

Healthy Pregnancy

Best Beginnings

This comprehensive, pre-pregnancy health assessment by an advanced practice nurse helps determine if you or your partner have any health risk factors that might lead to complications during your pregnancy. Give your baby the best beginning possible. Call 216.476.7667 for more information or to schedule an appointment.

\$35 per couple

Smoking Cessation for Pregnant Women

Most people don't realize there are health benefits for mother and baby when a pregnant mom stops smoking or reduces the number of cigarettes per day, even up to the 32nd week of pregnancy. It's not too late! We want to help pregnant moms stop smoking! Smoking Cessation counseling and support is available. Call 216.476.0703 for more information.

Free

Early Pregnancy

Attend during your first or early second trimester! This class addresses key topics including: physical and emotional changes of pregnancy, comfort measures during pregnancy, nutrition, fetal development, signs of preterm labor, making an informed choice about infant nutrition, relaxation, exercise, and more!

Ask your obstetrician or midwife's office for a free coupon. \$15 value.

One two-hour class / 6:30–8:30 p.m.

Fairview Hospital Wellness Center

“I'm Pregnant, What Should I Eat?”

This class will be helpful for the first-time mom or veteran, whether expecting one baby or multiples. Fairview Hospital Diabetes Center dietician Peggy Doyle, RD, LD, CDE will discuss meal planning, weight goals, food safety and symptom management. Call the Fairview Hospital Diabetes Education Center for dates, reservations, and questions. 216.476.4077.

Fairview Hospital Wellness Center \$25

What to Eat When You Are Pregnant and Have High Blood Sugar

3

If you have Pre-Gestational or Gestational Diabetes maintaining good blood sugars is vital for your developing baby. Fairview Hospital Diabetes Center dietician Peggy Doyle, RD, LD, CDE will discuss choosing healthy meals, counting carbohydrates and suggesting appropriate portion sizes. Call the Fairview Hospital Diabetes Education Center for dates, reservations, and questions. 216.476.4077.

Fairview Hospital Wellness Center \$25

Bed Rest Education Program

Free lending program for those mothers-to-be who cannot attend classes because of physician-prescribed bed rest. Bed-rest bags contains books, video and audiotapes that prepare parents for labor and delivery. For more information, call 440.356.0347.

Pregnancy and Cardiovascular Outcomes Registry (PCOR)

Physicians are interested in whether or not certain high-risk pregnancies are associated with future development of cardiovascular disease.

Volunteers are needed who are *currently pregnant* and are in any of the following categories:

- Normal Pregnancy –**OR**–
- Have a current diagnosis of:
 - Preeclampsia/Eclampsia
 - Pregnancy Induced Hypertension (PIH)
 - Gestational Diabetes
 - Placental Abruption
 - Placental Infarction

As a participant in this registry study, you will be provided **FREE** cardiovascular screenings during seven visits that will extend over a 10-year period. For further details or to determine your eligibility, please see our brochure at www.fairviewhospital.org/birthingcenter

Contact 216.476.0174, or email PCOR@fairviewhospital.org