



Health News from the Mentoring Mothers Program

Women and HIV/AIDS

HIV is the human immunodeficiency virus. It is the virus that causes AIDS. A person that has HIV in his or her body can pass the virus to other people. HIV attacks the



body's immune system, which protects the body from getting germs and disease. When the immune system gets weaker from HIV, these germs can cause serious infections,

various cancers and other life threatening diseases. There are medications that fight HIV and help the immune system stay stronger for a long time. But there is no cure to get HIV out of the body, once a person has HIV infection they will have it for life. **AIDS is acquired immune deficiency syndrome.**

The majority of people who have HIV will eventually develop AIDS. AIDS is the late stage of HIV infection. HIV is diagnosed by a blood test by a health care provider. HIV medicines can help people with HIV live longer, healthier lives. The United States Public Health service recommends that pregnant women who are infected with HIV take these drugs.

Women comprise about half of all people living with HIV worldwide. Three quarters of young people infected are young women between the ages of 15-24. 11% of all new cases of HIV are attributed to senior citizens. In the U.S. HIV is often spread by having unprotected sex with an infected person or coming into contact with infected blood. The most common way for this to occur in the U.S. is through shared needles among drug users.

During unprotected heterosexual intercourse a woman is two times as likely to contract HIV from an infected partner. Each year approximately 6, 000 women living with HIV give birth. Many women are unaware that they have the virus. An infected woman can pass the virus to her baby during pregnancy, delivery or breastfeeding. Medications can decrease the risks of transmission of the disease to the baby during delivery.

It is important that you ask your medical provider to screen you for HIV before you are pregnant or early in pregnancy. The March of Dimes recommends that all women who think

they may have been exposed to HIV should get tested before they become pregnant. It is important that your partner be screened.

You can avoid HIV infection by not having sex, having sex with only one partner who is only having sex with you, has been tested for HIV, and is uninfected, using latex condoms and not using needles that may be infected. If you are infected with HIV/AIDS, do not breastfeed your baby.

What is Gestational and Regular Diabetes?

Gestational diabetes is a type of diabetes that occurs in non-diabetic women during pregnancy. Diabetes is a disease in which the pancreas is unable to produce insulin or use the insulin it produces in the proper way. Gestational diabetes affects about 3 to 6 percent of all pregnant women. It usually begins in the fifth or sixth month of pregnancy (weeks 24 and 28) and usually disappears shortly after delivery.

How Does Diabetes Affect Pregnancy?

- In women with gestational diabetes and type 2 diabetes, the sugar (glucose) in your blood directly affects the size of your baby.
- If your blood sugar level is high, the baby gets too much nourishment and overgrows. This can lead to a condition called macrosomia or "fat" baby. Macrosomia causes problems for both you and your baby.

How Can Diabetes Affect Your Baby?

- Damage to the baby's shoulders during delivery
- Low blood sugar in the baby at birth
- Higher risk for obesity and type 2 diabetes later in life for the baby
- Jaundice (a yellowish discoloration of the skin) two to three days after birth
- Breathing problems at birth

Treatment of Gestational Diabetes

Treatment for gestational diabetes includes eating a carefully planned diet, getting plenty of exercise, maintaining a healthy pregnancy weight, monitoring glucose levels and, if necessary, daily insulin injections.



Common Myths about Pregnancy

You're eating for two.

In reality, you are eating for **one plus one** very small being. Most women only need to consume an extra 300 calories per day. The suggested weight gain during pregnancy is

approximately 24 to 35 pounds; however, this weight may vary depending upon each mother-to-be's pre-pregnancy weight and the number of babies she is carrying.

Did You Know?

Eat a low-carb, high-protein diet.

A high-protein diet is **not recommended** during pregnancy. According to the Daily Food Guide Pyramid, grains, fruits, and vegetables should comprise more of your diet than the milk and meat groups.

Pregnancy-induced high blood pressure is caused by too much salt.

The reality is that pregnancy-induced high blood pressure is **due to a variety of physiological changes** in the body during pregnancy and is therefore not treated the same way as hypertension in non-pregnant adults.

It is better to rely on vitamins rather than one's diet during pregnancy.

Vitamins should **never be a substitute** for a healthy diet. While most obstetricians will prescribe a multivitamin for their patients, these vitamins are intended to supplement—not replace—a sensible diet. The best sources of vitamins and minerals may be found in their "natural state," as they are better absorbed and are accompanied by other nutrients such as protein or fiber.

If you eat a vegetarian diet, pay special attention to getting enough protein, vitamin B, calcium, vitamin D, zinc, and

Are you a vegetarian?

iron while you are pregnant and breast-feeding. These nutrients are vital to your fetus's cellular growth, brain and organ development, and

weight gain. Consider working with a registered dietitian to be sure you are eating a balanced diet, particularly if you plan to eat a vegan diet. A vegan diet places both you and your fetus at risk of being poorly nourished during your pregnancy.

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Volunteers Are Needed!

Do you have time to make a difference in your community?

Working with pregnant women can be a rewarding experience!

We currently need volunteers to guide women towards a healthy pregnancy. Many women find themselves without the support they need to have a healthy baby. You can help! A two day training will be held to train volunteers in Maternal/Child Health Issues. **Be a mentor. Be a friend.**

For Information Call René at 475-5400 ext. 110

Healthy Births: SPC Birth Announcements

Destin: 6 lbs, 1 oz	Jordan: 6 lbs, 10 oz
Aubrey: 6 lbs, 3 oz	Jasmin: 7 lbs, 12 oz
Michael: 6 lbs, 1 oz	Alaxa: 9 lbs
Christian: 8 lbs, 6 oz	Tyznon: 9 lbs, 1 oz
Kevin: 6 lbs, 7 oz	



A Healthy Chocolatey Cookie

- ½ cup "Smart Balance" Buttery spread
- 1 egg
- 2 teaspoons of vanilla extract
- 1 cup of brown sugar, packed
- ½ teaspoon of baking powder
- ½ teaspoon of baking soda
- ¼ teaspoon of salt
- 1 cup of all purpose flour
- ¾ cup of whole-wheat flour
- ½ cup uncooked oatmeal
- 10 oz package of chocolate chips
- Mix Together Smart Balance and sugars. Add an egg and vanilla and continue mixing. Slowly add the flours, baking powder, baking soda and salt.
- With a wooden spoon mix in the chocolate chips and the oatmeal
- Cook at 375°F for 10-12 minutes.



This is one smart cookie!