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JULY+AUGUST 2015

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HEALTH

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WITH YOUR
HEALTH

matters™

A HEALTHY PREGNANCY BEGINS WITH YOU

Are You Getting the Care You Need
During Pregnancy?

Required Hearing
Screenings for Newborns

.....

Make Sure Your Baby is
Sleeping Safely

.....

It's Summer, Watch Out
for Mosquitoes!

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Children's Mercy is the nonprofit hospital for Kansas City's kids.



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Office of Women's Health

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These are some of the most exciting words new parents can be heard saying upon the arrival of a child that has been nurtured in the mother's womb for nine months. During those nine months, the mother realizes that she must do everything to ensure that her baby will be born healthy. She selects an obstetrician who will guide her through each trimester of the baby's development, while counseling her on what she must do to keep herself and her unborn baby healthy. She asks questions, follows doctor's orders and gives up any habits that are harmful to the baby, including drinking alcohol and smoking. The father is also patiently waiting and doing whatever he can to make sure the mother has what she needs and wants. If this is their first child, they may dream of holding the baby close, whispering sweet words, gently brushing the child's head with their caring hands and giving endless kisses.

This is the perfect picture of what bringing a new life into the world should look like. **Our Health Matters** supports and promotes health on many fronts. We focused on marriage

in the last edition. After marriage, couples who choose to have a family have a big responsibility. It is their job to care for the child and raise him or her with love, patience and tenderness. Parents must understand that what the child is taught and sees will have a lasting impact.

Let's celebrate life, motherhood and fatherhood. In this edition, we also share the benefits of breastfeeding; remind parents not to leave young children in hot cars for any reason; explain what organic food is and how to recognize it, and much more.

Life is good. It's summer and time to have fun and relax. Enjoy some quiet time. Get refreshed and think about what you and your family can do to live a healthier life.



Ruth Ramsey

Ruth Ramsey, Publisher and CEO

NOTE: Are you expecting a baby this year? Please share what you are doing to have a healthy delivery, or what values you plan to teach your child. We'll share your comments with our readers. Email us at ruthramsey@kcourhealthmatters.com or drop us a note at Our Health Matters, PO Box 5425 Kansas City, MO 64131.

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Amanda

Super Mom by day, master cupcake maker by night.

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She relies on **same-day appointments** when her daughter is under the weather.

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ORGANIC FOOD & LABELING



By Carolyn Skelton, MS, RD,
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City Food Circle.



Dietitians often get questions from clients, friends and family about organic food and whether it really is better than conventionally raised food. As with all choices, understanding basic information about what organic means can help you make more informed decisions.

The National Organic Program ensures that all crops, foods, livestock that are labeled organic meet the standards set by the United States Department of Agriculture (USDA). Farmers and ranchers who produce organic foods use renewable resources, and conserve soil and water that help preserve the environment. Organic meat, poultry, eggs, and dairy products come from animals that are given no antibiotics or growth hormones.

Farmers and ranchers who produce these organic foods must adhere to strict standards. Their facilities and farms are inspected to ensure compliance with USDA regulations. You can be sure that a food is organic if the packaging displays the official USDA certification.

Where can you find organic food?

You can find organic foods at your local grocery store and specialty health food stores. Be sure to look for the official USDA label on the package. There are also restaurants in the Kansas City area that feature organic foods on their menus. Some restaurants serve only foods that are certified organic.

The Kansas City Food Circle is an excellent resource for local, organic and free-range farmers. The mission of the Kansas City Food Circle is to connect eaters with farmers and farmers with eaters. You can find a detailed directory of local organic farmers and organic restaurants at: www.kcfoodcircle.org.

How to know if your food is organic.



Farmers and ranchers who produce these organic foods must adhere to strict standards.

The Importance of Newborn Hearing Screening

What you need to know.

About 1 to 3 babies out of 1,000 will be born with permanent hearing loss. Prompt follow-up on failed newborn hearing screenings is crucial to assure speech, language and healthy brain development. The appropriate referral of infants diagnosed with hearing loss helps families receive timely and appropriate medical intervention and support.

Prompt follow-up on failed newborn hearing screenings is crucial to assure speech, language and healthy brain development.

Missouri law requires hospitals to screen newborns for hearing loss. Ideally, all babies should receive:

- Hearing screening by 1 month of age. (Hospitals usually perform screenings on newborns before discharge).

- Diagnostic evaluation by an audiologist no later than 3 months of age if the infant did not pass the hearing screening.
- Early intervention by 6 months of age if diagnosed with a hearing loss.

Approximately 1 in 10 infants who fail the newborn hearing screening have permanent hearing loss. It is not safe to assume a failed hearing screening is due to fluid or debris. Follow your healthcare provider's recommendations.

Is further screening necessary?

If your infant failed or missed the initial hearing screening, the answer is yes. Ask your healthcare provider to refer you to the birth hospital to schedule the screening. If your baby needs additional screening, you may be required to consult an audiologist



for further evaluation. Audiologists are doctors who diagnose and treat hearing and balance problems.

To learn more and to find an audiologist in your area, download the pamphlet, Audiological Service for Newborns at www.health.mo.gov.

If your baby has been diagnosed with permanent hearing loss, early intervention and support is critical. The Early Steps program in Missouri provides these services and more to children and their families.

Find out more about First Steps at www.mofirststeps.com.

Article from Missouri Department of Health and Senior Services, Division of Community and Public Health

Quick Tips on Eating Healthy During Pregnancy

A healthy diet supports a healthy delivery.

Eating a healthy diet during pregnancy is one of the best things an expectant mother can do for herself and baby. After all, the food you eat is the baby's main source of nutrition. Smart and healthy nutrition choices during pregnancy support the baby's growth and development.

Breakfast is one of the most important meals of the day:

- Try fortified ready-to-eat or cooked breakfast cereals with fruit. Fortified cereals have added nutrients, like iron or calcium.
- If you are feeling sick, start with 100% whole-grain toast. Eat more food later in the morning.
- Eat foods with fiber.
- Vegetables and fruits, like green peas, spinach, pears, and bananas.
- Whole grains, like brown rice and oatmeal.
- Beans, like black beans and kidney beans.

- Choose healthy snacks.
- Low-fat or fat-free yogurt with fruit.
- Whole-grain crackers with fat-free or low-fat cheese.

Eat 8 to 12 oz. of seafood each week

Fish and shellfish have nutrients that are good for your unborn baby. Eat a variety of seafood 2 or 3 times a week. A 3-ounce serving is about the size of a deck of cards.

Healthy choices include:

- Salmon, sardines, or shrimp.
- Canned light tuna or white (albacore.) tuna – no more than 6 ounces a week.
- Avoid fish that are high in mercury, especially swordfish, tilefish, shark, and king mackerel. Mercury is a metal that can hurt your baby's development.

Stay away from soft cheeses & lunch meat

These foods may have bacteria in them that can hurt your baby. Don't eat:

- Raw (uncooked) fish, like sushi.
- Soft cheeses like feta, Brie, and goat cheese.
- Raw or rare (undercooked) meats.
- Lunch meats and hot dogs, unless they are heated until steaming hot.

Limit caffeine and avoid alcohol

- Drink decaffeinated coffee or tea.
- Drink water or seltzer instead of soda.
- Don't drink alcohol.

Along with good nutrition take a prenatal vitamin with iron and folic acid every day

Iron keeps your blood healthy. Folic acid helps prevent some birth defects. Talk with your doctor or nurse about a prenatal vitamin that's right for you.

Source: Healthfinder.gov

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Bringing the Power of the Mayo Clinic Care Network to Mosaic Life Care



Mosaic Life Care is a proud member of the Mayo Clinic Care Network, which extends Mayo Clinic's expertise to our physicians and enhances their ability to keep patients closer to home. By working together, Mosaic Life Care and Mayo Clinic offer patients additional peace of mind at no added cost to them.

Mosaic Life Care physicians have worked closely with Mayo Clinic

physicians for years, but this collaboration takes the relationship to an even higher level. Our organizations share a common philosophy, and a commitment to improve the delivery of health care received by all.

But what does this look like for those who entrust us with their care? For Paige, it meant a season of milestones that continues today.

In the fall of 2012, Paige learned she was pregnant on the day she came to Mosaic Life Care to begin chemotherapy for breast cancer. "It was quite a surprise," recalled Paige.

The goal of Mosaic Life Care's relationship with the Mayo Clinic is

to have the expertise of Mayo Clinic without having to travel to a Mayo Clinic facility. Rony Abou-Jawde, MD, medical oncologist at Mosaic Life Care, knew it was the best hope for Paige and her unborn baby. With the help of Mayo Clinic surgeons, oncologists and reproductive specialists, Dr. Abou-Jawde developed the care plan that saved both their lives.

On June 4, 2015, healthy Baby Hadley celebrated her second birthday. And Paige, as a breast cancer survivor, was there to share in the joy in the comfort of their home.



www.myMosaicLifeCare.org

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Keep Mosquitoes and Ticks From Bugging You This Summer

Take steps to prevent bites.

Summer allows more time for children to play outdoors, but when kids are covered with bug bites after spending time outside, parents may start to worry about disease spread by ticks, such as Lyme disease, or by mosquitoes, such as West Nile virus. Luckily, parents can take simple steps to prevent bites and diseases spread by bugs.

Make your backyard a tick-safe zone

While you may think that ticks only live in the woods, ticks can also lurk in backyards. You can take some simple steps to make your backyard more tick-safe. Keep patios, play areas, and playground equipment away from shrubs, bushes, and other vegetation. Also, tick control chemicals are available for use by homeowners, or can be applied by a professional pest control expert.

Check for ticks

After playing outside, don't make ticks an uninvited guest in your home. Ticks can ride in on parents, and pets as soon as you get inside, even if your outdoor adventures were only in the backyard.

Parents should check themselves and their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist and especially in the hair. If you find a tick, remove it using fine-tipped tweezers as soon as you notice it. If a tick is attached to your skin for less than 24 hours, your chance of getting Lyme disease is extremely small. Watch for signs or symptoms of Lyme disease such as rash or fever, and see a doctor if they develop.

Bathing is a good way to find ticks and remove them. Additionally, you can tumble clothes in a dryer on high heat for an hour to kill any remaining ticks.

Use an effective insect repellent

Parents may feel overwhelmed by the many bug protection products in the grocery aisle, wondering which ones are best. CDC recommends a variety of effective products. As hard as it may be to think about, any single bug bite has the potential to bring illness, so it's worth taking a moment for prevention.

For more information, please visit www.cdc.gov/westnile or www.cdc.gov/lyme, or call CDC Info at 1-800-CDC-INFO

Check the label for active ingredients and follow the manufacturer's usage directions. Pediatricians recommend using products with 30 percent or less of these ingredients on kids:

- ✓ DEET
- ✓ Picaridin
- ✓ IR 3535
- ✓ Oil of lemon eucalyptus

A MESSAGE FROM

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HEALTH
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NEVER LEAVE A CHILD UNATTENDED IN A CAR. NEVER! IT'S THE LAW!

Missouri State Law
Revised Statutes
Chapter 568
Offenses Against the Family
Section 568.052

- Never leave children alone in or around cars—not even for a minute.
- Place something you'll need like your cell phone, handbag, employee ID or briefcase, on the floor board in the back seat.
- Keep a large stuffed animal in the child's car seat when it's not occupied. When the child is placed in the seat, put the stuffed animal in the front passenger seat. It's a visual reminder that anytime the stuffed animal is up front you know the child is in the back seat in a child safety seat.

Source: KidsAndCars.org



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The Safe to Sleep Campaign

Make sure your baby is sleeping safely.

Nearly 3,400 infants die suddenly and unexpectedly each year in the United States. Most of these deaths result from Sudden Infant Death Syndrome (SIDS) and other sleep-related causes of infant death.

SIDS is the leading cause of death among infants between 1 month to 1 year of age.

SIDS is the term used to describe the unexplained death of a baby younger than 1 year of age that doesn't have a known cause even after a complete investigation, including performance of a complete autopsy, examination of the death scene, and review of the infant's and family's clinical histories.

Although there is no known way to prevent SIDS completely, there are ways to reduce the risk by modifying several factors.

The Safe to Sleep® campaign (formerly known as the Back to Sleep campaign) aims to educate parents, caregivers, and health care providers about ways to reduce to the risk of SIDS and other sleep-related causes of infant

death. The single most effective action that parents and caregivers can take to lower a baby's risk for SIDS is to place the baby on his or her back to sleep for naps and at night. Other key recommendations include putting the baby in a separate sleep area in the same room, next to where parents sleep, and using a firm sleep surface, in a safety-approved crib, covered by a fitted sheet with no soft objects such as pillows, toys, crib bumpers, or loose bedding.

In the past two decades, significant progress has been made in reducing SIDS rates. Since 1994, SIDS rates have dropped by more than 50 percent in all populations. But there is still progress to be made. For example, although the SIDS rate for African Americans has declined by 50 percent since 1994, today's African American infants are twice as likely as white infants to die of SIDS. Similarly, American Indian/Alaska Native infants today are three times as likely as white infants to



die of SIDS, even though SIDS rates have also dropped significantly in this population during the last two decades.

Working together, we've made great progress in helping to reduce the risk of SIDS in many communities. Let's continue to work together to help all infants grow and thrive. Please help us spread the word about safe infant sleep!



For Parents/Caregivers:

The following resources are available at <http://safetosleep.nichd.nih.gov>.

- Brochures for general outreach, African American, American Indian/Alaska Native, and Hispanic communities
- Door hangers for general outreach, African American, and Hispanic communities
- A grandparents brochure on safe infant sleep (English and Spanish)
- A safe sleep environment one-pager (English and Spanish)



Safe to Sleep® is a registered trademark of the U.S. Department of Health and Human Services

Why Childhood Vaccinations Matter

Immunizations help protect the community.

By Regina Weir, Program Coordinator, Mid America Immunization Coalition and Safe Kids Metro KC

The recent measles outbreak at Disneyland has caused the discussion about immunizations to return with a vengeance.

You want to make the right choices to protect your child. You want yourself, your baby and older children to be protected against all dangers, including infectious diseases. However, your decision whether or not to vaccinate your child impacts the health of others in the community. Choosing not to vaccinate your child places your child and your community's children at risk.

We are all part of the community. This means when 90-95% of the community is protected, it is nearly impossible for a germ to spread and cause an epidemic. Children who are not immunized can readily transmit vaccine-preventable diseases throughout the community. Here's how:

- Unvaccinated children can infect the small percentage of children who do not get vaccinated.

- Unvaccinated children can pass diseases on to babies who are too young to be fully immunized. One mother lost her healthy 15-month-old son to influenza before he could be fully immunized.

Unvaccinated children pose a threat to children and adults who can't be immunized for medical reasons.

This includes people with leukemia and other cancers, immune system problems, and people receiving treatment or medications that suppress their immune system. One example is Maggi, a young mother who had her spleen removed and was particularly vulnerable to infections. She contracted meningitis, barely survived, and lost her legs below the knees.

What you need to know

Some parents may think it best to allow a child to become infected "naturally" and for the measles disease to run its course.

It is important to remember that before the measles vaccine was introduced in 1963, an average of 145,000 children worldwide died from measles and its complications. More than 400 children died in the U.S.

New research suggests that children who receive the measles vaccine are also protected against other infectious diseases.* Children who contract the measles and survive remain more vulnerable to other potentially deadly infections for up to two or three years after the measles infection.

We strongly encourage you to immunize your child against all vaccine-preventable diseases. Please discuss concerns with a trusted health care provider. *(Science, May 7, 2015)

The Mid America Immunization Coalition and Safe Kids Metro is a program of the Mother & Child Health Coalition in Kansas City, Mo. Learn more at www.mchc.net.



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Scrumptious Collard Greens

Prep Time: 65 minutes

Serves: 8

Ingredients:

- > 4 pounds collard greens
- > 2 tablespoons olive oil
- > 3 large garlic cloves, thinly sliced
- > 1 cup chicken broth
- > 1 tablespoon cider vinegar
- > 1 teaspoon salt
- > 1 teaspoon sugar
- > 1/2 teaspoon crushed red pepper

Directions

Rinse greens well.

Remove stems from leaves.

Cut leaves into 2" pieces.

In 8 quart sauce pot, heat oil over MEDIUM heat until hot.

Add garlic and cook 30 seconds or until golden, stirring constantly.

Add as many collard leaves as possible, broth, vinegar, salt, sugar, and crushed red pepper, stirring to wilt greens.

Add remaining greens in batches.

Cover sauce pot and cook greens 45 minutes or until very tender and most of liquid evaporates, stirring occasionally.

Farmers Market Menu

Buy Fruits & Veggies - More Matters

Spend the morning out enjoying your local farmers market, and then try these scrumptious creations sometime during the week. (Freeze produce for later use.)

Eating small, frequent meals (including snacks) is important so adjust your calorie intake by increasing or decreasing your portion sizes at your main meals (breakfast, lunch, dinner).

Things to Remember

- » Make Half Your Grains Whole
- » Vary Your Veggies
- » Focus on Fruits
- » Consume Calcium-Rich Foods
- » Go Lean with Proteins

Nutritional Information

Calories.....	52
Carbohydrates.....	7g
Total Fat.....	2.2g
Cholesterol.....	0mg
Saturated Fat.....	0.3g
Dietary Fiber.....	4g
% of Calories from Fat.....	33%
Sodium.....	206 mg
Protein.....	3g

Each serving provides: an excellent source of vitamin A, vitamin C, folate and a good source of calcium and fiber.

Recipe courtesy of Produce for Better Health Foundation (PBH). This recipe meets PBH and Center for Disease Control and Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Taking Care of YOU and Your Unborn Baby

Prenatal care is a must...

It's one of the most joyful times of a woman's life—the anticipation of becoming a mother for the first time or again. You look forward to the arrival of your baby and preparing the baby's tiny clothes or the baby's room. Pregnancy is also a time of great change within your body.

Prenatal care is the health care of a pregnant woman and her baby. Good prenatal care is very important to help you have a healthy pregnancy and delivery, and most importantly, a healthy baby.

Early and Consistent Prenatal Care is Important

Here are some of the things that you must do to ensure good prenatal care:

See a doctor regularly

Regular checkups throughout pregnancy are crucial for making sure that everything is going well with you and your baby. You will see an obstetrician, or OB, for prenatal care. Women who do not get prenatal care have three times the risk of having babies with low birth weight, and five times the risk of having a stillbirth.



Dr. Wael Mourad

Dr. Wael Mourad, assistant program director for Women's Health at Truman Medical Center - Lakewood, advises newly pregnant women to make a first OB appointment within the first trimester. "But there's nothing wrong with making a first appointment as soon as she finds out that she's pregnant," says Dr. Mourad.

You will give your medical history, have a physical exam, have blood drawn for lab tests, and possibly an ultrasound. OB appointments are generally scheduled once a month until the third trimester. From then until week 36, you will see your OB every two weeks, and then once weekly until you give birth.

Deb Bersano, certified nurse midwife at Truman Medical Centers, says, "If a patient feels like they can get their questions answered, they have less stress and better pregnancies, and possibly better labor and deliveries."

Eat a nutritious diet and monitor weight gain

During pregnancy, your growing baby will receive all of its nutrition through you. Therefore, it is more important than ever to eat a healthy, balanced diet that is rich in protein and fiber. You should typically consume an extra 300 calories a day during pregnancy.

If you are at a healthy weight, then you should gain 25 to 35 pounds during pregnancy. If you are overweight or obese, you should gain less (11 to 25 lbs.), and if you are underweight, then you should gain more (28 to 40 lbs.).

Dr. Mourad highlights the need for folic acid supplements, ideally, even before pregnancy. Folic acid is critical for brain and spinal cord development in early pregnancy, and for iron in later pregnancy. "As soon as a woman learns that she's pregnant, she should start taking a prenatal vitamin daily, which will contain adequate amounts of these two key vitamins."

"Some people can work until the day they deliver. Some find it a real chore just to get up in the morning. It's different for everyone." -Bersano

Manage discomforts by the trimester

During the first trimester, many pregnant women experience morning sickness, a nauseated feeling that may last the entire day. Eating small meals throughout the day and avoiding an empty stomach may help ease symptoms. You might also experience fatigue, breast tenderness, constipation and a frequent need to urinate.

Your second trimester may well be the most pleasant of the three, with dissipation of morning sickness and increased energy. However, you might see the onset of body aches, stretch marks and swelling of the ankles, fingers or face.

During the third trimester, the baby grows dramatically, potentially creating more discomfort for you. You may experience heartburn, shortness of breath, hemorrhoids and have trouble sleeping.

The discomforts of pregnancy vary from woman to woman, however. Bersano says, "Some people can work until the day they deliver. Some find it a real chore just to get up in the morning. It's different for everyone."

Work with your OB to treat any complications

Many pregnancies encounter some form of complication, but treated appropriately, can still result in a healthy outcome. The key is for you to call your OB if you sense that something is not right.

You should call your doctor if there is any bleeding, but especially if it is accompanied by cramping. Any bleeding in the second or third trimesters is cause for concern and warrants an immediate call to the OB.

Dr. Mourad says, "Anytime and every time she has vaginal bleeding, or anytime she senses that something is not right, she should call her doctor. We would much rather have a false alarm than to have a complication that we are missing."

Bersano agrees, "If you have a problem, I don't want to hear about it at your next appointment. I want to know when you're having the problem!"

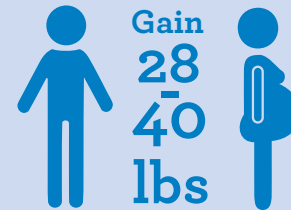
If you develop high blood pressure during pregnancy, it will need to be treated with monitoring, lifestyle changes, or medication. High blood pressure puts you at higher risk of developing preeclampsia in the later stages of pregnancy, which is life threatening to both mother and baby.

If you are overweight or obese, you are more at risk for developing gestational diabetes. Gestational diabetes is diabetes developed during pregnancy and can lead to preeclampsia (a potentially dangerous pregnancy complication characterized by high blood pressure), early delivery, and health risks in a newborn baby. An OB doctor will work with you to help control blood sugar and monitor gestational diabetes.

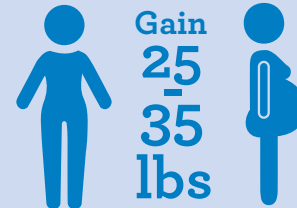
Even with all of the concerns of a mother-to-be, pregnancy should be an exciting and happy time. Feeling the baby's movements, thinking of names, and wondering what his or her face will look like are the moments to treasure. When your baby is in your arms and you start your journey together as a family, all the prenatal care will have been worth it.

Healthy Weight Gain During Pregnancy

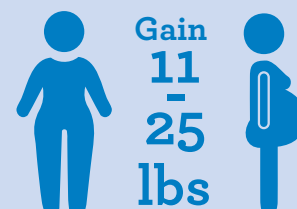
If You Are Underweight



If You Are a Healthy weight



If You Are Overweight



Deb Bersano, certified nurse midwife at Truman Medical Center



Include Dad In The Pregnancy Experience

Dads have a big responsibility

Few expectant moms believe their partner really understands what pregnancy is like. However, dads can participate. A man's perspective comes into full view when he's faced with diaper changes and sleep loss.

9 Ways Dads Can Get Involved

Face your fears

If you didn't feel anxious at some point during your partner's pregnancy, you wouldn't be normal. After all, how do you know you'll make a good dad? Will your baby be born with 10 fingers and 10 toes? Will labor go smoothly? Will you love your baby? Talk to your partner, your dad or friends who are parents.

Pay attention

Be an active observer. Let your partner know you enjoy seeing her pregnant body. Take pictures to record how her bump grows. Give her a back massage when she's tired. Feel the baby kick. Keep track of your baby's development.

Be there

Go to the doctor appointments. You may have a legal right through the Family Leave Medical Act (FMLA) to take unpaid time off from work to accompany her to appointments, so ask your employer. Don't miss the chance to see your baby during an ultrasound. If your partner has a procedure to test for genetic conditions, make sure you're there. And, of course, take prenatal classes.

Get healthier, too

Your partner is improving her diet; support her by sharing these lifestyle changes, too. Eliminate bad-for-baby foods that may tempt her. Reduce or eliminate alcohol and don't smoke. Treat yourselves to some healthy activities like walking or swimming.

Indulge her often

Your partner may be pretty demanding. Indulge her. She's doing important work. You can help do the grocery shopping, buy her flowers and fulfill her late-night cravings for healthy snacks.

Memorize the hospital route

You'll be the one driving to the hospital. Do a dry run, so you can be confident you know the route. Make sure that your partner can contact you when she makes that "drop everything" call.

Be her labor partner

Find out what your partner wants you to do when she's in labor. There are many things you can do to improve

her comfort. Rub her back, help her change positions. Let her doctor know you want to be involved in some way.

Shop, talk, and make lots of decisions together

By the time your baby arrives, make sure you have purchased diapers, baby clothes, a crib and car seat. Agree on your baby's name and discuss the benefits of breastfeeding.

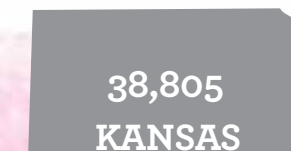
Prepare and be flexible

Believe it or not, the nine months of pregnancy go by quickly and the experience can be overwhelming. Enjoy it, savor it, and don't worry if you don't have everything ready by the time your baby arrives. You and the mom have the baby's whole life ahead of you.

Source: The Baby Center

We're Crazy for Babies

2013 Live Births



Source: Kansas Department of Health and Environment, Public Health Informatics, Missouri Department of Health/Data.

2014 Top Baby Names

RANK	FEMALE	MALE
1	EMMA	NOAH
2	OLIVIA	LIAM
3	SOPHIA	MASON
4	ISABELLA	JACOB
5	AVA	WILLIAM
6	MIA	ETHAN
7	EMILY	MICHAEL
8	ABIGAIL	ALEXANDER
9	MADISON	JAMES
10	CHARLOTTE	DANIEL

Source: Social Security Administration, www.ssa.gov.



Questions & Answers About Breastfeeding

Breastfeeding is normal and healthy for infants and moms.

The experience of breastfeeding is special for so many reasons: the joyful closeness and bonding with your baby, the cost savings, and the health benefits for both mother and baby. Every woman's journey to motherhood is different, but one of the first decisions a new mom makes is how to feed her child. Here are some facts and practical tips on how to make breastfeeding work for you while getting the support you need.

Q: Why should I breastfeed?

A: Breastfeeding is normal and healthy for infants and moms. Breast milk has hormones and disease-fighting cells called antibodies that help protect infants from germs and illness. This protection is unique and changes to meet your baby's needs.

Some reasons to breastfeed are:

- » Breastfeeding offers essential nutrients and a nutritionally balanced meal.
- » Breast milk is easy to digest.
- » Breast milk fights disease.

Q: How long should I breastfeed?

A: The American Academy of Pediatrics recommends breastfeeding for at least 12 months, and for as long as both the mother and baby would like. Most infants should drink only breast milk for the first six months.

Q: Does my baby need cereal or water?

A: Until your baby is 6 months old, the American Academy of Pediatrics recommends feeding your baby breast milk only. Giving baby cereal may cause your baby to not want as much breast milk. This will decrease your milk supply. You can slowly introduce other foods starting around 6 months of age.

Q: Does my baby need more Vitamin D?

A: Most likely, yes. Vitamin D is needed to build strong bones. All infants and children should get 400 International Units (IU) of vitamin D each day. Your child's doctor may recommend that you give your baby a vitamin D supplement of 400 IU each day.

Q: Is it okay for my baby to use a pacifier?

A: If you want to try it, it is best to wait until your baby is at least 3 or 4 weeks old

to introduce a pacifier. This allows your baby time to learn how to latch well on the breast and get enough milk. Once your baby is breastfeeding well, you should use the pacifier when putting your infant to bed to reduce the risk of sudden infant death syndrome (SIDS).

Breastfeeding is normal and healthy for infants and moms

Q: Is it safe to smoke or use drugs?

A: If you smoke, the best thing you can do for yourself and your baby is to quit as soon as possible. If you can't quit, it is still better to breastfeed because it may protect your baby from respiratory problems and SIDS. Be sure to smoke away from your baby, and change your clothes to keep your baby away from the chemicals smoking leaves behind. Ask a doctor or nurse for help quitting smoking!

Source: The Office of Women's Health, www.womenshealth.gov

There are local organizations that are on a mission to help more mothers breastfeed. One is Uzazi Village.

Founded in 2012 to serve the needs of new and expectant moms in Kansas City's urban core, Uzazi Village opened in August 2012, at 3647 Troost, in midtown Kansas City, Mo. They offer classes for those interested in becoming a doula, breastfeeding or reproductive health peer, a counselor, lactation consultant (IBCLC), midwife and more.

Jumesha Wade (featured on opposite page) learned about Uzazi Village in 2012. She found a wealth of support and resources, and became a peer counselor and meeting facilitator for one of the Uzazi Village breastfeeding support groups, Chocolate Milk Café.

Mariah Chrans, director of programs and Uzazi Village co-founder shares, "We knew the need in the community was great so we worked with great urgency to start this program."

Learn more at www.uzazivillage.com

Jumesha Wade and husband Jordan Wade, and their 7-month-old son, Jozabad.

Jumesha has breastfed all four of her children and plans to breastfeed her fifth child, due in November. "Breastfeeding is a cost-effective and healthy option for me," says Wade. "Feeding time is a time for us to bond as mother and child. That is special to me. And my husband Jordan is very supportive."



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The strength of a child's vocabulary directly impacts their ability to read. **Talking, Reading and Playing** with a child **every day** is proven to increase a child's vocabulary and school success.



Talk...

to your child every day ... this helps your child learn words.



Read...

to your child every day ... this helps your child enjoy learning.



Play...

with your child every day ... this helps your child get along with others.

Infants

Beginning to learn words

Talk Every Day

- Say your baby's name often.
- Take turns making the same sounds as your baby. Babies learn that people react when they make sounds.
- Talk to your baby during bath time, play time, diaper changing, and feeding time. This is how your baby will learn the daily routine.
- Talking to your baby will help your baby learn to talk.

Read Every Day

- Look at books together. This gives you a chance to hold and cuddle your baby.
- Point to pictures in books and talk about what you see. This gives your baby a chance to hear new words and learn to enjoy books.
- Read before nap time and bedtime. This routine can calm your baby.

Play Every Day

- Give your baby time to move and play with you.
- Look and smile at your baby. Let your baby watch your face and follow your movements.
- Play with your baby using rattles, toys, and games like peek-a-boo.
- Talk to your baby during these activities.

Toddlers

Starting to use words

Talk Every Day

- Help your child learn to talk by adding words. If your child says, "Milk," you say, "Do you want some milk?"
- Help your child learn new words by explaining what is happening during the day. "You are using your spoon to eat your peas."
- Name your toddler's feelings, such as happy, sad, mad and scared.
- Sing simple songs. Use lots of rhyming words. Play children's music at home or in the car.

Read Every Day

- Sit close to or hold your toddler when looking at books together.
- Let your toddler choose a book, turn the pages and point to pictures and words.
- Read your child's favorite books over and over again. Children learn words when they hear them often.
- Visit the library to find new books. Keep books, newspapers, and magazines in your home.

Play Every Day

- Children learn when they play.
- Give your child time to explore new objects, places and people. Play outside often.
- Play make-believe with your child. Use dress-up clothes, puppets, boxes, pots and pans.

Preschoolers

Putting more words together

Talk Every Day

- Talk to your child about his or her day. Ask questions that begin with who, what and why.
- Talk about what happens during the day.
- Use complete sentences to describe what is happening around you and your child.
- Ask children "what if" or "I wonder" questions. "I wonder what will happen if we leave the ice cube on the kitchen counter."

Read Every Day

- Have fun while you are reading books and looking at pictures with your child. Use silly voices. Point out words and pictures on the page and ask questions.
- Retell stories in your own words. Listen to your child retell stories.
- Point out words inside and outside of your home. Point out written words on doors, traffic signs, billboards, boxes, cans and buses.

Play Every Day

- Play with toys and create things using blocks, crayons, play dough, sandboxes and playgrounds.
- Follow what your child is interested in when playing together.
- Describe what your child is doing.
- Pretend to cook, clean, care for babies, dress up and go to work.



To find out more, visit www.talkreadplaykc.org or call TFC: 913.342.4144

OUR KIDS MATTER

Tips for Raising Safe and Healthy Kids

Be proactive when it comes to protecting your children.

Pregnancy, labor and delivery seem to be easy tasks compared to raising your child to become a productive member of society. Here are some tips to help you raise safe and healthy kids.

Monitor your child's activities

There are people who influence your child positively or negatively. Know who your children spend time with and what they are doing. If they are active on social media sites, monitor their online activities. Find out how your child's school supports health and safety.

Teach healthy habits

Set an example for your children by making safe and healthy choices yourself. Everyday tasks like hand washing, wearing bicycle helmets, fastening seat belts and engaging in healthy relationships, as well as exercise are teachable moments for living a healthy lifestyle.

Protect your children

Take some simple steps to protect your children from hurt or harm. Always use age

and size appropriate car seats as required by law. Keep harmful substances and objects out of the reach of young children. Be alert for signs of mistreatment such as abuse or bullying, and remember to reach out for support from family, friends or trusted professionals.

Get more information online at www.cdc.gov
Source: Centers for Disease Control and Prevention, Office of Women's Health.

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Pediatricians—Specialists in Caring for Children

The best outlook in medical careers.

In the world of children's health care, pediatrics is the branch of medicine dealing with the health and medical care of infants, children and adolescents from birth to the age 18. The word "pediatrics" means "healer of children." It is derived from two Greek words, (pais = child) and (iatros = doctor or healer). Pediatrics is a relatively new medical specialty, developing only in the mid-19th century. Abraham Jacobi (1830–1919) is known as the father of pediatrics.

Did you know some pediatricians specialize in areas such as the heart problems of children?

What is a pediatrician?

A pediatrician is a child's physician who provides not only medical care for children who are acutely or chronically ill, but also preventive services to keep children healthy. They manage the physical, mental and emotional well-being of the children under their care at every stage of development.

What educational training is required?

A pediatrician must first complete medical, then three years of education in an accredited pediatric residency program. Following residency, they become eligible for board certification by the American Board of Pediatrics with successful completion of a comprehensive written examination. Recertification is required every seven years.

Career outlook

Government economists expect jobs for doctors, including pediatricians, to grow faster than the average for all careers through 2020. Changes in health care coverage and advances in technology, however, could limit demand. Opportunities will be best in rural and low-income areas, which have a hard time attracting doctors.

Compensation

The U.S. Bureau of Labor Statistics estimates that general pediatricians earned an average of \$168,650 in 2011.

Sources: www.healthychildren.org, U.S. Department of Labor, Bureau of Labor Statistic

Pediatricians diagnose and treat:

- Injuries and infections
- Genetic and Congenital Conditions
- Cancers
- Organ Diseases and Dysfunctions

Pediatricians help with the prevention, early detection and management of:

- Developmental Delays and Disorders
- Behavioral Problems
- Functional Disabilities
- Social Stresses
- Mental Disorders Including Depression and Anxiety Disorders



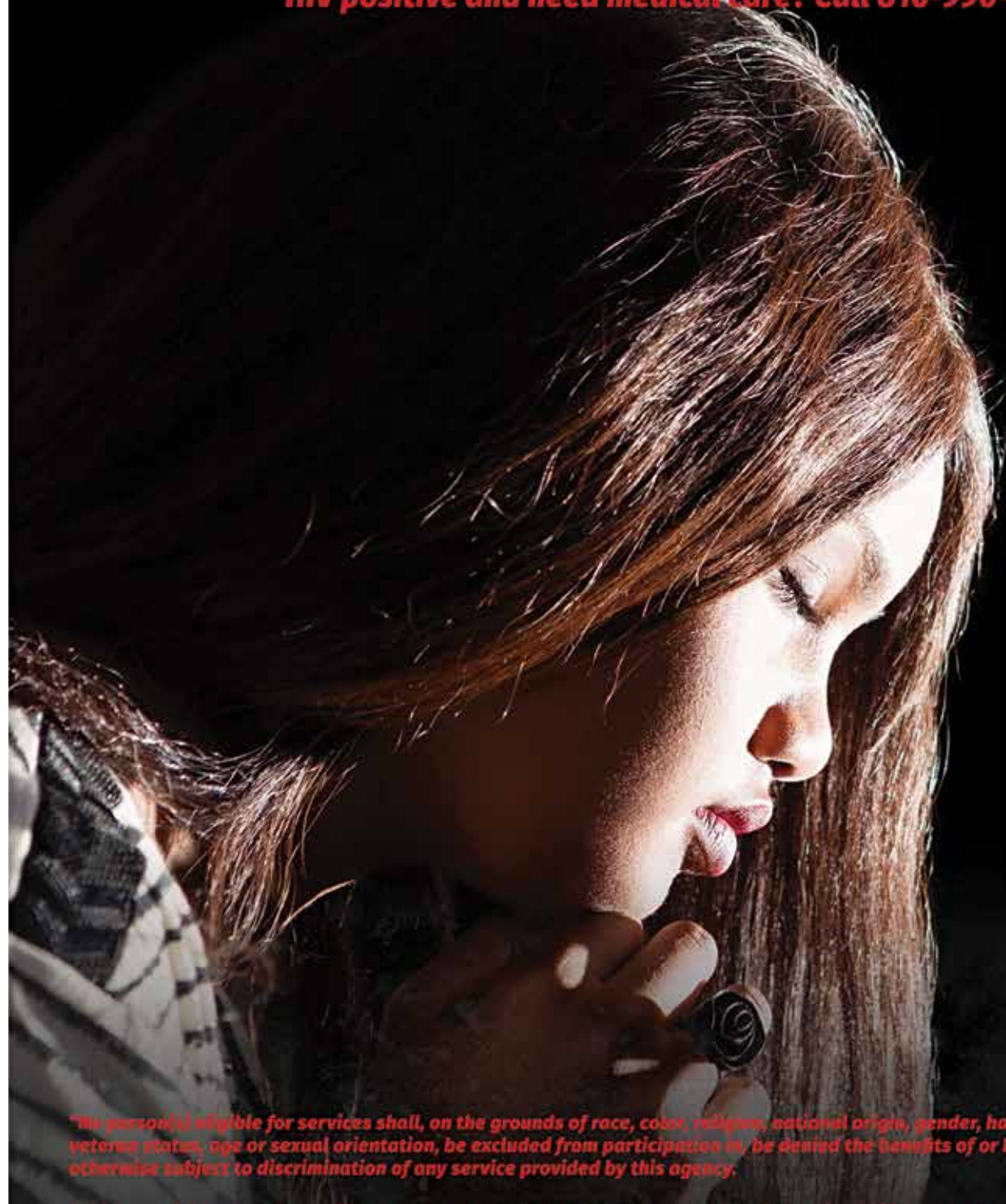
QUICK FACTS: PHYSICIANS AND SURGEONS	
2012 Median Pay	This wage is equal to or greater than \$187,200 per year or \$90.00 per hour.
Entry-Level Education	Doctoral or professional degree
Work Experience in a Related Occupation	None
On-the-job Training	Internship/residency
Number of Jobs, 2012	691,400
Job Outlook, 2012-22	18% (Faster than average)

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You CAN have a beautiful and healthy smile.

KEEP TEETH AND GUMS HEALTHY

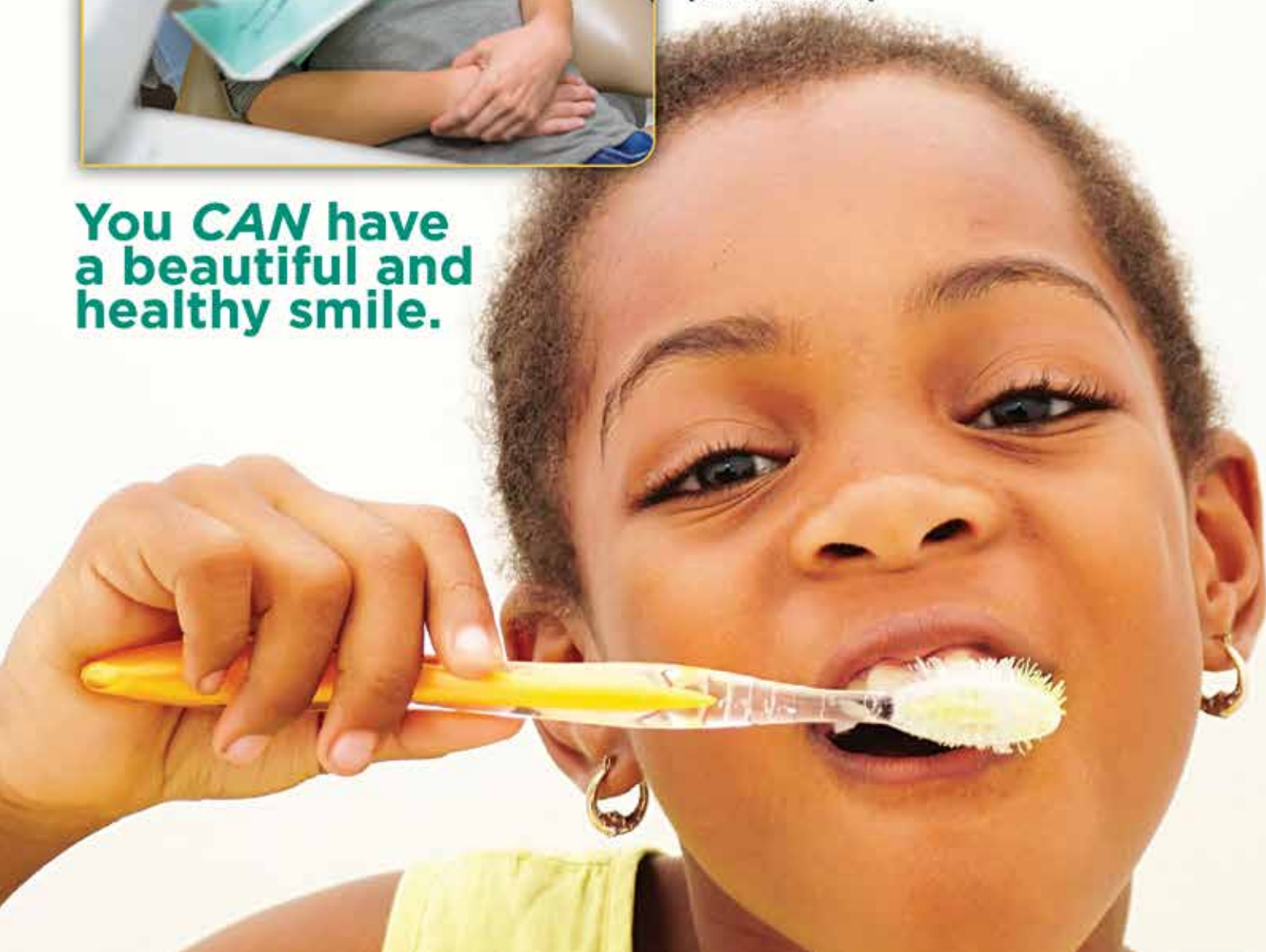
DID YOU KNOW YOU SHOULD GET REGULAR DENTAL EXAMS AND CLEANINGS AT LEAST TWICE A YEAR?

Regular dental visits help keep your teeth and gums healthy. It's during these exams your dentist can check for plaque, tartar build up, cavities (dental decay) or gum disease that may need to be addressed.

Cavities left untreated can lead to loss of teeth. Your check-up should also include your tongue, throat, face, head, and neck to look for any signs of trouble, swelling, or cancer.

After visiting your dentist, continue caring for your teeth by flossing after each meal and regular brushing.

Look for a dentist you can depend on to meet your dental needs. Make dental care a priority for your entire family.



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 **Our Health Matters**
 Summer, 2015

Childhood vaccinations matter - Unvaccinated children can pass diseases on to babies who are too young to be fully immunized. One mother lost her healthy 15-month-old son to influenza before he could be fully immunized.

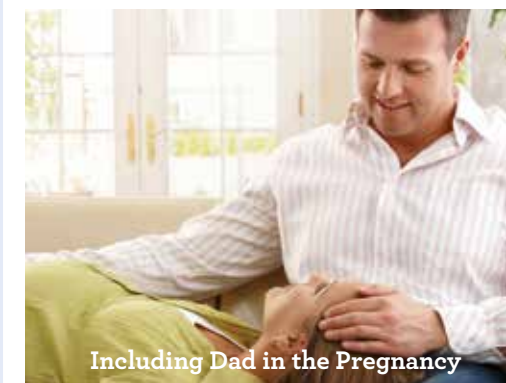


Childhood Vaccinations Matter

[Like](#) • [Comment](#) • [Share](#)

 **Our Health Matters**
 Summer, 2015

Including dad in the pregnancy: If you didn't feel anxious at some point during your partner's pregnancy, you wouldn't be normal. After all, how do you know you'll make a good dad? Will your baby be born with 10 fingers and 10 toes? Will labor go smoothly? Will you love your baby? Talk to your partner, your dad or friends who are parents.



Including Dad in the Pregnancy

[Like](#) • [Comment](#) • [Share](#)

Healthy Eating during Pregnancy: Breakfast – the most important meal of the day. Whole grain toast works great when feeling ill. What worked for you?

Summer, 2015

Manage Discomforts by Trimester – During the first trimester, many pregnant women experience morning sickness, a nauseated feeling that may last the entire day. Eating small meals throughout the day and avoiding an empty stomach may help ease symptoms.

Summer, 2015

Manage Discomforts by Trimester – may well be the most pleasant of the three, with dissipation of morning sickness and increased energy. However, you might see the onset of body aches, stretch marks and swelling of the ankles, fingers or face.

Summer, 2015

Manage Discomforts by Trimester – the baby grows dramatically, potentially creating more discomfort for you. You may experience heartburn, shortness of breath, hemorrhoids and have trouble sleeping.

Summer, 2015

Including dad in the pregnancy: Your partner is improving her diet; support her by sharing these lifestyle changes, too. Eliminate bad-for-baby foods that may tempt her. Reduce or eliminate alcohol and don't smoke. Treat yourselves to some healthy activities like walking or swimming.

Summer, 2015

Childhood vaccinations matter - Unvaccinated children can infect the small percentage of children who do not get vaccinated.

Summer, 2015

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September-October 2015 Edition

Understanding Skin Conditions

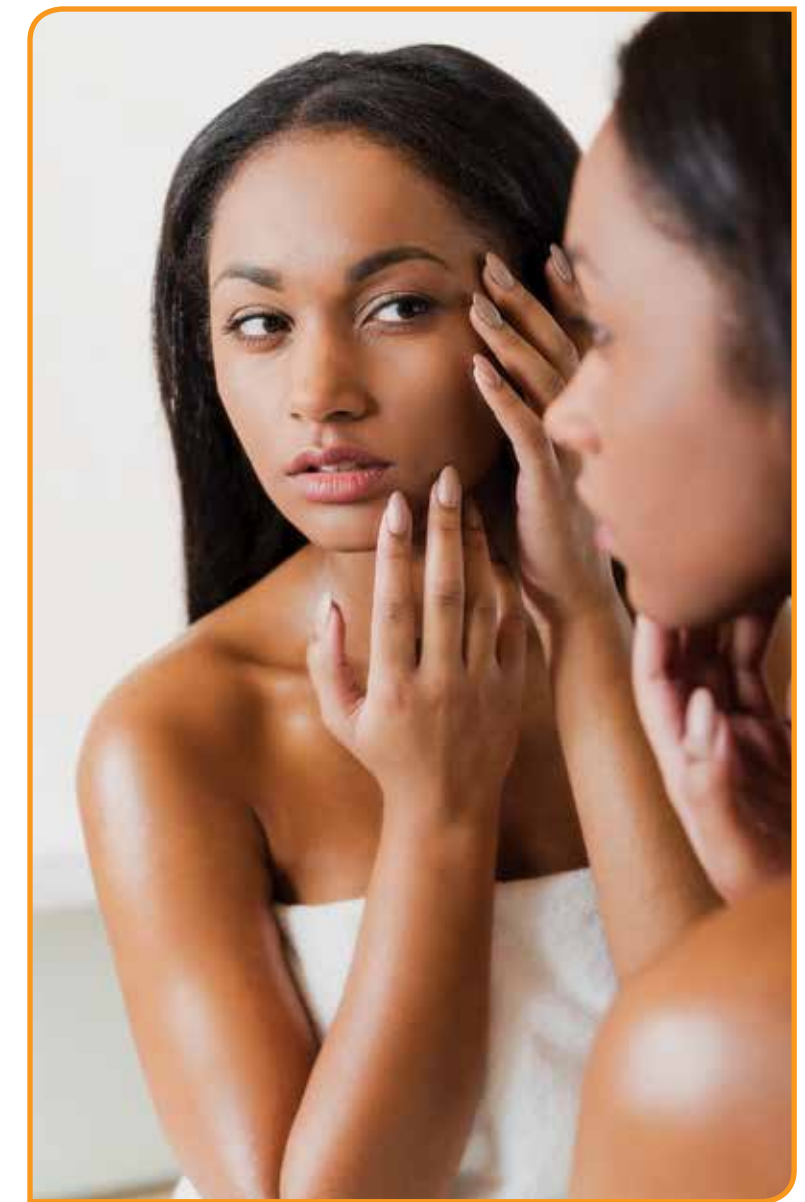
There are many types of skin conditions that need medical attention. Acne and rosacea are just a couple that dermatologists diagnose and treat. Find out about the causes or triggers that impact the health of your skin.

Breast Cancer Reconstruction

If you are considering breast reconstruction surgery after a mastectomy, find out what this surgery involves, the different types of reconstruction surgery and your options.

Sickle Cell Anemia

Learn more about living with sickle cell anemia. We share updates in medical treatment that may help improve the quality of life for people living with the disease.



What Are Your Core Values?

Everyone needs to have values that set the standard for how they will live to make the world a better place.

If you haven't given much thought to it, now is a good time to examine the values you teach your children or adopt as a rule for yourself.

The following categories offer up some areas to start. Keep in mind living and teaching "good" values is a work in process—so don't give up.

If you need guidance and support seek out, clergy, faith-based organizations, mental health counselors, therapists and respected family members.

CHARACTER VALUES

- Honest
- Loving
- Truthful
- Faithful
- Trustworthy
- Obedient
- Teachable
- Tolerant
- Temperate
- Patient
- Loyal
- Financial ethics

FAMILY VALUES

- Commitment to your mate
- Level of importance of commitment to each other as a family
- Level of importance of grandparents and relatives

RELATIONAL VALUES

- Respect for others
- Friendly
- Gracious
- Compassionate
- Merciful
- Caring
- Thoughtful
- Kind
- Helpful
- Giving
- Generous

LIFESTYLE VALUES

- How you spend your time each day
- Level of emphasis on material things
- Work ethic
- Level of emphasis on relationships
- Mission mindset

SPIRITUAL VALUES

- Know, love and trust God
- Hope in Christ
- Forgiving
- Faithful
- Humble
- Tenderhearted

MORAL VALUES

- What you base your moral choices on
- Stands on moral issues

CIVIC AND CULTURAL VALUES

- Law-abiding
- Social-minded
- Patriotic
- Convictions about specific issues
- Sense of Christian ethics

PERSONAL/DEVELOPMENT VALUES

- Personal health convictions
- Intellectual growth
- Developing skills and hobbies
- Cleanliness
- Discipline