

Med-Sense Guaranteed Association JOURNAL

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Delivering Safer Pregnancies

Lower Your Risk of Health Problems

Pregnancy and childbirth can be a joyous time. But growing and delivering a baby are some of the most challenging things the human body can do. These processes can put so much strain on the body's systems that they may lead to serious health problems.

Most people have healthy pregnancies. Millions of births occur each year in the U.S. But, more than 50,000 people have serious health problems during or after pregnancy. Many can be successfully treated. But some may cause life-long difficulties or even disability.

Pregnancy can trigger or uncover heart problems, high blood pressure, blood clots, or diabetes. Some people experience

severe bleeding or infection from giving birth. Others develop mental health conditions, like depression or anxiety.

The number of serious health problems and deaths from pregnancy have been rising in the U.S. in recent years. Knowing the symptoms to look out for and getting care quickly can help keep both mothers and their babies safe.

Warning Signs

The body goes through many changes during pregnancy. So women may dismiss some potentially concerning symptoms.

“But you can catch a significant number of life-threatening conditions just by listening to your body and not ignoring certain things,” says Dr. Luis Pacheco, a pregnancy expert at the University of Texas.

“If something doesn’t feel right, talk about it with your care provider,” says Dr. Janet Catov, who studies pregnancy-related health problems at the University of Pittsburgh. “The majority of severe health problems from pregnancy are preventable.”

Health problems from pregnancy and birth can happen to anyone. But some women are at higher risk than others. These include women with pre-existing health problems or who are pregnant with twins or other multiples.

Access to quality health care can play a big role in whether people stay healthy during and after pregnancy. Some parts of the country have few doctors who specialize in pregnancy and childbirth. Poverty and lack of health insurance can also affect whether people get the care they need. In part because of factors like these, Black women and American Indian/Alaska Native women in the U.S. have a higher risk of death from pregnancy-related causes than White women.

“And, pregnancies nowadays are very different from what they used to be,” Pacheco says. People have babies later in life than they used to. They’re also more likely to carry excess weight.

“These things result in a higher chance of problems like diabetes and high blood pressure in pregnancy,” Pacheco says. “But if we catch them early enough, we can provide care and control these diseases.”

“The healthier someone is entering pregnancy, the healthier their pregnancy will be,” adds Catov. “Things like good sleep and staying physically active are important for health, and for a healthy pregnancy.” So is maintaining a healthy weight and avoiding excess weight gain.

But, however healthy you are, you should still watch for certain warning signs during pregnancy (see the Wise Choices box).

Addressing Health Problems

There are effective treatments for many pregnancy-related health problems. Some drugs used for diabetes and mental health conditions can be used safely during pregnancy. Your doctor may prescribe aspirin to prevent a dangerous condition called preeclampsia if they find signs that you’re at high risk. Preeclampsia can turn into a deadly condition called eclampsia.

NIH-funded researchers are now studying whether there are benefits to treating milder health conditions during pregnancy, too.

Many women start their pregnancy with mild high blood pressure, says Dr. Alan Tita, who studies pregnancy risks at the University of Alabama at Birmingham. In the past, it often went untreated.

“We weren’t sure if treatment with blood pressure medicine would be helpful during the relatively short duration of pregnancy,” he adds.

So, in a large study, Tita and others looked at whether treating mild high blood pressure with a certain medication during pregnancy could reduce health problems. They found that it did.

“Treatment reduced the risks of problems such as preterm birth and low birth weight,” he explains. It also lowered the risks of the women’s high blood pressure getting worse during pregnancy and for severe preeclampsia.

He and others are looking at whether treating other health problems and risks during pregnancy and delivery can bring benefits, too.

Staying Healthy After Delivery

Health risks from pregnancy don’t end after delivery. Serious health problems can begin up to a year after

giving birth. But the weeks right after delivery can be especially important.

“The first six weeks after pregnancy is another important time for women to pay attention to their own health. Most deaths happen in that short time after delivery,” Catov explains. “It’s a time when women are very focused on their baby. But they also need to be paying attention to how they’re feeling. Anything that doesn’t feel right, like bleeding, chronic headaches, or a chronic cough, is worth a call to the doctor.”

Catov recommends that people have a plan for emergencies in the months after birth. This could include lining up support in advance for transportation and childcare.

Prenatal care is vital for the healthiest possible pregnancy. But access to care after birth is important, too. If you’re pregnant and don’t have coverage, you can look for resources at [HealthCare.gov](https://www.healthcare.gov) (HHS)(link is external).

Catov’s team is testing programs to improve mothers’ health in the year after birth. They’re looking for ways to manage high blood pressure from pregnancy. Women who have certain pregnancy problems, like preeclampsia and preterm delivery, are at higher risk for high blood pressure up to seven years later. “And the majority of maternal deaths happen after delivery,” Catov adds.

Catov’s team is testing a health education program

for Black women who experience high blood pressure during pregnancy. Black women are much more likely than other women in the U.S to die from blood-pressure problems related to pregnancy.

Study participants get in-home training in how to measure and manage their blood pressure. The study will show if the program improves women’s blood pressure a year after giving birth.

“If we can help them get back on track for their own health, that’s going to be good for them and for their families,” Catov says.

Article reprinted from NIH-News In Health



WISE CHOICES

Signs of a Pregnancy Problem

Symptoms that can signal a dangerous problem during or after pregnancy include:

- Severe headache
- Dizziness or fainting
- Changes in your vision
- Fever
- Trouble breathing
- Overwhelming tiredness
- Chest pain
- Severe belly pain
- Severe nausea and throwing up
- Severe swelling
- Thoughts about harming yourself or your baby



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The Benefits of Botulinum Toxin

It's Not Just for Wrinkles

Botulinum toxin injections are well-known for their use smoothing out wrinkles. They're available under brand names such as Botox, Xeomin, Dysport, Myobloc, and Jeuveau. While wrinkle removal is the most common use, it's not the only one.

The first use for botulinum toxin injections came out decades ago. It was for treating certain eye problems. Since then, doctors have been finding that the injections can help treat all kinds of conditions.

Botulinum toxin is a poisonous substance that's made by certain bacteria. It's actually one of the most potent toxins found in nature. It causes botulism, a rare but potentially lethal form of food poisoning.

It may sound odd that something so dangerous could be helpful. But the very properties that make botulinum toxin dangerous also make it useful. It works by blocking the nerve signals that tell muscles to tighten, or contract. When this happens in the muscles that control breathing, it can cause you to suffocate. But some medical conditions involve muscles contracting too much or at the wrong time. Botulinum toxin injections can treat these conditions by forcing the muscles to relax.

Botulinum toxin can also relieve certain kinds of pain. It's been shown to relieve a recurring type of headache called chronic migraines. It can block your body's ability to make sweat and saliva, too. So, it can treat conditions in which your body makes too much of either of these. See the Wise Choices box for more about the conditions that botulinum toxin is used to treat.

Two NIH researchers, Dr. Pamela Stratton and Dr. Barbara Karp, have been studying botulinum toxin for treating pain associated with endometriosis. Endometriosis is when tissue normally found in the uterus grows outside it. This causes pain in the pelvic area. It's usually treated with hormones or surgery to remove the abnormal tissue. But sometimes the pain remains even after these treatments. In a small, proof-of-concept study of women with endometriosis, Stratton and Karp found that botulinum toxin injections helped improve the pain.

Botulinum toxin treatments use very small amounts of the toxin, and only at the treatment site. When used properly, the injections only affect the muscle or organ being treated.

Side effects are usually mild. They can include pain where the toxin is injected, mild headaches, or flu-like symptoms. These usually clear up on their own. "It's remarkably safe for a deadly toxin," Karp says.

That being said, botulinum toxin isn't risk-free. If it's not given properly, the toxin might spread beyond the treatment site. Then it can affect other muscles in the body that you don't want it to. This could cause muscle weakness or vision problems, or make it harder to talk, swallow, or even breathe. Because of this risk, always get botulinum toxin treatments from a licensed health care provider who has experience using it for your condition.

People who have certain health conditions shouldn't get botulinum toxin injections. And it's not recommended for people who are pregnant or breastfeeding. If you're considering botulinum toxin treatment, talk with your health care professional. They can confirm if the treatment could help you and guide you to an experienced provider. They can also tell you if there are any reasons you shouldn't get the treatment.

Article reprinted from NIH-News In Health

Conditions Botulinum Toxin Can Help Treat

- *Strabismus*
- *Dystonia*
- *Blepharospasm*
- *Chronic migraine*
- *Hyperhidrosis*
- *Overactive bladder*

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provide workout routines designed to help you lose weight, gain strength or stay fit.

Download the Drive.Fitness app on your iOS or Android device and use it at work, home or in the gym. The app offers over 200 different exercises for cardio and strength training and over 60 workout plans. You can even connect the Drive.Fitness app to other applications such as Fitbit, MayMyRun, and MyFitnessPal.

Use the app to view on-demand instructional videos that can guide you through your workout. After your workout you're able to track what you did - how long you worked out, how many reps you did, how much weight you lifted, etc. You can even track results such as weight, waist size and BMI!

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Giving Back



College has never been more expensive than it is today. In an effort to ease the financial burden for students and their families, MSGA offers college scholarships to members and their dependents. Since the start of the scholarship program in 2015 MSGA has awarded 427 individual scholarships totaling over 1.5 million dollars.

Each year, when given the opportunity to further help the community outside of our scholarship program, we provide financial gifts to select nursing schools. These gifts have enabled those schools to provide scholarships to a number of their own nursing students who might otherwise not have been able to complete their studies due to financial stress. The following are schools we have proudly supported over the years:



St. Louis University - MSGA worked with St. Louis University to establish the MSGA Nursing Scholarship Fund in 2017 and has gifted over \$150,000. The Go Further Scholarship initiative via St. Louis University has a matching program that doubled the impact of the gifts. Thanks to donations from MSGA and the matching funds, the scholarship fund grew to \$280,000. The funds have been awarded to those nursing students who show financial need and academic success.



College of St. Mary - Located in Omaha, Nebraska, the College of Saint Mary is a Catholic women's university that has an outstanding nursing program. MSGA provided \$75,000 in 2017, \$25,000 in 2018, \$25,000 in 2019, \$25,000 in 2020, \$15,000 in 2021, and \$15,000 in 2022 to the school which in turn has provided 36 students with \$5,000 scholarships.



St. John's School of Nursing - St. John's School of Nursing in Springfield, IL offers upper-division bachelor nursing degree programs to those who have already completed their liberal arts and science courses at other institutions. The St. John's School of Nursing is associated with the Hospital Sisters of St. Francis and offers students hands-on experience to accompany their nursing program. Since December 2015, MSGA has provided a total of \$180,000 to the St. John's School of Nursing.

MSGA plans to continue these programs in 2023.

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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.



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