



Healthier Moms & Babies
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Healthier Moms & Babies



Quarterly Newsletter

Spring 2008

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"Better babies
one baby at a time"

Mayor to Speak at 4th Annual Fundraising Luncheon

This year's luncheon will be held on May 1, once again at the beautiful Fort Wayne Country Club, with a start time of 12:30 p.m. Themed "Nurturing Mothers, Nurturing Our Future", the luncheon will celebrate new life and mothers, both new and experienced. We have a special surprise guest who will also be honored at our luncheon...you won't want to miss this opportunity to help us celebrate motherhood in a big way!

Tickets for the event this year are \$40 and can be purchased by calling 425-3348. An order form for tickets is also available on page 4 of this newsletter as well as on our website: www.healthiermomsandbabies.org.

We are very excited to announce that our keynote speaker will be Mayor Tom Henry. Coming from a family with 17 siblings, Mayor Henry has a huge appreciation for not only his mother, but all mothers. He will provide his insight on growing up in a large family and the support needed to get through "the tough years".

It's no coincidence that we schedule our luncheon just days before the Mother's Day holiday. We want to provide you with an opportunity to celebrate motherhood with your own mother, sisters, and friends. Our event provides the perfect back-drop to a very special gathering that not only supports the not-for-profit HMB organization, but allows you time with family and friends in a relaxed, casual setting not to mention a delicious spring lunch.

If your business would like to help sponsor this event, or if you'd like to purchase a table, please call the office or visit our website. Your group or organization can also assist by gathering baby items that will be used in the centerpieces and then distributed to the families Healthier Moms



The HMB 2007 Fundraising Luncheon

and Babies serves. Please call 425 3348 or contact us through our website.

Our very committed and creative planning committee is chaired by Cindy Rasp and includes Meg Distler, Alice Eshelman, Lynn Giant, Kathy Roudebush, Laura Dwire and Shannon Bearman.

Please plan to join us this year on May 1 at the **Nurturing Mothers, Nurturing our Futures** luncheon where we hope to raise more than \$15,000 for the Healthier Mom's and Babies organization.

If You Go...

Nurturing Mothers, Nurturing Our Future Fundraising Luncheon

Thursday May 1, 12:30 p.m.

Fort Wayne Country Club
Tickets \$40

Order tickets on Page 4 of this newsletter, or order online at:

www.healthiermomsandbabies.org

Luncheon Ticket Mail Order Form

Name _____

Address _____

I am able to attend the May 1st Luncheon.
Please reserve _____ seat(s) for me at \$40 per seat.
My table captain is: _____

My guests are: _____

I am unable to attend the luncheon, but would like to
make a gift in the amount of \$_____

Please make checks payable to Healthier Moms & Babies,
Suite 316, Medical Office Building, 700 Broadway, Fort Wayne, IN 46802

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What symptoms or conditions do you ask patients pregnant with multiples to report to you, particularly to prevent preterm labor?

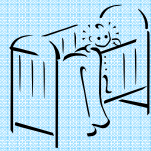
Preterm labor rarely presents in textbook fashion. There may be a change in vaginal discharge or a sense of pelvic pressure. Contractions often begin late in the second trimester due to the aforementioned increased uterine volume. Careful attention to the length of the cervix is helpful to differentiate true preterm labor from background uterine contractile activity. Home uterine activity monitoring is helpful for some but is unfortunately expensive.

Please share with us any other information or advice about multiples that you think our readers would find interesting.

Two thirds of twin gestations are fraternal and carry a lower risk for unfavorable outcomes. The other third are identical and carry a greater risk for early delivery and problems related to shared blood supplies. Well over half of all twin pregnancies deliver by cesarean and all higher-order multiples are delivered in this fashion. Access to a special care nursery is a very reasonable precaution due to the risks involved. Even when everything goes well, it is important for a couple to have help from friends and family as the next year or two will be a sleep-deprived adventure.

Thank you, Dr. Wheeler!

HEALTH CORNER



Once again, Dr. Thomas Wheeler, Maternal Fetal Medicine Specialist with Women's Health Advantage, enlightens us—this time on twins, triplets and more!

What is the incidence of naturally conceived twin, triplets or higher order multiples today, and fertility assisted multiples?

Naturally conceived twins occur 1-2/100 births. Among African-Americans, the rate may be as high as 1/60 births. Spontaneous triplet conceptions historically occurred in 1/8000 births. With assisted reproductive technologies (ART), however, the rate is closer to 1/800 births. Over the last two decades, the incidence of twin births has increased 65% and the rate of triplet and higher-order gestation is up 5-fold primarily due to ART. The risk of multiple births may be as high as 25% depending on the method of ART. The rate of multi-fetal conceptions is much higher than the actual birth rate.

What conditions and symptoms do you watch for in your patients pregnant with multiples?

Preterm birth is the greatest concern. Multi-fetal gestations make up only 3% of all live births but represent 15% of all NICU admissions. Twins are typically smaller than their singleton (one baby) counterparts, but 25% of multi-fetal gestations meet criteria for growth restriction. Preeclampsia is very common with twins and may necessitate preterm delivery to arrest the process. Gestational diabetes is also a common issue especially when the mother is overweight.

What are your recommendations for nutrition and vitamins or minerals for women pregnant with multiples?

We do not recommend "eating for three" or taking two prenatal vitamins daily. We do anticipate an additional 12-15 pounds of weight gain compared with a singleton. An additional 10 grams of protein daily is a wonderful addition as well as attention to magnesium supplementation. Debilitating nausea and fatigue is not uncommon in the first trimester, so we try to be realistic with nutritional recommendations.

Do you have other recommendations for women pregnant with multiples in their self-care or day-to-day activities?

The uterine volume of a 27 week twin gestation is the same as that of a 40 week singleton. Lower back pain, pedal edema (swelling in the feet), and shortness of breath are common complaints. We generally alert employers that the patient will be departing the work place at the end of the second trimester, but may keep light schedules or work from home. Travel is generally still safe during the first half of a twin pregnancy.

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A Message from the Director



My first cousins, Meg and Martin, are twins. When my Aunt Sally (yes, I was named after her!) had them in the mid 60s, I was an impressionable seven years old. I remember everyone marveling at their weights, because they were over seven and six pounds respectively. "They're the size of two single babies" everyone said, which was unusual both then and now.

My mom and Aunt Sally (who are sisters) also had first cousins who are twins. Carolyn and Marilyn were not at all identical, and they were the children of my grandmother's sister. As my sisters and I started our families, we each wondered if we might have twins, but we didn't.

Over the years, there have been numerous sets of twins born to mothers served by Healthier Moms and Babies, and even two sets of triplets. We appreciate the added strain this places on a pregnant woman and the extent to which it can increase her risk of delivering early. Dr. Tom Wheeler does a great job in our Health Corner describing the risks and extra care a woman pregnant with twins or high order multiples needs.

When we work with pregnant women pregnant with twins, we stress the importance of good nutrition and knowing the signs of preterm labor, since these are serious risks with multiples. After observing many birth outcomes over the years of both multiples and singletons, I can truly appreciate Meg and Martin's great birth weights!

In this issue, you'll also meet Cassie, a mom we served several years ago who now has two sets of twins. She's agreed to serve on our newly formed Client Advisory Council, which will help us meet the needs of our diverse caseload by sharing their perspectives with us on new policies and educational materials we may introduce in the future.

We hope the Patient Advisory Council members will be able to attend our luncheon, where you can meet them. If you'd like to sponsor a table for them or for your own group, an order form for tickets is on page 4. We're so excited Mayor Tom Henry will speak this year about his mother (she's also had twins!) and we hope to see you there!



Sally Sedington

sedington@fwmeep.edu

Healthier Moms and Babies Moves Up!

Thanks to a generous offer by St. Joseph Hospital, Healthier Moms and Babies was able to move in January from its three rooms in the Plaza Office Building (the old school of nursing) into a third floor suite in the Medical Office Building. Conveniently located between the hospital parking garage and the hospital, the new location is very easy for clients and other visitors to find.

Although the Healthier Moms and Babies staff enjoyed the large sunny rooms in the POB, Suite 316 is a very professional looking and feeling space.

It features about 1000 square feet and includes a meeting room, which we sorely needed. Once we're completely unpacked, furnished and organized, we hope to have an Open House.



Moving up to Suite 316

We couldn't be more grateful to St. Joseph Hospital for our move up, and for providing office space for us as an in-kind donation since we began in 1996.

HMB Welcomes First Client Advisory Council Member

The Healthier Moms and Babies Advisory Board suggested at their January meeting that we form a Client Advisory Council consisting of mothers who have "graduated" from our program. These moms will serve as a focus group and help us form policies and develop programs that would benefit our current clients.

The first person we asked to serve on the Patient Advisory Council was Cassie. She came to us in March of 2002 when she was 20 years old. She didn't have health insurance and couldn't afford to continue seeing her private doctor. We helped her apply for Medicaid, referred her for prenatal care and saw her monthly during her pregnancy. In September, Cassie had a healthy baby girl, Madison. After this pregnancy, Cassie and Madison's father married.

Cassie says "Sally broke down pregnancy month by month and answered my questions. She offered support and directed me to other agencies in the community that I was in need of. Sally talked about parenting and development so I could understand what to expect as my children grew."

Children, Cassie said, because just before Madison turned one, Cassie discovered she was pregnant again—this time with twins. Now there were the extra nutritional requirements and the physical exhaustion of carrying two babies while she was caring for a toddler. In March of 2004, Cassie delivered boy-girl twins—Mason and Morgan.



Morgan and Madison

As they grew, Cassie noticed a difference in Mason's and Morgan's speech development. "I was concerned about the difference in development of my boy and girl twins. Sally was able to explain to me that boys develop different than girls and to put me at ease with my concern about their development. She was also very helpful with getting me started with First Steps, a community program I wasn't aware of."

Cassie's involvement in Healthier Moms and Babies came to a close when the twins turned one. Later she became pregnant again, but felt that she now had the knowledge to handle the pregnancy without Healthier Moms and Babies—even after she was diagnosed with twins—again!



Clockwise from left are Cassie, Mason, 4; Madison, 5; Morris, 2; Morgan, 4; and Mickey, 2 on Cassie's lap. Cassie's husband, Tim, a truck driver, was on the road when the picture was taken.

Photos Courtesy of Celebrity Kids Portraits

Cassie is able to stay home with her children while her husband Tim works as a truck driver. When asked how she felt about participating on the Client Advisory Board, Cassie said, "I was surprised and glad to help. The program was helpful to me and I'm glad I can do something for it!"

CLIENT ADVISORY COUNCIL

The Client Advisory Council will consist of five to seven former Healthier Moms and Babies clients who represent different ethnicities, were served at different times during our 11 year history and had different workers. One of the first things we will ask them to do is critique a rough draft of a client satisfaction survey.

This Council will meet two or three times during the year, and they will elect one of their members to attend our Advisory Board meetings. Two other members will be Rochelle, whose story is featured on our website and in the December appeal letter, and Megan, whose story was featured in our Fall 07 newsletter, available in the newsletter archive on our website.

