

Milwaukee Healthy Beginnings



Volume 2, Issue 1

April 2006

An Old Wives Tale about Fetal Movement

By Martty Berner, CNM
Marquette University

You will usually start to feel your baby moving about halfway through your pregnancy. Some people may tell you that your baby slows down at the end of pregnancy.

The movements may feel different towards the end of pregnancy because the baby is more crowded, but you should still feel active fetal movement a number of times every day. It is one of the ways that we know your baby is healthy.

If your baby is not moving as usual, it is a danger sign that could mean he or she is not getting enough oxygen.

So, if you feel that your baby is not moving as usual, you should call your doctor or midwife right away.

Counting Fetal Movements

Many women find the best time to record the baby's movement is after the evening meal. Sit down and relax, and put your hands on your belly.

Write down the time your baby starts to move. Count ten (10) movements and write down the time.

Your baby should be taking about the same amount of time to make 10 movements each day. If the time it takes to get to 10 movements is getting longer every day, or if it takes more than two hours to get to ten movements, you should call your doctor or midwife right away.



Inside this issue:

Asha Family Services 2

Importance of Breast-feeding 2

Water: the unspoken miracle 2

3rd Annual AA Walk for Quality Health 3

Water: the unspoken miracle cont... 3

Asha Family Services cont... 3

Fetal Movement Count 4

HIV/AIDS Testing for All Pregnant Women

By Stanlie Murray-Kelly
Health Educator

When a woman becomes pregnant, the health of the fetus is very dependent upon the health of the mother. An HIV positive pregnant woman can pass the virus on to her baby in the womb or during birth, this is called Perinatal Transmission.

As a result, it is very important that prenatal care includes testing for HIV/AIDS. This testing should not just be for women who may have been involved in "risky" behavior, but for all

pregnant women. Providers must incorporate this testing as a standard practice for all of their pregnant patients. Women may be more receptive to testing if they see that they are not being singled out and that the testing is a routine part of prenatal care.

The identification of a HIV positive mom can allow for quicker treatment to the mother. HIV treatment during a pregnancy dramatically lowers the possibility of the woman passing the infection on to the newborn. According to the New Mexico AIDS Info-net

fact sheet "The risk of transmitting HIV to a newborn can be virtually eliminated with "short course" treatment taken only during labor and delivery".

If you have HIV and you are pregnant, or if you want to become pregnant, talk with your doctor about your options for taking care of yourself and reducing the risk of HIV infection for your new child.

Source: You, Your Baby and HIV
Channing L. Bete Co.



Antonia Vann, CEO

Staff and clients at Asha Family Services, Inc., (Asha) truly count it a blessing for us to participate in the Black Health Coalition's - Milwaukee Healthy Beginnings Project. It is an honor to share in these comprehensive efforts that provide a heightened quality of care strategy for pregnant and post women housed in Milwaukee County Jail. As a unique family

Asha Family Services

violence intervention and prevention agency, we are accustomed to assisting women in alternative settings such as jails and prisons since our inception in 1989. Asha's provision of mental health and substance abuse counseling to incarcerated women further affords us the opportunity to assist those women who are also challenged by histories of violence and abuse in their lives. We believe that a "root" cause of many of their nega-

tive life choices and challenges may be found in child/adulthood experiences of violence, abuse and neglect. Asha's involvement is one small part of a complex vehicle designed to decrease infant mortality and assist in healthy ways, pregnant and parenting moms and so much more. Through this project, we have seen first-hand, the significant success in saving and healing lives while increasing healthy birth outcomes. What a win-win

"Breastfeeding is the original way in which babies have been fed for over centuries of human existence"

By Mentha' Munirah Bakari
Infant Case Manager

Breastfeeding is the original way in which babies have been fed for over centuries of human existence.

Will it hurt?
It should not be painful, although some discomfort may be experienced during the first couple of weeks.

Should I start as soon as my baby is born or wait until I get home from the hospital?
Soon after birth is recommended.

Colostrums is the yellowish fluid that comes from the breast after giving birth. It contains antibodies that protect your baby from disease. Listed below are some benefits of breastfeeding:
For infant:

- strengthens immune system
- decrease number of ear infections and colds
- make baby feel safe

For mom:

- promotes weight loss
- decrease certain types of cancers
- helps mom bond with baby

There are many more benefits of breastfeeding and many more tips available to women who choose to breastfeed their infants.

For further information contact the African-American Breastfeeding Alliance (877)532-8535

Water: the unspoken miracle

By Stanlie Murray-Kelly, BA
Health Educator

Experts agree that is they could tell people one thing to do improve their health; it would be to drink more water. Many physicians believe that H2O is the ultimate choice to cure minor aches, pains and helps to prevent disease.

Research completed at Cornell University Medical Center reveals that 75% of Americans

are chronically dehydrated. Headaches, back pains, mild arthritis, poor circulation and even acne are believed to be consequences of moderate or acute dehydration. Whenever I visit my primary care physician, she makes it a point to tell me how much my body depends on water. I was interested in the percentage of water our bodies are made of the break-down is below:

- Our Brain is over 75% water

- Our Blood is 83% water
- Our Muscle tissue is 73% water
- Our Body fat is 25% water
- Our Bones are 22% water

Through breathing, perspiration (sweating) and elimination (urination & defecation) our bodies lose more than six cups of water per day. Exercise or hard work, excessively dry air,



3rd Annual African American Walk for Quality Health

By Jim Addison
HIV/AIDS Program Coordinator

The Primary purpose of this walk is to garner city-wide support for the Wisconsin African Eliminating Health Disparities Institute.

This Institute was established by the Black Health Coalition of Wisconsin, who has a long-standing, proven history of improving the health status of African Americans in the state of Wisconsin.

The Institute will focus on the elimination of health disparities for African American in Wisconsin through data warehousing, research and policy development.

This institute will also allow the African American community to have control regarding development, analysis and dissemination of health information, and will ensure that the overall well-being is improved.

Another very important reason for the walk is to engage

the community in a healthy meaningful activity. The promotion of good health is vital to the reduction of health disparities. This walk will go a long way in sending the message that African Americans do care about their health.

This year's walk will take place on Saturday June 3, 2006 for information on how to register contact Jim Addison at (414) 933-0064 ext. 202

We look forward to seeing you all there!



Water: the unspoken miracle cont...

By Stanlie Murray-Kelly, BA
Health Educator

Alcohol and caffeine also deplete water from the body.

Recommendations vary but generally the daily recommended intake is 6-8 glasses of water.

There are various benefits of drinking water, drinking water decreases appetite by making

you feel full. It lubricates joints, improves digestion, aids in weight loss, and flushes toxins from the body.

Give your system a daily boost drink more water. Take H2O breaks instead of coffee breaks, replace soda with water, and dilute fruit drinks with 1/2 of water.

Remember...drink water before you get thirsty as my doctor always reminds me...Thirst

is a sign of dehydration.

Source: The Miracles of Water to Cure Diseases by Fereydoon Batmanghelidj, M.D.; betterwayhealth.com

“Thirst is a sign of dehydration”

Asha Family Services cont...

Antonia Vann, CEO

situation for everyone in the community!

The specific tasks we perform include providing state licensed clinical personnel in the fields of Mental Health and Substance Abuse treatment who have clearance to enter Milwaukee County Jails. Our personnel are trained in cultural

competency and domestic/sexual abuse intervention and prevention. They provide individual and group counseling at the Jail that is gender-specific and culturally specific to African American women.

Women seen at the Jail are encouraged to continue in counseling and other available services at our community-based offices once they are released.

However challenging, the work in the MHBP has been truly reward and we count it all as Joy!



