickness

We definitely cannot forget about this one. Most women experience morning sickness during early pregnancy, most likely because of the hormonal changes. This includes a range of symptoms, from heartburn to queasiness, nausea, or vomiting. Nausea is usually worse in the morning; however it can last all day. These symptoms can occur as early as 5 weeks and can last until the 12th or 13th week. Although rare, some women may experience morning sickness to the end of their pregnancy. However, this is not definite because every case is different. Here listed below you will find some tips to help you if you are experiencing morning sickness:

- **Start breakfasts in bed** – nibble on some crackers or dry food before getting out of bed.
- **Wait** – wait for one hour or so after getting out of bed before you drink any fluids.
- **Eat small meals** – eat small meals that are high in carbohydrates, instead of big meals, frequently throughout the day. High carbohydrate foods can include: dry toast, a baked potato, honey, whole-grain breakfast cereals, bananas, steamed rice, tofu, just to name a few.
- **Drink between meals** - it is better to drink lots of water between your meals rather than drinking with your meals. It is important to stay well hydrated.
- **Clear Sodas** – drink caffeine free soft drinks, like ginger ale, seltzer, or other clear sodas to help your upset stomach.
- **Avoid** - spicy, greasy, or smelly foods.
- **Nibble throughout the day** – always keeps crackers or something to nibble on whenever your stomach feels upset. Also sucking on hard candy or chewing gum may help as well.
- **Put on pressure** – apply pressure on your wrist with your finger (can use wristbands).
- **Take your Prenatal Vitamins** – as prescribed by your doctor.
- **Limit your coffee** – limit your coffee intake during the first trimester.
Also **do not use alcohol or tobacco products.**
- **Ask** – your doctor or midwife if you need any medication.

Note: If you experience prolonged and severe vomiting, you should contact your doctor/midwife immediately.



The Importance of Oral Care

Most people might think that taking care of their teeth isn't important during pregnancy, but they are wrong. Current research shows that serious gum disease, called **periodontitis**, may cause pregnant women to be seven times more likely to have a premature birth or low birth weight baby.

How is this possible? Whenever you have an infection, your body begins to fight it in order to keep you healthy. Scientists believe that your body's process of fighting infections produces chemicals that can travel through your blood stream to various parts of your body. These chemicals can possibly travel to your uterus, which may cause premature labor. Badly decayed teeth or impacted wisdom teeth are also sources where infection can possibly spread.

It is important for you to make an appointment to visit your dentist, at least one time during your pregnancy. During the second or third month of your pregnancy, you may experience swelling, inflammation, or bleeding in your gums. This is called pregnancy gingivitis. Pregnancy gingivitis is due to the hormonal changes in your body. Therefore, you should have your teeth checked and cleaned regularly during your pregnancy transition. Also, you should consider asking your dentist for a referral to a periodontist for an evaluation. This should be part of your prenatal care.

Having normal dental work done should not pose any problems or concerns for you or your baby. Just be sure to **tell your dentist that you are pregnant** so that they know to take certain precaution. Always try to avoid having x-rays done while pregnant.

Healthy Tips for Taking Care of Your Teeth:

- ✓ Follow a good diet
- ✓ Eat foods that are high in Vitamin C like oranges and tangerines
- ✓ Avoid refined sugar (this contributes to tooth decay and gum disease)
- ✓ Brush and floss at least twice a day
- ✓ Brush your tongue every time you brush your teeth
(this reduces bacteria and helps you keep your breath fresh)
- ✓ Get the required amount of calcium, eat dairy products like milk, cheese, and yogurt
- ✓ Contact your dentist if you notice that your gums are red, swollen, bleed easily, tender, pull away from the teeth, or if you have bad persistent breath or taste.



Nutrition

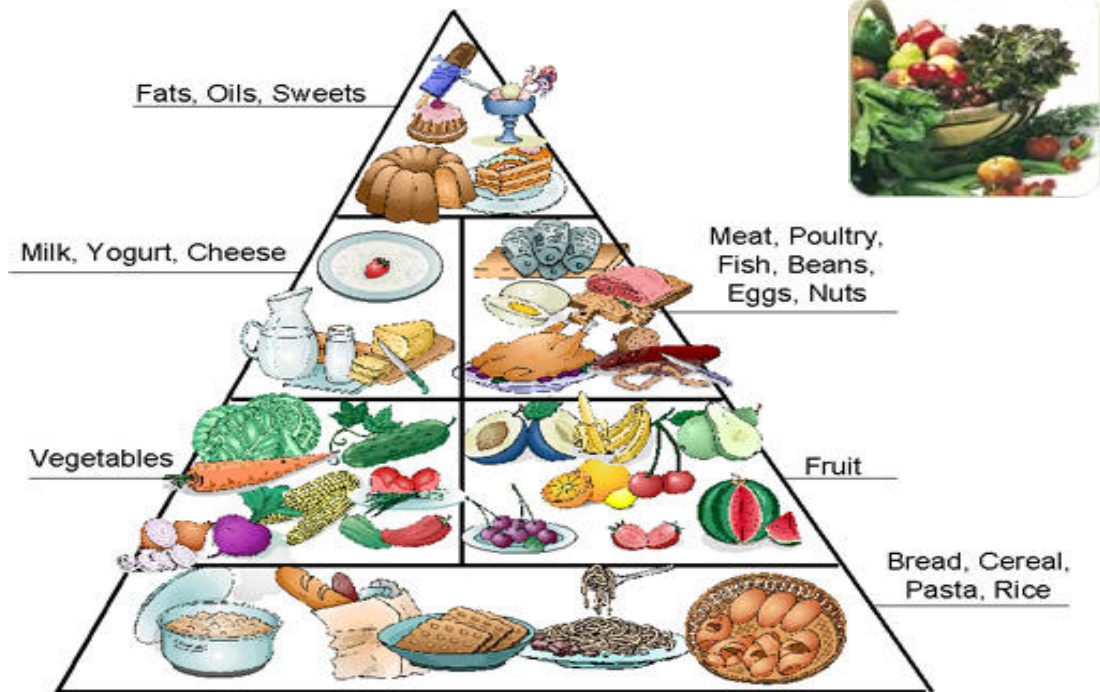
To get the proper nourishment, it is important for you to eat foods from all of the five food groups everyday. Nutrients provide your baby with the proper nourishments to help your baby to be healthy.

Servings you need everyday

- ◆ 6-11 servings of breads and cereals
- ◆ 3-5 servings of vegetables
- ◆ 2-4 servings of fruits
- ◆ 3-4 servings of dairy products
- ◆ 3-4 servings of meat, poultry, fish, and beans



Food Pyramid Guide





What the Proper Nourishment Does for My Baby

Nutrient	Foods	How it Helps My Baby
Calcium	Dairy products, fat free or low-fat milk, green leafy vegetables, nuts, and beans	Helps the formation of baby's bones and teeth.
Protein	Meats, fish, eggs, milk, soy products, peanut butter, and nuts	Helps develop baby's brain, blood, muscles, and bones.
Iron	Red meats, spinach, peas, beans, eggs, dried fruits, potatoes, enriched grains and cereals	Produces hemoglobin, which is the protein that carries oxygen in the blood. Babies will store this for the first several months after their birth.
Folic Acid	Dark leafy vegetables, beans, dairy products, wheat germ, and orange juice	Helps in development of blood and in the prevention of some birth defects.
Vitamin A	Yellow or orange fruits and vegetables, leafy green vegetables, and dairy products	Assist in the healthy growth of your baby's eyes and skin.
Vitamin B	Meats, leafy green vegetables, dairy products, eggs, and whole grain	Helps develop baby's blood and nervous system and allows baby's body to use energy to help it grow.
Vitamin C	Citrus fruits, berries, tomatoes, green peppers, potatoes, and cabbage	Helps baby get the iron from his food.



The WIC Program Can Make a Difference

What is WIC?

WIC is a nutrition program for **Women, Infants, and Children**. WIC provides the following services during pregnancy at no cost:

- Healthy foods
- Nutrition education and counseling
- Breastfeeding support
- Referrals for Health Care



Breastfeeding women may receive extra cheese, juice, tuna fish, dry beans, and carrots.

Who is eligible for WIC?

- ✚ You must be a pregnant or breastfeeding woman, a woman who has recently been pregnant, an infant, or a child under 5 years old.
- ✚ You must meet the financial requirements. If you have questions regarding this, contact your local WIC office.
- ✚ You must be currently living in the state of Florida.
- ✚ Your WIC advisor/nutritionist will help you identify your nutrition needs.



How do I apply for WIC?

Please review the WIC Program Medical Referral Form **on the next page**.

This form should be completed by the health care provider.

You do not need to bring the referral form to your first WIC appointment.

Call the WIC office in your area for more information or to schedule an appointment.

SITE	TELEPHONE	LOCATION/ ADDRESS
LAKE UNDERHILL	407-648-6853	5730 Lake Underhill Road, Suite B Orlando FL 32807
CENTRAL (<i>Downtown Orlando</i>)	407-648-6853	901 W. Church Street, Orlando FL 32805
APOPKA	407-648-6853	1111 N. Rock Springs Road, Apopka FL 32703
WINTER GARDEN CENTER	407-648-6853	1210 E. Plant Street, Winter Garden FL 34787
EASTSIDE	407-648-6853	12050 E. Colonial Drive, Orlando FL 32826
MERCY DRIVE	407-648-6853	800 Mercy Dr. Orlando, FL. 32808
HOFFNER	407-648-6853	5549 S. Semoran Blvd., Suite 14D Orlando FL 32822
SOUTHSIDE/OAKRIDGE	407-648-6853	6101 Lake Ellenor Drive Suite 103 Orlando FL 32809

← Please cut here or request an additional copy by calling your advisor



Florida WIC Program Medical Referral Form



Shaded areas must be completed. See instructions for completing this form on the reverse side.

Is this client eligible for Healthy Start? Yes No

For WIC Office Use Only:

Date of WIC Certification Appointment _____

Client's Name _____ Birth Date _____ Sex M F

Address _____ Phone Number (____) _____ - _____

City _____ Zip Code _____ Social Security # _____ - _____ - _____

Parent's/Guardian's Name _____ (for infants and children only)

For Pregnant Women

Height _____ Weight _____ Date Taken _____ (no older than 60 days)

Hemoglobin _____ OR Hematocrit _____ Date Taken _____ (must be taken during current pregnancy)

Expected Date of Delivery _____ Date of First Prenatal Visit _____ Prepregnancy Weight _____

For Breastfeeding and Postpartum (Non-Breastfeeding) Women

Height _____ Weight _____ Date Taken _____ (no older than 60 days)

Hemoglobin _____ OR Hematocrit _____ Date Taken _____ (must be taken in postpartum period)

Date of Delivery _____ Date of First Prenatal Visit _____ Weight at Last Prenatal Visit _____

For Infants and Children less than 24 months of age

Birth Weight _____ lb _____ oz Birth Length _____ inches

Current Height _____ Current Weight _____ Date Taken _____ (no older than 60 days)

Hemoglobin _____ OR Hematocrit _____ Date Taken _____ (required once between 6 to 12 months AND once between 12 to 24 months)

For Children 2 to 5 years of age

Current Height _____ Current Weight _____ Date Taken _____ (no older than 60 days)

Hemoglobin _____ OR Hematocrit _____ Date Taken _____ (once a year unless value < 11.1 Hgb or < 33% Hct, then required in 6 months)

Check all that apply. Please refer your client to WIC, even if nothing is checked below. This information assists the WIC nutritionist in determining eligibility, developing a nutrition care plan, and providing nutrition counseling. WIC staff may need to contact you or your staff to obtain more detailed medical information prior to providing WIC services.

Medical condition (specify) _____

Failure to Thrive

High venous lead level (10 g/dl or more)

Special Formula Needed (diagnosis/signature required)

Lead level _____ Date taken _____

Type of formula _____

Recent major surgery, trauma, burns (specify) _____

Number of months _____ (not to exceed 6 months)

Food allergy (specify) _____

Diagnosis _____

Current or potential breastfeeding complications (specify) _____

Signature of physician, PA, or ARNP required for special formula _____

Other (specify) _____

Nutrition Counseling Requested – specify diet prescription/order _____

WIC Local Agency Address:

I refer this client for WIC eligibility determination:

Signature/Title of Health Professional _____

Date _____ **PLEASE PLACE OFFICE STAMP BELOW:**

Address:

Phone Number:

Parent or Guardian: Please bring a copy of your baby's/child's shot record to the WIC office.

← Please cut here or request an additional copy by calling your advisor

Instructions for Completing the Florida WIC Program Medical Referral Form

All shaded areas must be completed in order for the form to be processed.

1. Check (✓) YES if the client has been screened and is eligible for Healthy Start. Check (✓) NO if the client is not eligible for Healthy Start. Leave blank if the client has not been screened. Note: Eligibility for Healthy Start does not affect a client's eligibility for WIC.

2. Complete the **client's name and birth date.**

3. Optional Information: the client's sex, mailing address, phone number, city, zip code, social security number, and the parent's or guardian's name for infants and children.

4. Complete the appropriate shaded section for the client.

Pregnant Women: Complete the height and weight measurements and the date they were taken. These measurements are to be taken no more than 60 days before the client's WIC appointment. (The WIC appointment may be recorded at the top of the form.) Complete the hemoglobin or hematocrit value and the date the value was taken. There is no limit on how old the bloodwork data can be, as long as the measurement was taken during the current pregnancy. Complete the expected date of delivery, the date of the client's first prenatal visit, and the prepregnancy weight.

Breastfeeding Women (eligible up to one year after delivery) **and Postpartum Women—Non-Breastfeeding** (eligible up to 6 months after delivery/termination of pregnancy): Complete the height and weight measurements and the date they were taken. These measurements are to be taken no more than 60 days before the client's WIC appointment. (The WIC appointment may be recorded at the top of the form.) Complete the hemoglobin or hematocrit value and the date the value was taken. There is no limit on how old the bloodwork data can be, as long as the bloodwork is taken after delivery of the most recent pregnancy. Complete the actual date of delivery, the date of the first prenatal visit, and the weight measurement at the last prenatal visit.

Infants and Children less than 24 months of age: Complete the infant's birth weight and birth length. Complete the current height and weight measurements and the date they were taken. These measurements are to be taken no more than 60 days before the client's WIC appointment. (The WIC appointment may be recorded at the top of the form.) Complete the hemoglobin or hematocrit value and the date the value was taken. A bloodwork value is required once during infancy between 6 to 12 months of age (preferably between 9 to 12 months of age) and once between 1 to 2 years of age (preferably 6 months from the infant bloodwork value).

Children 2 to 5 years of age: Complete the current height and weight measurements and the date they were taken. These measurements are to be taken no more than 60 days before the client's WIC appointment. (The WIC appointment may be recorded at the top of the form.) Complete the hemoglobin or hematocrit value and the date the value was taken. A bloodwork value is required once a year unless the value is abnormal (< 11.1 hemoglobin or < 33% hematocrit), then a bloodwork value is required in 6 months.

5. Check (✓) any health problem that you have identified. **Even if you have not identified a health problem, refer the client to the WIC program.**

6. **Special Formula Needed:** This form may be used to order special formula as long as the type of formula, number of months that the special formula is needed, and the diagnosis are completed. Also, the signature of a physician, PA, or ARNP is required in order to accept the prescription.

7. If you would like a nutritionist to counsel your client on a specific diet, check the box and specify the diet prescription or diet order requested.

8. If possible, please provide a copy of the immunization record for infant and child clients.

9. Complete the shaded area at the bottom of the form with the **signature** of the health professional taking the measurement or his/her designee and the office address and phone number. **Stamp** the form with the office stamp or the health professional's stamp.

10. Give this completed form to the client or parent/guardian to bring to the WIC certification appointment or mail/fax the form to the local WIC agency address shown in the bottom left corner of the form.

Ideal Weight Gain for You & Your Baby



All the nutrients your baby gets come from you and what you eat while you are pregnant. It is not necessary to eat twice as much in order to get good nutrition during your pregnancy. It means eating twice as well. Now is definitely not the time to diet, even if you are overweight.

Today doctors are recommending that on average expectant mothers should gain between 25-35 pounds. However, women that are underweight should gain 28-40 pounds and women that are overweight should gain 15-25 pounds. In order to find out if you are underweight, normal weight, or overweight, you first need to find out your BMI (Body Mass Index). Your BMI measures the relationship between your height and weight. Your doctor or midwife should be able to help you with this.

If Your BMI is:

Less than 19.8 – You are underweight
You need to gain 28 - 40 pounds.

19.8 - 26.0 – You are normal weight
You need to gain 25 - 30 pounds.

26.0 -29.0 – You are overweight
You need to gain 15 - 25 pounds.

29.0 – This is considered obese
You need to gain at least 15 pounds.

After your first trimester, you should gain about 1 pound every week and you will need to intake an extra 300 calories and 10 grams of protein. This does not mean that you should double your regular meals. You should only eat a little more than usual. This is not the time to be concerned about losing weight. Instead, focus on properly nourishing your baby. Babies whose mothers gain less than 20 pounds are more likely to be premature or low birth weight. Here are some recommended snacks that you can eat that may help you intake those 300 calories and 10 grams of protein:

- * 1 apple, a bagel, and 1 ounce of cheddar cheese
- * One half turkey sandwich with 1 oz turkey and 1 cup milk
- * 1 tablespoon of peanut butter, jelly, 8 saltine crackers, and 8 oz fruit juice
- * 3 ounces of grilled chicken breast, 1 cup of romaine lettuce, 2 tablespoons of Caesar dressing
- * 1 corn tortilla, an ounce of lean ground beef, ¼ cup cheddar cheese, and salsa
- * 1 slice of French bread cheese pizza

Note: However, gaining too much weight can cause backaches, varicose veins and other health related problems. Please check with your doctor or midwife if you gain more 2-3 pounds per week or if you don't gain any weight for more than two weeks in a row.



The Effects of Drugs, Alcohol, and Tobacco on Your Baby



In order for your baby to be healthy, your baby's brain needs a steady supply of oxygen, just like yours. Drugs, alcohol, and tobacco may cut that flow of oxygen that reaches the baby's brain. This can potentially damage your child for the rest of his or her life.



Smoking while pregnant causes less oxygen to get to your baby. This may cause your baby to be born too soon (premature birth) or too small, meaning they will have a low birth weight. This increases your baby's chances of dying before their first birthday. Smoking can also damage how your baby learns. He may not be as smart as other children.



Drinking wine, beer, liquor, and wine coolers has the ability to harm your baby. The alcohol that you put into your body passes through the umbilical cord to your baby. One glass or so may be a small amount to you, but it is a much bigger amount to your unborn child. Drinking while pregnant can affect the baby's brain and organs causing your baby to have learning problems and short attention spans. Alcohol can also cause your baby to have behavioral problems as they get older, as well as facial deformities, mental retardation, and poor impulse control. Just like you would not give a newborn alcohol through a bottle, don't feed it to the baby through your body.



Drugs (marijuana, cocaine, heroin, and more) can cause your baby to be born with a low birth weight and brain damage. Your addiction to these drugs can cause your baby to be born addicted to them as well and suffer withdrawal from them. Your child may have problems sleeping or eating and they may cry a lot. Drugs can also cause your children to develop emotional problems as well as causing them to be ill more often.

It is important to remember that every time you eat, so does your baby; every time you drink, smoke, or do drugs, so does your unborn child. Everything you put in your body goes into your child's body. Your body feeds and nourishes your baby, but it can potentially harm it as well if you do not take proper care of yourself. Please get help to stop your addictions, so that you and your baby can have a healthy chance at life.



If you have any questions please call your Maternity Care Advisor.

How Sexually Transmitted Diseases Can Harm Your Baby



Sexually transmitted diseases (STDs) that are left untreated during your pregnancy, can cause serious damage and harm to your unborn child. Here is a chart that will explain how some of these diseases can affect your child.

Disease	How it Affects You	How it Affects the Baby
Chlamydia	May have a vaginal discharge or burning when urinating	May cause pneumonia or eye infection
Gonorrhea	Unusual vaginal discharge or burning when urinating	May cause blindness or serious complications
Herpes	Small painful blisters in the genital area	Doctor may deliver baby through a cesarean section to protect them serious infection, if your herpes is active
Syphilis	Painless sores on the sex organ	May cause a miscarriage or stillbirth. It can also damage your baby's teeth, bones, and brain
Genital Warts	Can turn into cancer later on	May be passed to your baby

NOTE: It is important to remember that not everyone will experience the same symptoms of sexually transmitted diseases. A lot of people will have no symptoms at all. However, just because you are not experiencing any symptoms, this does not mean that you are not infected. Please allow your doctor/midwife to perform all the necessary tests during your pregnancy to ensure your baby's health as well as your own.

HIV/ AIDS



*HIV/AIDS is a very scary
and wide spreading disease.*

*Your doctor or midwife will recommend that
you are tested for HIV/AIDS
at least two times during your pregnancy.*

*You will receive the necessary treatment
if you test positive. This will decrease the
chances of your baby getting HIV.*

How is HIV contracted?

- Sex
- Blood
- Sharing dirty needles
- When infected blood comes in contact with open sores
- Breastfeeding
- Pregnant women can pass the disease to the unborn child



How to Protect Yourself from HIV/AIDS

- Don't have sex. If you do have sex, always use protection. Only have sex with one partner who has been tested and is not infected, and who only has sex with you.
- Always use condoms. There is no other birth control method that will protect against this disease.
- Talk and keep open communication with your partner to ensure that you both are doing everything necessary to stay safe.

*Remember that when you give yourself to someone and you don't protect yourself,
you are entrusting that person with your life.*

*The only person you should trust with your life is **YOU!***



Tips on Coping With Stress



Stress not only affects you when you are pregnant, but it affects your unborn child, as well. Stress that is built up over a long period of time may:

- Slow down the flow of blood that goes to your baby; This in turn may cut down the oxygen and nutrients that your baby receives
- Damage parts of your baby's developing brain possibly causing behavioral and learning problems later on in the child's life
- Cause you to do unnecessary and dangerous habits that can harm your baby, such as smoking, drinking, eating poorly, and drugs
- Cause premature labor or a low birth weight baby.

It is sometimes helpful to write down the things that are stressful to you now. Keep a journal that will help you release some of your most stressful feelings. Journal thoughts are private so it is OK if you do not wish to share them. You can always shred the page later when you are feeling better.

Here are some helpful tips that may help you cope better with your stress:

Rest and take a quiet nap. Always take a little time each day to revitalize your body and soul.

Go for a nice walk or do other safe exercises to help get rid of some of that negative energy.

Take a nice relaxing bath. Maybe even put a few candles around the tub and listen to some nice music to help you wind down.

Read a book that you may enjoy. Reading sometimes helps us escape by taking our mind off of our own problems.

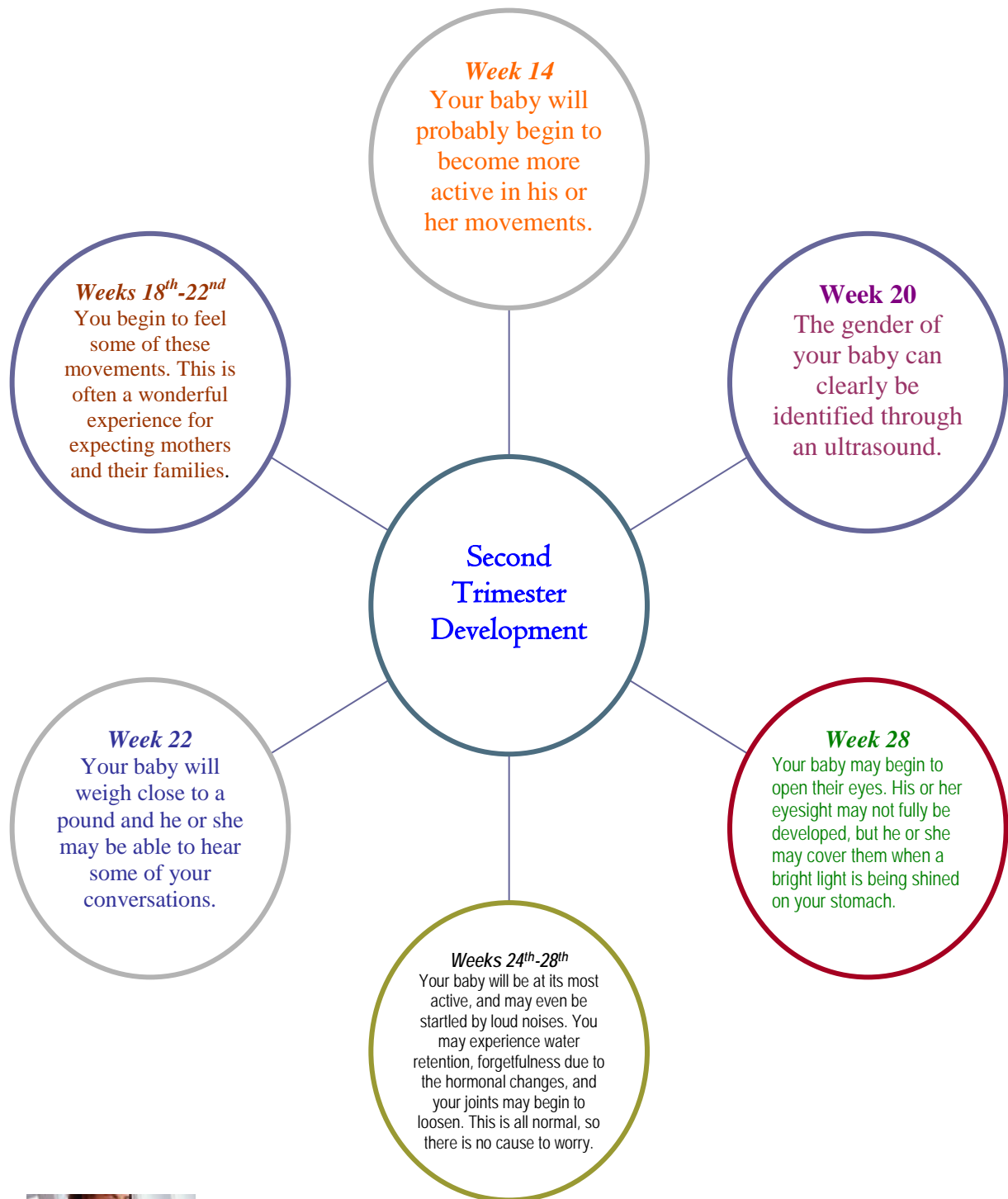
Watch a good funny movie. Smiling and laughing helps us release some of the stress and pressures we might be feeling at a certain time.

Pamper yourself. Take time to enjoy some of your favorite activities like listening to music you love, doing your nails and hair, eating some of your favorite foods, enjoying a warm foot bath.

Talk to your friends or family. It's definitely a good thing to have someone to vent frustrations to every once and a while. It's just a good release to let your stress out. You should never keep it bottled in, and talk only to people you trust. You can also join a support group for moms.

Trust your inner voice. If your inner voice is telling you not to do something because it may be harmful or stressful, then don't do it. If you get a feeling that something might be wrong with your baby, don't stress about it, just call your doctor/midwife. Trust yourself.

SECOND TRIMESTER DEVELOPMENT



You may start to notice that in your second trimester some of your nausea will begin to go away and you may find that you have more energy. The reason for this is because your fetus' organs are mostly developed by now. This is also a middle point in your pregnancy and appearance. Some of your clothes may not fit you as well and most people may not realize that you are pregnant. It's okay, don't fret. Just give yourself another month or so and more people will be able to see you as the beautiful pregnant woman that you are.

Some Uncomfortable Changes You Might Experience During Second Trimester

Heartburn may occur due to the acidic stomach contents that are backed up in your esophagus. Try not to overeat and sit in an upright position after eating for about 2 hours. Avoid eating greasy, fried, and spicy food. Drink fluids between your meals, instead of during your meals.



Constipation is often a common symptom. The digestive tract may become slower because of hormones. Drink lots of fluids and eat foods high in fiber. Exercise on a regular basis and avoid iron supplements.

Skin blemishes or increased pigmentation may appear due to ongoing hormonal changes.

Sore breasts Soak in a warm bath and wear a good supportive bra all day and night.

Stuffy nose, minor nosebleeds, or white vaginal discharge may occur. These normal changes may cause the lining of the mucous membrane in the mouth, nose, or vagina to swell.



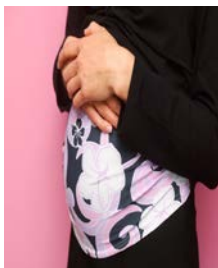
Swollen ankles and shoe discomfort may occur. Elevating your feet whenever you are sitting will help you to minimize developing varicose veins. Wear comfortable rubber sole shoes when walking.

Leg cramps in the upper and lower parts of the leg. Exercising regularly should minimize this. Consult with your provider for more information.



Loosening of joints and ligaments during mobility is possible. Be careful when exercising. Be sure to speak to your doctor/midwife before beginning any exercise program.

Pre-Term Labor Warning Signs



What is Pre-Term Labor?

Pre-Term Labor is when you go into labor 3 or more weeks before your baby's due date. This is too early and your baby can be born too soon. Babies born too soon may have more health problems and may stay in the hospital longer.

What are some signs of Pre-term Labor?

If you have one or more than one of these signs happening call your doctor or midwife right away. If you are unable to reach your doctor or midwife, go to the nearest hospital to get help.

- Cramps that feel like your period
- Cramps in your belly with or without diarrhea
- Low, dull backache
- The feeling that your baby is pushing down hard or pelvic pressure
- Bleeding from your vagina
- Water leaking from your vagina
- Contractions(kon-TRAK-shuns) that occur every 10 minutes or more often



Expecting Fathers

Fathers-to-be sometimes have a hard time finding their place during the pregnancy. They don't know where and how to fit in. The first step for dads to being a wonderful father is being there for the mother. She needs all the emotional support you can give her. This is a great way for parents to bond before the baby arrives.

Helpful Tips

- Go to childbirth education classes and other prenatal appointments with the expecting mother to learn about the baby's development and mom's medical needs.
- Be her emotional support and solid rock when she is unstable.
- Find a supportive outlet for yourself for when you start to feel overwhelmed.
- Help with tasks inside and outside of the home to help mom and baby with their needs.
- Rub mom's feet or back from time to time.



- Be dependable.
 - Expect mom to change in her shape and her moods.
 - Be understanding to the emotional and physical changes that mom is going through.
 - Always tell her that she is beautiful.
 - Accept your role and be a provider to your family.
- Reassure mom about your positive feelings toward her and the baby often.
 - Enjoy time with your family and strengthen your bond with your newborn.

Begin a great and rewarding challenge as a new dad every day by committing to be patient, understanding, and committed to the needs of your child and his/her mom.

Call the Healthy Start Program for information on **free parenting classes for fathers only**. Classes cover many activities including caring for the baby and using baby items like infant car seats safely. To register call 407-254-6822.

Helping Children Adjust to the Pregnancy

You are not the only one that has to adjust when you become pregnant. Your other children have to adjust as well. It is important for your children to be part of your pregnancy. They don't want to feel left out and they shouldn't have to. It's all about keeping the balance.

However, don't introduce them too soon to your pregnancy until you are about 3-6 months. This way, they can see the changes and better understand what's going on.



home.

- ✓ Talk to them in positive ways about having a new baby brother or sister.
- ✓ Read and share stories that will help understanding and adjusting to this transition. Ask your librarian for help with books on this topic.
- ✓ Talk about ways siblings can help when the baby arrives.
- ✓ Let your child learn how to hold a baby by practicing with a doll or stuffed animal.
- ✓ Talk about where the new baby will sleep so they know ahead of time that changes are going to take place in the

- ✓ Tell them how the baby is growing and developing inside you.
- ✓ Let your child touch your belly and feel the baby move.
- ✓ Reassure them of your love for them and explain that they are not being replaced.
- ✓ Allow your child to make small decisions to help prepare for baby in order to feel more involved.



- ✓ Ask your child to draw a picture of the family to welcome the new baby.

Additional Resources

BIRTH CERTIFICATES

Vital Statistics

407-836-7155

www.orchd.com/vitals/index.asp

BREASTFEEDING & NUTRITION

WIC (*Women Infants and Children*)

407-648-6853

www.orchd.com/wic/index.asp

Healthy Start Program

407-254-6822

www.HealthyStartFlorida.com

CHILD CARE

Community Coordinated Child Care (“4 C”)

407-522-2252 ext 6501

Child care referrals & financial assistance; Toy lending library, children’s health services

www.4corlando.org

Crisis Nursery (short term child care)

407-522-2288

*For families in a crisis situation. Ages 0-10yr/old
Up to 30 days; No fees*

www.chsfl.org

Winter Park Day Nursery

407-647-0505

Day care for children 18 months – 6 years; Call for fees

www.Winterparkdaynursery.org

Orlando Day Nursery

407-422-5291

CHILD AND HOME SAFETY

American Red Cross

407-894-4141

CPR Instruction, First aid skills training

www.redcross.org

Fire Departments – City of Orlando

407-246-2386

Fire Safety Management Division

Distribution of free smoke detectors, fire safety & Injury prevention programs. Juvenile fire setters program for children who start fires

www.CityofOrlando.net/fire/index.htm

Florida Poison Information Center (toll free)

800-222-1222

www.fpicn.org

Florida Department of Health
Quit-For-Life-Line (*help to quit smoking*) **877-822-6669**
<http://www.doh.state.fl.us/tobacco/quitline.html>

DEPARTMENT OF CHILDREN & FAMILIES

*Food Stamps for eligible, low-income persons,
Medicaid, Cash Assistance* **866-762-2237**
Spanish **877-955-8773**
French Creole (8AM – 2PM daily) **877-955-8707**
www.myflorida.com/accessflorida

MEDICAL SERVICES

Orange County Health Department **407-836-2600**
Florida Department of Health
*Dental treatment, Family planning, childhood
immunizations, TB, Maternity Care, AIDS testing
and treatment, assistance with medicine, Healthy Start,
Environmental Health, WIC, STD, and more*
www.orchd.com

The Apopka Health & Children’s Center **407-886-6200**
www.chcfl.com/locationDetail.asp?LID=4

Winter Garden Family Health Center **407-877-4340**
www.chcfl.com/locationDetail.asp?LID=12

Secondary Services (Orange County Medical Clinic) **407-836-7100**
*Health care & treatment for minor injuries
And illnesses, income eligible, fees
Adults only*
www.orangecountyfl.net/cms/DEPT/hfs/healthservices/secondary/default.htm

Florida KidCare **800-540-5437**
Health Insurance options for children **(Local) 407-975-5151**
www.floridakidcare.org

Medicaid Options **888-367-6554**
Information on wellness plans for ongoing care
www.medicaidoptions.net

Primary Access Care Network (PCAN) **407-836-7226**
Health care for the underinsured
www.pcanorangecounty.com

ORLANDO REGIONAL MEDICAL SYSTEM

Orlando Regional Medical Center **407-841-5111**

Arnold Palmer Hospital for Children & Women 407-649-9111
Dr. Phillips / Sand Lake Hospital 407-351-8500
Winnie Palmer Hospital 321-841-5111
*Call or check websites for individual hospital information,
and additional services provided*
www.orlandoregional.org

FLORIDA HOSPITAL MEDICAL SYSTEM

Florida Hospital Orlando (Main Campus) 407-303-5600
Florida Hospital Altamonte 407-830-4321
Florida Hospital Apopka 407-889-1000
Florida Hospital Celebration Health 407-764-4000
Florida Hospital East Orlando 407-303-8110
Florida Hospital Kissimmee 407-846-4343
Winter Park Memorial Hospital 407-646-7000
*Call or check website for individual hospital information,
and additional services provided*
www.floridahospital.com

PARENTING SKILLS TRAINING

Orange County Library System 407-835-7323
*Parenting Resources: Books, videos, Audiotapes
Adult literacy classes*
www.ocls.info

Gorman Life Center 407-628-5433
*Referrals for parenting education classes for first
time parents, Life for kids (Adoption), Center for
Women – pregnancy test*
www.pregnancyorlando.com

Orange County Cooperative Extension 407-254-9200
*Variety of FREE Instructional classes on home &
family living: Nutrition, Parenting, Money Management
and more. Call for list & times.*
www.solutionsforlife.com

Healthy Start Program 407-254-6822
*Childbirth Education Classes, Breastfeeding Classes,
Car Seat Check Points, Smoking Cessation Support,
Inter-conceptual support, nutrition information
support for pregnancies and babies with health risks,
and Boot Camp for New Dads (Workshop for Fathers)*
www.healthystartorange.org

SUPPORT SERVICES

B.E.T.A.

407-277-1942

Maternity and baby clothing, baby food and formula

www.betacenter.org

Christian Service Center

407-425-2523

Clothing, financial assistance, food pantry

www.ChristianServiceCenter.org

Community Service Center

407-851-5920

Provides financial assistance with rent, utilities, and food

www.communityservicecenter.org

Family Health Line

800-451-2229

FREE information available in English and Spanish about pregnancy, baby's health, and family planning, as well as other support resources for healthy living, counseling, and other services

www.211bigbend.org/hotlines/familyhealth/index.htm

Jewish Family Service

407-644-7593

Financial Assistance, food pantry

www.JFSorlando.org

Loaves and Fishes

407-886-6005

Clothing, food and financial assistance, sewing and typing classes, and tutoring

www.loavesandfishesapopka.com

Pregnancy Center (TLC)

407-294-4314

Maternity and baby clothing, Baby food & formula

www.TLCwomenscenter.org

Transportation

LYNX Bus

800-344-5939

www.golynx.com

COMMUNITY RESOURCES & INFORMATION

Community Information and Referrals

2-1-1 or 407-839-4357

FREE Multilingual community information and referral line for residents of Central Florida. Available day and night, seven days a week

www.211communityresources.org

