# Maternal Child Health



## **Special Edition Newsletter**

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Welcome to the Maternal Child Health Special Edition Newsletter.

At Arizona Complete Health-Complete Care Plan we understand how important your health care is to you and your family. We want to help you along your path of being a new parent, connect you with resources, and provide the best care possible.

We want to thank you for being a member of Arizona Complete Health-Complete Care Plan.

Covered services are funded under contract with AHCCCS.

# Having a Healthy Baby Begins Today

### PREGNANCY AND COMMON DRUGS OR MEDICATIONS.

#### What You Need to Know

Women who take common drugs or medications such as opioid pain medication need to be aware of the possible risks to themselves and their babies including **Neonatal Abstinence Syndrome (NAS)**.

#### Ways to Prevent NAS

While you are pregnant make sure to:

- Meet with your Primary Care Provider (PCP) or Obstetrician (OB) to make plans for your baby's birth.
- Share any information about the medications, drugs, and other substances you are taking or have taken.
- ASK before taking:
  - » Prescription Drugs
  - » Over the counter medications
  - » Herbal remedies
  - » Sleep aids
  - » Energy drinks
  - » Alcohol
  - » Cigarettes

#### Risks to Your Pregnancy

Drug and alcohol use during pregnancy can lead to many health problems in the baby including:

- Birth defects
- Low birth weight
- Premature birth
- Small head circumference
- Symptoms of NAS can last from 1 week to 6 months

Drinking alcohol when you are pregnant can be very harmful to your baby and may cause lifelong health conditions. Drinking alcohol while pregnant may cause miscarriage, preterm birth and stillbirth. Alcohol can also

Source: Arizona Department of Health Services, Arizona Statewide Task Force on Preventing Prenatal Exposure to Alchol and Other Drugs.

cause cognitive delay and birth defects in your baby. This is called fetal alcohol syndrome.

Drugs and alcohol during pregnancy may cause your baby to go through withdrawal shortly after birth. Symptoms of withdrawal in babies can include:

- Seizures
- Trembling or twitching
- Irritability
- Diarrhea
- Vomiting
- Fever
- Continuous crying

#### Where To Go For Help

Identifying prescription drug abuse and any substance misuse as soon as possible is important. If you or someone you know needs help contact:

- The statewide website www.SubstanceAbuse.AZ.gov to locate Arizona behavioral health providers in your community.
- Call the SAMHSA Treatment Referral Facility Locator hotline at 1-800-662-HELP (4357).
- Call the National Council on Alcoholism and Drug Dependence helpline at 1-800-622-2255.



## Importance of Timely Prenatal, and Postpartum Care

If you are pregnant, it is important we know. Please call Arizona Complete Health 1-888-788-4408 and tell us. You can earn incentives and we offer important programs to help you through this time.

**Timely prenatal care** helps decrease risks and increases the chance of a healthy baby. Regular visits help your doctor watch your pregnancy and help find problems before they become serious.

Some healthy habits during your pregnancy:

- Quit smoking and drinking alcohol
- Take prenatal vitamins
- Talk to your doctor about your medical conditions and all the medicines you take
- Avoid all contact with toxic chemicals at home or work
- Do not touch or change the cat litter box
- Schedule regular appointments:
  - » Every month in the first six months
  - » Every two weeks in the seventh and eighth months
  - » Every week during your ninth month

If your pregnancy is considered high-risk, you may require more frequent visits and special care. You may also need to see a doctor who works with highrisk pregnancies.

**Postpartum care** is important as well. This period lasts six to eight weeks after birth. During this period, your body goes through many changes. Postpartum care includes proper rest, good nutrition, and vaginal care. It is important to attend your postpartum visit with your OB provider between 21-57 days of giving birth.

The birth of a baby can trigger many feelings, from excitement and joy to fear and anxiety. Many new moms experience the "postpartum baby blues" which may include mood swings, crying spells, anxiety and sleeping problems. You may notice this beginning within the first few days after birth and it may last for two weeks.

Some new moms experience a more severe form of depression known as postpartum depression. Postpartum depression is signified with extreme feelings of sadness and inability to complete daily activities. Rarely, postpartum psychosis may develop and may lead to lifethreatening thoughts or behaviors and requires immediate treatment. Symptoms of postpartum psychosis may include: rapid mood swings, delusions, and hallucinations, etc.

If you're feeling depressed it's important to talk to someone about how you are feeling. But if you experience any symptoms of postpartum baby blues or postpartum depression, call your doctor. If you have thoughts or feelings that suggest you may have postpartum psychosis, get help immediately. The Maternal Child Health Team through Arizona Complete Health can also provide support.

People with depression may not know that they're depressed. If you think that a friend or loved one has postpartum depression or postpartum psychosis, help them seek medical attention immediately.

#### **Community Resources for Support**

Nurse Family Partnership provides support during first pregnancy. 1-866-864-5226 or www.nursefamilypartnership.org Postpartum Support International 1-800-944-4773 or www.postpartum.net National Suicide Prevention Lifeline: 1-800-273-TALK (8255) First Things First 1-877-803-7234 or www.firstthingsfirst.org

# **Dangers of Lead**

#### LEAD IS DANGEROUS TO CHILDREN BECAUSE THEY ABSORB LEAD MORE EASILY THAN ADULTS DO. CHILDRENS BRAINS ARE MORE SENSITIVE TO THE BAD EFFECTS OF LEAD. A PREGNANT PERSON'S EXPOSURE TO LEAD INCREASES RISK TO THE BABY.

Babies and children are at higher risk to lead because they put their hands and other things into their mouths. Adults and children can be exposed by using dishes or glasses that contain lead, inhaling lead dust from paint or soil or from playing with toys with lead paint.

Lead can damage the brain and nervous system. It can also cause behavior and learning problems, hearing problems, headaches, and it can slow growth. Unborn children and children under 6 years old are most at risk.

#### Sources of lead

- Home (chipped paint, old furniture and toys, glassware, etc)
- Imported Goods (Mexican candy, Asian/Hispanic/ Indian spices, etc)
- Home remedies (traditional/folk remedies)
- Beauty Products (imported products from Asia, India, and Africia)
- Jobs (car batteries, scrap metal/parts, ammunition)
- Hobbies (hunting, fishing, artist paints, refinished furniture)
- Travel (souvenirs, spices/foods, toys, jewelry)

#### Lower Your Chances of Exposure to Lead

Simple steps like keeping your home clean will go a long way in preventing lead exposure. You can lower the chances of exposure to lead in your home by taking these steps:

- Inspect and maintain all painted surfaces to prevent paint deterioration
- Address water damage quickly and completely
- Keep your home clean and dust-free
- Clean around painted areas where friction can generate dust, such as doors, windows, and drawers.
  Wipe these areas with a wet sponge or rag to remove paint chips or dust
- Use only cold water to prepare food and drinks
- Flush water outlets used for drinking or food preparation
- Clean debris out of outlet screens or faucet aerators on a regular basis
- Wash children's hands, bottles, pacifiers and toys often
- Teach children to wipe and remove their shoes and wash hands after playing outdoors
- Ensure that your family eats well-balanced meals. Children with healthy diets absorb less lead

To learn more, talk to your child's doctor. He or she will give your child a blood lead test at 1 and 2 years old. If you are pregnant, talk to your prenatal care doctor about lead and how to avoid it.

To see if you live in a high risk area or to learn more, visit https://www.azdhs.gov/preparedness/epidemiology-disease-control/lead-poisoning/index.php

Questions? 888-788-4408

Member Services can help

## Preventing STIs

Your could have it and not know it. You could be passing it onto your partner.

A sexually Transmitted Infection (STI) may have no signs or symptoms. But without treatment, it can cause big problems.



Talk to your doctor about being tested for STIs. Take steps to prevent them too. You can:

- Use a condom when you have sex. Use it the right way. And use a condom every single time.
- Be sure that you and your partner both get tested for STIs.
- Have a committed relationship, where you and your partner have sex only with each other.
- Ask your doctor about vaccines. There are two that can protect you from STIs: the HPV vaccine and the hepatitis B vaccine. STIs can lead to pain, cancer or infertility.
- Hepatitis A vaccine exists to aid in preventing STI

If you find out you have an STI, treatment can help. Call your doctor right away. You should avoid sex while you are being treated for the STI. And tell your partner about it – he or she will need to be tested and treated too. Otherwise you may end up passing it back and forth to each other.

Source: Centers for Disease Control and Prevention

## Keep Your Child Safe with Vaccines

You can keep your child from getting really sick when your child gets the right shots at the right time.

Vaccines have been saving children's lives for many decades. They are safe, and they work. Altogether, they can help prevent 16 different diseases. Most vaccines are given by shots. So talk to your child's doctor about what shots to get at these ages:

- Birth
- 1 to 2 months
- 4 months
- 6 months
- 12 to 18 months

Questions? 888-788-4408 Member Services can help

- 2 to 3 years
- 4 to 6 years
- 11 to 12 years
- 13 to 18 years

Children get vaccines at checkups. So make sure your child has every checkup the doctor advises.

Teens need shots too. Make sure your teen sees the doctor for more than shots. The doctor wants to talk to your teen about bullying, injury and suicide prevention, risky sexual behavior, and violence.

You can learn more about vaccines online. Go to <u>www.</u> cdc.gov/vaccines.

Sources: American Academy of Pediatrics, Centers for Disease Control and Prevention

# **Protect Your Unborn Baby**

Using illegal drugs isn't a good choice. And when you're pregnant, its doubly harmful. That's because you're not just hurting your own health. You're putting your baby – and your baby's future – in harm's way.

Drugs can cause you to miscarry. Your baby could also be born too early or too small, both of which are dangerous. Using drugs also increases the risk that your baby could be born with:

- Health Defects
- Birth Defects
- An infection like hepatitis C or HIV

If you use drugs during pregnancy, your baby will have a higher-than-normal risk for SIDS (sudden infant death syndrome). And, as your baby grows up, he or she might have learning problems and may grow slower than normal.

If you are pregnant and use drugs regularly, a doctor can help you quit. Keep in mind that some drugs cause problems if you quit taking them suddenly. Your doctor can help you find a safe way to get off drugs – and keep your baby healthy.

Source: March of Dimes

Questions? 888-788-4408 Member Services can help

# Women, Infants, and Children (WIC)

WIC is for low-income women who are pregnant, breastfeeding, postpartum, and children up to age 5. WIC provides breastfeeding support, nutrition education and help with buying heathy food.

To find a clinic near you, call 1-800-252-5942 or go to **www.azdhs.gov/azwic** and click on Find a Clinic. When you visit a WIC Office, be sure to take the following items:

- A form of identification like a photo ID (driver's license, state ID), birth certificate, or immunization record
- Proof of address like a current driver's license, state ID, or utility bill
- Proof of income like the last 30 days of pay stubs or a letter from A HCCCS, SNAP, TANF, Section 8 housing
- Take every family member applying for WIC, incuding infants and children



# Low Birth Weight

Low birth weight is when a baby is born weighing less than 5 pounds, 8 ounces. About 1 in every 12 babies in the United States is born with low birth weight. Very low birth weight is when a baby weighs less than 3 pounds, 5 ounces.

Some low birth weight babies are healthy, even though they're small. But being low birth weight can cause serious health problems for some babies. Babies born being very low birth weight is more serious.

What causes a baby to be born with low birth weight?

There are two main reasons why a baby may be born with low birth weight:

1. **Premature birth.** This is birth before 37 weeks of pregnancy. About 7 of 10 low-birth weight babies are premature. The earlier a baby is born, the lower the birth weight may be. About 1 in 10 babies in the United States is born prematurely. Talk to your health provider about things you can do to help reduce your chances of having a premature baby.

2. **Fetal growth restriction** (also called growth-restricted, small for gestational age and small for date). This means a baby doesn't gain the weight they should before birth. Growth-restricted babies may have low birth weight simply because their parents are small. Others may have low birth weight because something slowed or stopped their growth in the womb. About 1 in 10 babies (10 percent) are growth-restricted. Your doctor may think your baby isn't growing normally if your uterus (womb) isn't growing. Your doctor may use ultrasound and heart rate monitoring to check your baby's growth and health. In some cases, a baby's growth can be improved by treating conditions in the mother, like high blood pressure and gestational diabetes. Things you can do to help have a baby that is healthy and strong:

- 1. Go to all your prenatal appointments.
- 2. Eat a healthy diet.
- 3. Gain the appropriate weight throughout your pregnancy.
- 4. Don't smoke.
- 5. Don't use street drugs or drink alcohol.

Read **Start Smart For Your Baby** booklet for more information and talk to your doctor.



# My Health Pays™ Rewards Program

### GET REWARDED FOR FOCUSING ON YOUR HEALTH!

Earn My Health Pays<sup>™</sup> rewards when you complete healthy activities like a yearly wellness exam, annual screenings, tests and other ways to protect your health.

Use your My Health Pays rewards to help pay for:

- Utilities
- Transportation
- Telecommunications
- Childcare services
- Education
- Rent

Or, you can use them to:

Shop at Walmart for everyday items\*\*

\*\*This card may not be used to buy alcohol, tobacco, or firearms products.

Take healthy steps to earn My Health Pays™ rewards.

Members can earn up to three rewards each year (\$75 annual maximum).



## Contact Member Services to find out more about the My Health Pays™ Rewards Program at 888-788-4408 or TTY/TDY 711.

#### You can also find more information at:

https://www.azcompletehealth.com/members/medicaid/benefits-services/healthy-rewards-program.html



It's all part of my plan.



Attention: If you speak a language other than English, oral interpretation and written translation are available to you free of charge to understand the information provided. Call 1-888-788-4408 (TTY: 711).

Spanish	Si habla español, dispone sin cargo alguno de interpretación oral y traducción escrita. Llame al 1-888-788-4408 (TTY: 711).
Navajo	Diné k'ehjí yáníłti'go ata' hane' ná hóló dóó naaltsoos t'áá Diné k'ehjí bee bik'e'ashchíigo nich'i' ádoolníiłgo bee haz'á ałdó' áko díí t'áá át'é t'áá jíík'e kót'éego nich'i' aa'át'é. Koji' hólne' 1-888-788-4408 (TTY: 711).
Chinese (Mandarin)	若您讲中文,我们会免费为您提供口译和笔译服务。 请致电 1-888-788-4408 (TTY: 711)。
Chinese (Cantonese)	我們為中文使用者免費提供口譯和筆譯。請致電 1-888-788-4408 (TTY: 711)。
Vietnamese	Nếu quý vị nói Tiếng Việt, có sẵn các dịch vụ thông dịch bằng lời và biên dịch văn bản miễn phí dành cho quý vị. Hãy gọi 1-888-788-4408 (TTY: 711).
Arabic	إذا كنت تتحدث اللغة العربية، تتوفر لك ترجمة شفهية وترجمة تحريرية مجانًا اتصل بالرقم 4408-788-1888 (TTY: 711).
Tagalog	Kung ikaw ay nagsasalita ng Tagalog, mayroong libreng oral na interpretasyon at nakasulat na pagsasalin na maaari mong gamitin. Tumawag sa 1-888-788-4408 (TTY: 711).
Korean	한국어를 하실 경우, 구두 통역 및 서면 번역 서비스를 무료로 제공해드릴 수 있습니다. 1-888-788-4408 (TTY: 711)번으로 전화하십시오.
French	Si vous parlez français, vous disposez gratuitement d'une interprétation orale et d'une traduction écrite. Appelez le 1-888-788-4408 (TTY : 711).
German	Für alle, die Deutsch sprechen, stehen kostenlose Dolmetscher- und Übersetzungsservices zur Verfügung. Telefon: 1-888-788-4408 (TTY: 711).
Russian	Если вы говорите по-русски, услуги устного и письменного перевода предоставляются вам бесплатно. Звоните по телефону 1-888-788-4408 (ТТҮ: 711).
Japanese	日本語を話される方は、通訳(口頭)および翻訳(筆記) を無料でご利用いただけます。 電話番号 1-888-788-4408 (TTY: 711) 。
Persian (Farsi)	اگر به زبان فارسی صحبت میکنید, ترجمه شفاهی و کتبی بدون هزینه برای شما قابل دسترسی میباشد. با شماره 4408-788-18 (TTY:711) تماس بگیرید.
Syriac	، جنجته، منبحة، منبحة جمّحه من المان المان المان المان المانية بحكم من المانية من المانية من من من من من من من TTY: 711) 1-888-788-4408).
Serbo-Croatian	Ako govorite srpsko hrvatski, usmeno i pismeno prevođenje vam je dostupno besplatno. Nazovite 1-888-788-4408 (TTY: 711).
Thai	หากคุณพูดภาษา ไทย เรามีบริการล่ามและแปลเอกสาร โดยไม่มีค่าใช้จ่าย โทรศัพท์ 1-888- 788-4408 (TTY: 711)