

H1N1: What you should know



If you are expecting, you may be wondering “what if I get novel H1N1 influenza while I am pregnant?” Pregnant women with novel H1N1 flu seem to be more likely to become sicker than other people with novel H1N1 flu. We know that pregnant women

with regular, seasonal flu may have problems, such as early labor or severe pneumonia. We do not know if pregnant women with novel H1N1 flu will also have these problems. But, just in case, any type of flu should be taken very seriously by pregnant women. For the best protection of all – get vaccinated. Pregnant women will be among the first people eligible to get the novel H1N1 flu vaccine. Talk to your doctor about getting this new vaccine as soon as it is available. In the meantime, be sure to get vaccinated against seasonal flu. Seasonal flu can cause serious problems in pregnant women and place them and their pregnancy at risk of serious complications. Watch for flu symptoms. Symptoms of novel H1N1 flu are like

those of seasonal flu and include:

- fever, cough, sore throat, body aches, headache, chills and fatigue and, sometimes, diarrhea and vomiting.

If there is novel H1N1 flu in your community, pay extra attention to how you are feeling. If you get sick with flu-like symptoms, stay home, limit contact with others, and call your doctor right away. Your doctor will decide if testing or treatment is needed. If you have close contact with someone who has novel H1N1 flu or flu-like symptoms, or is being treated for exposure to novel H1N1 flu, contact your doctor to discuss whether you need antiviral drugs to reduce your chances of getting the flu.

Treatment for novel H1N1 flu is similar to the treatment for regular, seasonal flu.

Treat any fever right away.

- Use acetaminophen (e.g. Tylenol®) to lower fever.
- Drink plenty of fluids to replace those you lose when you are sick.

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Pregnancy nutrition: Foods to avoid during pregnancy

By Mayo Clinic staff

You want what's best for your baby. That's why you add sliced fruit to your fortified breakfast cereal, put extra veggies in your favorite recipes and eat yogurt for dessert. But do you know what foods to avoid during pregnancy?

Start with the basics in pregnancy nutrition. Understanding what foods to avoid during pregnancy can help you make the healthiest choices for you and your baby.

Avoid seafood high in mercury

Seafood can be a great source of protein and iron, and the omega-3 fatty acids in many fish can help promote your baby's brain development. In fact, research suggests that not eating seafood during pregnancy may contribute to poor verbal skills,

behavioral problems and other developmental issues during childhood. But, some fish and shellfish contain potentially dangerous levels of mercury. Too much mercury may damage your baby's nervous system.

The bigger and older the fish, the more mercury it may contain.



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**The mission of
the Mohawk
Valley Perinatal
Network is to
improve birth
outcomes and
maternal, child
and family health.**

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The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) encourage pregnant women to avoid: Swordfish, Shark, King mackerel, Tilefish.

So what's safe? Some types of seafood contain little mercury. The FDA and EPA say pregnant women can safely eat up to 12 ounces a week or two average-sized portions of: shrimp, canned light tuna (limit albacore tuna and tuna steak to no more than 6 ounces a week), salmon, Pollock, catfish, and cod.

Avoid raw, undercooked seafood

To avoid ingesting harmful bacteria or viruses:

Avoid raw fish and shellfish. It's especially important to avoid oysters and clams.

Avoid refrigerated smoked seafood, such as lox. It's OK to eat smoked seafood if it's an ingredient in a casserole or other cooked dish. Canned and shelf-stable versions also are safe.

Understand local fish advisories. If you eat fish from local waters, pay attention to local fish advisories. Larger game fish contaminated with chemical pollutants may potentially harm a developing baby. If advice isn't available, limit the amount of fish from local waters you eat to 6 ounces a week and don't eat other fish that week.

Cook seafood properly. The fish is done when it separates into flakes and appears opaque throughout. Cook shrimp, lobster and scallops until they're milky white. Cook clams, mussels and oysters until their shells open. Discard any that don't open.

Avoid undercooked meat, poultry and eggs

During pregnancy, changes in your body may increase the risk of bacterial food poisoning. Your reaction may be more severe than if you weren't pregnant.

To prevent food-borne illness:

Fully cook all meats and poultry before eating. Look for the juices to run clear, but use a meat thermometer to make sure.



Cook hot dogs and heat processed deli meats, such as bologna, until they're steaming hot — or avoid them completely. They can be sources of a rare but potentially serious food-borne illness known as listeriosis.

Avoid refrigerated pates and meat spreads. Canned and shelf-stable versions, however, are OK.

Don't buy raw poultry that's been pre-stuffed. Raw juice that mixes with the stuffing can cause bacterial growth.

Frozen poultry that's been pre-stuffed is safe when cooked from

its frozen state.

Cook eggs until the egg yolks and whites are firm. Avoid foods made with raw or partially cooked eggs, such as eggnog and hollandaise sauce.

Avoid unpasteurized foods

Many low-fat dairy products — such as skim milk, mozzarella cheese and cottage cheese — can be a healthy part of your diet. But anything containing unpasteurized milk is a no-no. These products may lead to food-borne illness.

Unless these soft cheeses are clearly labeled as being made with pasteurized milk, don't eat: brie, feta, camembert, blue cheese, Mexican-style cheeses, such as queso blanco, queso fresco and panela

Also, avoid drinking unpasteurized juice and cider.

Avoid unwashed fruits and vegetables

To eliminate any harmful bacteria, thoroughly wash all raw fruits and vegetables and cut away damaged portions. Avoid raw sprouts of any kind — including alfalfa, clover, radish and mung bean — which also may contain bacteria.

Avoid excess caffeine

Caffeine can cross the placenta and affect your baby's heart rate. A large 2008 study suggests that 200 mg of caffeine a day — about a 12-ounce cup of brewed coffee — during pregnancy may slow fetal growth.

Because of the potential effects on your developing baby, your health care provider may recommend limiting the amount of caffeine in your diet to less than 200 mg a day during pregnancy.

Avoid herbal tea

Although herbal tea may be soothing, avoid it unless your health care provider says it's OK — even the types of herbal tea marketed specifically to pregnant women. There's little data on the effects of specific herbs on developing babies. And large amounts of some herbal teas, such as red raspberry leaf, may cause contractions.

Avoid alcohol

There is no safe level of alcohol during pregnancy.

Consider the risks. Mothers who drink alcohol have a higher risk of miscarriage and stillbirth. Too much alcohol during pregnancy may result in fetal alcohol syndrome, which can cause facial deformities, heart problems, low birth weight and mental retardation. Even having a drink once in a while can impact your baby's brain development.

If you're concerned because you drank alcohol before you knew you were pregnant or you think you need help to stop drinking, talk with your health care provider.

Facilitated Enrollment

The Mohawk Valley Perinatal Network offers families the opportunity to apply for Health Insurance through Child Health Plus, Family Health Plus and Medicaid. Our Facilitated Enrollers will help complete the application process and will forward applications to appropriate destinations for final eligibility and enrollment determination.

Mohawk Valley Perinatal Network has traveling enrollers to make it easier for families who live in rural areas to apply for Child / Family Health Plus and Medicaid. These enrollers travel to locations throughout Herkimer, Madison and Oneida Counties. Appointments for these areas are scheduled by calling our office.

For more information or to schedule an appointment, please call MVPN locally at 732-4657 or you can use our toll free number if you are calling long distance 1-877-267-6193.



Prenatal Care - PCAP/MOMS

*Pregnant?
Protect
yourself and
your baby.
Get early
prenatal care.*

Early and regular check-ups are important to you and your baby's health. The Prenatal Care Assistance Program (PCAP) can help you get the care you need for you and your baby. PCAP offers complete pregnancy care and other health care services to women and teens who live in New York State. The Medicaid Obstetrical and Maternal Service (MOMS) Program provides complete pregnancy services in areas of the state where PCAP health centers are not located. And there's no cost to eligible women who participate in MOMS or PCAP!

Call MVPN at 732-4657 or 1-877-267-6193 for more information.

What's New At MVPN? BOOT CAMP and Baby Showers

Boot Camp for New Dads: Have questions? You can find answers here!

New babies don't show up with an owner's manual!

Boot Camp For New Dads gives expectant and new dads first hand information to help men be the best DAD they can be!

Community Baby Shower: A Great place for Moms to meet!

Refreshments and Gifts provided.

Presentations from area service providers on health topics.

Families that are expecting a baby or have children under one year old are welcome to attend!

Call MVPN at 732-4657 or 1-877-267-6193 to register or for more information.

Upcoming Events will be held on 10/15/09 & 12/10/09. Call MVPN to RSVP!

Both events are held at Faxton- St. Luke's Hospital, Alan Calder Wing.





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We'd like to hear from you!
Send information about upcoming events or ideas for future articles to: MVPN Newsletter, 209 Elizabeth Street, 2nd Floor, Utica, NY 13501; Fax: 624-3682; Email: dhaldenwang@newfamily.org

► **One of 16
Perinatal
Networks
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the NYS
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•Your doctor will decide if you need antiviral drugs such as Tamiflu® (oseltamivir) or Relenza® (zanamivir).

Antiviral drugs are prescription pills, liquids or inhalers that fight against the flu by keeping the germs from growing in your body. If you are exposed to the flu, ask your doctor if you should take them to prevent illness.

If you get the flu, these medicines can make you feel better faster and make your symptoms milder. Antiviral medicines work best when started soon after symptoms begin (within two days), but they may also be given to very sick or high risk people (like pregnant women) even after two days.

Seek emergency medical care right away if you have difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, decreased or no movement of your baby, and/or a high fever that is not responding to acetaminophen.

A word about breastfeeding: Mothers who are breastfeeding can continue to nurse their babies while being treated for the flu. Breastfeeding protects babies. Continue breastfeeding even if you have the flu. Remember, a mother's milk is made to fight diseases

in her baby. This is really important in young babies when their immune system is still growing. Babies who are breastfed do not get as sick and are sick less often from the flu than are babies who are not breastfed. While you are ill with the flu you may need to increase the amount of liquids you drink even more than you usually do while breastfeeding. While breastfeeding, be careful not to cough or sneeze in the baby's face. Wash your hands often with soap and water. Your doctor might ask you to wear a mask to keep from spreading the flu virus to your baby. Do not stop breastfeeding if you are ill. Limit formula feeds if you can. If you are too sick to breastfeed, pump and have someone give the expressed milk to your baby.



For more information, go to www.nyhealth.gov or www.flu.gov. Check with your doctor if you have specific questions or concerns.