



# PRENATAL CARE

[CAHABAMEDICALCARE.COM](http://CAHABAMEDICALCARE.COM)



# Cahaba Medical Care

## PRENATAL CARE PACKET

**Congratulations!** Pregnancy is one of the most unique and exciting periods in a woman and her family's life. Thank you for choosing us for your obstetrical care. We encourage you to have your partner or any other family member present for your prenatal care visits. We've gathered some valuable information in the following pages that will be helpful for you and your pregnancy. Please read through the following and let us know if you have any questions. God bless!

*"Oh yes, you shaped me first inside, then out;  
You formed me in my mother's womb.  
I thank you, High God- you're breathtaking!  
Body and soul, I am marvelously made!  
I worship in adoration- what a creation!  
You know me inside and out, you know every bone in my body;  
You know exactly how I was made, bit by bit.  
How I was sculpted from nothing into something.  
Like an open book, you watched me grow from conception to birth;  
all the stages of my life were spread out before you,  
The days of my life all prepared before I'd even lived one day."  
**Psalm 139: 13-16** *The Message**

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## About Your Prenatal Care & Visits

Medical care should begin early in your pregnancy. It is important to be examined by your provider often. The following are some things we may check at your prenatal visits:

- **Blood pressure** - Your blood pressure is important and will be checked at each visit. An abnormal increase may be a sign of problems that can affect you and your baby. Please let your provider know if you've had ANY problems with your blood pressure in the past.
- **Weight** - A weight gain of 15 to 25 pounds is considered normal during pregnancy. If you are thin, then a weight gain of 25 to 35 pounds is recommended. If you are overweight, then a weight gain of 11 to 20 pounds is recommended.
- **Urinalysis** - A urine sample will be collected at every visit and will give your provider valuable information about how your body is functioning. Infection, diabetes, and kidney problems are some of the things that can be detected in your urine.
- **Blood tests** - There are several routine blood tests that will be taken throughout your pregnancy to look for diseases like anemia, infections and basic health. Some tests like the Quad screen are optional.
- **Ultrasound** - You will have an ultrasound early in your pregnancy, preferably during the first 3 months of pregnancy, to help confirm your baby's age. You will have another ultrasound at around 5 months, and it may be possible to find out your baby's gender at this time. You may have additional ultrasounds earlier or later if your provider feels they are needed.
- **Abdominal exam** - The size of your uterus, which shows the growth of your baby, will be measured every visit beginning at 5 months. The baby's heartbeat will also be checked after the first 3 months.
- **Pelvic exam** - A vaginal exam may be done at your first visit to assess the size of your birth canal. A vaginal exam may be repeated closer to delivery to assess for changes in your cervix.

## Centering Pregnancy

We offer Centering Pregnancy groups at our Centreville, Marion, West End, and Ensley health centers. Centering group prenatal care replaces the typical prenatal visits with a combination of the health assessment, discussion of important topics related to pregnancy and infant care and providing a support group during your pregnancy. Centering group visits have been shown to be as or sometimes even more effective as a way to receive your prenatal care than a typical visit. You will be placed in a group with other women with similar due dates and anything you wish to be addressed privately we can accommodate for. These sessions last 60-90 minutes, decreasing your time waiting and increasing the amount of time spent with your provider. If you are able to complete most of the sessions, the clinic will provide you with a car seat at the completion. Please speak with your provider or staff if you are interested in participating in Centering Pregnancy.

## Common Pregnancy Complaints

Always tell your healthcare provider about any problems you have and what you have done for relief. If at any time the following doesn't work and you are concerned, please schedule an office visit or call your provider!

In general AVOID using over-the-counter medications, especially before 12 weeks. Any of the medications listed here are considered safe in pregnancy. Always read the label carefully before taking any over-the-counter medicine. If a medication is not listed or you are unsure of its safety, please discuss with your provider before using.

SYMPTOMS	RECOMMENDATIONS
<b>Nausea and Vomiting (Morning Sickness)</b>	Eat 5 or 6 small meals each day so your stomach does not get empty or too full. Avoid greasy or spicy foods. Drink water between meals. Eat a light snack before going to bed. Avoid strong smells when nauseous. Eat dry crackers, toast or cereal. Can try Vitamin B6 (50mg to start, increase by 50mg each day up to 200mg/day), Doxylamine or Benadryl (25mg, take up to 50mg a day). Can use Gas-X or Gelusa for increased gas.
<b>Tender Breasts</b>	Generally occurs early in pregnancy then gradually improves. Wear a good support bra, even during sleep if helpful. Can also try ice packs or tylenol.
<b>Frequency of Urination</b>	Limit fluids before going to bed and before going places where restroom facilities are limited. Be sure to drink plenty of water at other times.
<b>Fatigue</b>	More common during early pregnancy and in the last two months. Try to exercise daily but also relax by lying down at least once during the daytime.
<b>Constipation</b>	Eat raw fruits, vegetables, prunes and whole-grain or bran cereals. Drink at least 2 quarts of fluid-preferably water- during the day. Carry a water bottle with you. Exercise-walking is especially helpful. Never hold back the urge to have a bowel movement. Can try Metamucil or Citrucel supplement twice a day. If these don't work, you can try Milk of Magnesia, Senokot, MiraLax or Colace.
<b>Hemorrhoids</b>	Avoid constipation. Take brief rest periods during the day with hips elevated. Sit on firm surfaces. Practice Kegel exercises. Also try chilled witch hazel packs, a sitz bath, Anusol HC, or Preparation H.
<b>Low Backache</b>	Rest frequently during the day. Maintain a good posture. Wear supportive shoes with no heels or low heels. Use pelvic rock exercises. Keep knees higher than hips- e.g. put a footstool under your feet when sitting.
<b>Vaginal Discharge</b>	Typically increases during pregnancy. Bathe the vaginal area frequently with cool water and unscented soap. Wear cotton underwear. Avoid panty hose and/or girdles, as well as tight fitting pants/spandex. Avoid vaginal sprays, powders, feminine hygiene products and colored or scented toilet tissue. Avoid douching. Speak to your provider if discharge is foul smelling, itchy or bloody.
<b>Heartburn and Indigestion</b>	Avoid heavy, greasy or spicy foods. Don't lie down right after eating. Try eating smaller meals 5 to 6 times a day. Can try Maalox, Mylanta, Tums or Rolaids. If these don't work, try Pepcid AC or Zantac 75.
<b>Dizziness</b>	Move slowly when changing position especially when getting up from a sitting or lying down position. Avoid long exposures in the sun. Carry small snacks around like crackers or suckers. Let your provider know.
<b>Varicose Veins</b>	Avoid stockings or girdles with elastic bands, but support hose may be helpful if put on before getting up. Lie down frequently for rest periods and elevate legs. Also elevate legs whenever you sit down.
<b>Shooting Pain Down the Leg</b>	Change positions immediately, sit if standing, stand if sitting. Often caused by change in posture associated with enlarging abdomen. Do back stretches and strengthening exercises.
<b>Lower Leg Cramps</b>	Elevate legs frequently during the day. Use a heating pad or hot water bottle for relief. Point toes upward and press down on the kneecap to help relieve cramp. Also try increasing your calcium by taking 4-5 Tums a day.
<b>Trouble Sleeping</b>	Do not eat immediately before sleep, but drinking milk and eating a turkey sandwich sometimes helps. Try a warm bath before going to bed. Practice relaxation techniques. Try sleeping at the same time every night. Don't watch TV or use the computer before going to bed. Can try benadryl or doxylamine 30 minutes before going to bed.
<b>False Labor</b>	Change positions and activity. Stay hydrated. True labor usually continues even with position change and hydration. Contractions generally become more regular and closer together with true labor.
<b>Feeling Faint When Lying on Back</b>	Lie on the left side. If that doesn't work, lie on the right side.

SYMPTOMS	RECOMMENDATIONS
<b>Swelling of Feet and Hands</b>	Lie on your left side for 30 minutes, 3 or 4 times a day. Exercise frequently and increase fluid intake. Eat 3 servings of protein each day. Limit salt in your diet. Let your healthcare provider know if there is any swelling present when you wake up.
<b>Bleeding Gums</b>	Gums are more sensitive during pregnancy. Try a softer toothbrush with gentler brushing. Increase intake of orange juice and foods high in Vitamin C.
<b>Leaking Breasts</b>	Can happen as you get closer to your due date. Wear nursing pads or tissues in your bra.
<b>Skin Changes</b>	Can get darker skin, enlarging moles, mild acne and even small red spots (called hemangiomas). Usually disappear or become smaller after delivery.
<b>Headaches</b>	Usually starts improving after 3 months of pregnancy. Migraines typically improve during pregnancy though they can worsen. Try tylenol and hydration. If severe, please let your provider know.
<b>Flu-like Symptoms, Sore Throat, Diarrhea</b>	The immune system is slightly weaker during pregnancy. Try to avoid sick people. Use over-the-counter-medicine only if absolutely necessary. If needed, consider the following: Nasal congestion- loratadine, cetirizine, fluticasone nasal spray. Cough- Robitussin, Guaifenesin. Sore throat- Chloraseptic spray, warm salt water gargles. Diarrhea- Donnagel, Kaopectate, or Imodium.

## Your Baby's Growth & Development

Your baby is another little person growing inside of you! Look at how your baby grows:

- **2-9 weeks (1-2 months):** My baby's heart began beating at 5 weeks. My baby has the beginning of facial features, fingers, toes, ears, and eyes.
- **10-13 weeks (2-3 months):** I can finally hear my baby's heartbeat at my prenatal visit! My baby is almost 2 inches long.
- **14-17 weeks (3-4 months):** My baby's fingers and toes have soft nails. My baby's face is now well formed, and my baby can even see light through his or her eyelids now.
- **18-20 weeks (4-5 months):** I can feel my baby move! My baby can hear my heartbeat and his or her dad's voice!
- **21-23 weeks (5-6 months):** My baby can now feel when I'm dancing!
- **24-27 weeks (6-7 months):** My baby's eyes can open. My baby is now one foot long and weighs over 1 pound.
- **28-31 weeks (7-8 months):** My baby can kick, stretch, respond to light and sound, and most importantly can now dream.
- **32-35 weeks (8-9 months):** My baby is 1½ feet long and weighs almost 5 pounds.
- **36-37 weeks (9 months):** My baby is gaining about ½ a pound a week.
- **38-41 weeks (9-10 months):** My baby is now full term. The average weight and length of a newborn baby is 7½ pounds and 20 inches long.

## Warning Signs During Pregnancy

If any of the following occurs during clinic hours, please call your clinic phone number or 877-926-2992 and ask to speak to the phone nurse. Make sure to tell the person answering that you are pregnant.

If it is after hours or on the weekend, please call your clinic's phone number and tell the answering service that you are pregnant and need to speak with the on-call doctor before going to the hospital for evaluation. Many times your problem can be resolved by speaking with the doctor.

### Warning signs:

- ▲ Bleeding from the vagina
- ▲ Nausea and vomiting that does not stop for over 24 hours
- ▲ A bad headache that does not go away with rest, eating and Tylenol
- ▲ Sudden swelling of the hands, feet, or ankles that comes with sudden weight gain
- ▲ Blurred vision or spots in your vision
- ▲ A fever of 100.4°F or greater
- ▲ A gush or leaking of fluid from the vagina
- ▲ Discharge from the vagina that causes itching or soreness, or is foul smelling or bloody
- ▲ A decrease in movement from the baby for more than 8 hours after 28 weeks gestation (7 months)
- ▲ Contractions, cramping or back pains which are constant or that come and go in a regular pattern and are NOT relieved by rest and fluids before 36 weeks gestation (beginning of 9th month)




















## Nutrition During Pregnancy

What you eat during your pregnancy can affect you and your baby's health.

- Remember, weight gain of 15 to 25 pounds is considered normal during pregnancy. If you are thin, then a weight gain of 25 to 35 pounds is recommended, and if you are overweight, it is normal to only gain 11 to 20 pounds.
- Drink 8-10 glasses of water a day.
- Eat 5-9 servings of fruits and vegetables a day.
- Avoid junk food, fast food, soda drinks, alcohol, smoking and drugs.
- If drinking caffeine, try to limit it to 100-150mg a day (up to 12oz of coffee a day).
- Calories - starting in the second trimester, pregnant women need about 300 additional calories a day (approximately 2½ cups of low fat milk or a bagel with cream cheese). You can add nuts, fruit, vegetables, whole grain breads or cereals for added nutrition.
- Protein - you need extra protein, like that in 1¼ cup milk or 1½ ounces of red meat extra a day.
- Calcium - you need two times more calcium than normal. Foods high in calcium include green leafy vegetables, orange juice, milk, yogurt, and cheese.
- Iron- you need more iron during pregnancy. Foods high in iron include whole grains, green leafy vegetables, beans, dried fruits, red meat, eggs, and poultry.
- Avoid certain types of fish: shark, swordfish, king mackerel, tilefish and tuna. It is safe to eat up to 2 servings of other types of fish a week. If you are unsure about a specific fish, please ask your provider.
- Avoid deli meats, soft or unpasteurized cheese, unpasteurized milk and raw vegetable sprouts (alfalfa, clover, radish, mung bean). Do not consume large amounts of liver (high in Vitamin A). If you eat deli meat make sure you microwave it before consuming.
- Please ask your provider before taking any herbal supplement or medicine.

# FOOD SAFETY for Baby and Me

Learn the food safety steps that will keep expecting moms safe from foodborne illness.

FOODS TO AVOID WHILE PREGNANT			SAFE INTERNAL COOKING TEMPERATURES
Foods to Avoid	Here's Why	Foods to Eat	
 Raw seafood	May contain parasites or bacteria	 Fish cooked to 145 °F	<b>145 °F</b>  Beef, pork, veal and lamb steaks, roasts and chops with a 3 min rest time Fish
 Unpasteurized juice, cider and milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Pasteurized versions are safer alternatives.	
 Soft cheese and cheese made from unpasteurized milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Hard cheese & cheese made with pasteurized milk	<b>160 °F</b>  Egg dishes Ground beef, pork, veal and lamb
 Undercooked eggs	May contain <i>Salmonella</i>	 Eggs with firm yolks	
 Premade deli salads (egg, pasta, chicken, etc.)	May contain <i>Listeria</i>	 Make these dishes at home	<b>165 °F</b>  Whole, ground, or pieces of chicken, turkey and duck
 Raw sprouts	May contain <i>E. coli</i> or <i>Salmonella</i>	 Cook thoroughly	
 Cold hot dogs and luncheon meats	May contain <i>Listeria</i>	 Reheat to steaming hot or 165 °F	
 Undercooked meat and poultry	May contain <i>E. coli</i> , <i>Salmonella</i> , <i>Campylobacter</i> , <i>Toxoplasma gondii</i>	 Meat and poultry at or above the USDA recommended internal temperature	

## Exercise Tips

Regular exercise before and during pregnancy is very important! Exercise can help you relax and get you ready for labor. It can also help you get back to a healthy weight after you deliver your baby.

- Talk with your medical provider before you start any new exercise routine.
- Warm up and stretch before you begin exercising and cool down when you are finished.
- Plan to exercise at least 20-30 minutes several times a week.
- Drink plenty of water before and after you exercise.
- Don't take part in a strenuous exercise program or contact sports. You should not be out of breath so you can't talk when you are exercising. The only exception is if you were doing a strenuous program prior to pregnancy- ask your provider whether it is safe to continue.
- Don't do any exercises that put added strain in your lower back.
- Don't exercise in hot, humid weather conditions.
- Don't bend too deep or repetitively at the waist.
- Don't lift anything heavier than 25 pounds, especially after 20 weeks of gestation.
- Sexual intercourse is not restricted during pregnancy unless your doctor has specifically said to avoid it. May be helpful to try different positions.

## Smoking & Pregnancy

Smoking during your pregnancy can have negative effects on the health of your baby. Smoking while you are pregnant:

- Increases your chance of having a miscarriage or stillbirth.
- Increases your chance of delivering a baby too soon.
- Increases your chance of having a baby that is too small and may have difficulty breathing or other health problems.
- Increases your baby's chance of dying from SIDS (Sudden Infant Death Syndrome).
- Increases your baby's chance of having asthma or respiratory problems.
- Smoking marijuana can affect your baby's brain development and lead to miscarriage.
- Babies and children who are around smokers have more episodes of colds, ear infections and the flu.

Not only is smoking harmful to your baby, but second hand smoke from others is also harmful. Quit smoking for your health, your baby's health, and the health of those around you.

If you wish to quit smoking and need help, ask your healthcare provider. You can also call **1-800-QUIT-NOW** or **1-800-784-8669**. You can also go to **[www.becomeanEx.org](http://www.becomeanEx.org)**.

## STDs (Sexually Transmitted Diseases) & Your Baby

STDs can have a significant impact on your baby if not appropriately treated. An infection you have may even be transmitted to your baby either in the womb or during childbirth.

- If you are in a relationship, make sure your partner is STD free and that you are faithful to one another.
- Using a male or female condom is another method to help prevent you and your baby against STDs, but it is not 100% effective.
- The only 100% method to prevent STDs is abstinence (not having sex).

Infections which are transmitted sexually can include:

- Gonorrhea, Chlamydia, and Trichomonas
- Syphilis, Hepatitis B and C, and HIV/AIDS
- Herpes, and HPV (Human Papillomavirus) which can cause genital warts and cervical cancer

Contracting an STD during pregnancy can have harmful effects on you and your baby including:

- Ectopic pregnancy (pregnancy in one of your tubes which can be life-threatening)
- Stillbirth (your baby is not born alive)
- Your baby having infections at delivery causing eye or brain problems or pneumonia
- Your water breaking too early or preterm labor (going into labor before 37 weeks)
- Warts on your baby's vocal cords
- Difficulty delivering vaginally and possibly needing a C-Section



## Dental Care During Pregnancy

Dental care is very important during pregnancy- you are at higher risk for dental problems. If possible, try to see a dentist before pregnancy, especially if any urgent procedures need to be done. During the pregnancy, always let the dentist know you are pregnant! Dental x-rays are generally safe.

- Avoid sugary snacks. Eat nutritious snacks like raw fruits. Drink lots of water.
- Brush your teeth twice a day with a soft-bristled toothbrush and floss once a day.

## Domestic Violence

This is any physical, sexual or emotional abuse by your partner. Abuse often begins or increases during pregnancy which puts both you and your baby at risk. If you are in such a situation, there are resources to help get you safe and to a safe location if needed.

- Within the past year or since you have been pregnant, have you been slapped, punched, kicked or otherwise physically hurt by someone?
- Are you in a relationship with someone that threatens to physically hurt you?
- Has anyone forced you to have sexual activity that made you feel uncomfortable?

If you answered 'yes' to any of these questions or do not feel safe in your home, let your provider know and call this number, **1-800-799-SAFE** (7233).

If you are fleeing a domestic violence situation, contact Central Alabama YWCA's 24-hour Crisis Line immediately at **205-322-HURT (4878)**, or call the nationwide hotline at **1-800-799-SAFE (7233)**. YWCA operates two shelters at confidential locations in Jefferson and St. Clair counties for women and children fleeing abusive homes. Our counselors help them make safety plans, obtain jobs or job training and work toward independence and self-sufficiency. These shelters serve Blount, Jefferson and St. Clair counties.

## Things You Should Know About Breastfeeding

Your breast milk is the perfect food for your newborn baby! It contains all the vitamins and nutrients your baby needs to grow and be healthy. Breastfeeding your baby has many benefits which may include:

- A decreased risk of ear infections.
- Antibodies to help your baby fight other infections.
- Less chance of getting diarrhea or constipation.
- Less chance of dying from SIDS (Sudden Infant Death Syndrome).
- Less chance of having diseases such as obesity, diabetes, asthma, allergies, and cancer later in life.
- Better brain development and higher IQ.
- Lower cost than buying formula.

## Childbirth Classes & Hospital Tours

### St. Vincent's

- 

### UAB Medical West:

- Childbirth Classes are the 2nd Saturday of each month from 9:00 am – 1:00 pm
- Call **205-481-7180** or visit [www.medicalwesthospital.org/childbirth-classes.php](http://www.medicalwesthospital.org/childbirth-classes.php)

### Bibb Medical Center

- To set up a tour, please talk to Nikki or your doctor
- To receive breastfeeding help before delivery, ask for an appointment with Millie

## Circumcision

- Optional surgical removal of the foreskin of the penis
- If your baby boy is healthy, it is usually done prior to discharge from the hospital

## Safe Sleep

Providing a safe place to sleep can help protect your baby from sudden infant death syndrome (SIDS)

- Always place your baby to sleep on his/her back on a flat, firm surface, like in a crib or bassinet (even for naps)
- It's good to share a room with your baby, but don't share a bed. Your baby should have his/her own place to sleep (crib or bassinet)
- Sleep positioners, crib bumpers, loose bedding, toys and other soft objects should not be in your baby's bed. They can cause your baby to suffocate or stop breathing.

# Birth Control

Birth Control helps keep you from getting pregnant

- We recommend using birth control for 18 months after delivering the baby before getting pregnant again. Some types of birth control cannot be used for the first six weeks after having your baby, so discuss this with your provider.
- Talk to your provider about the best form of birth control for you
- Types of Birth Control
  - **IUD** - *T-shaped device that your provider puts in your uterus, can last 3- 10 years*
  - **Implant** - *a tiny rod that has progestin in it that your provider puts in your arm, can last for about 3 years*
  - **The Patch** - *Your body absorbs the hormones through the patch on your skin. You change the patch every 3 weeks.*
  - **The Pill** - *You take one pill every day.*
  - **Progestin Shots** - *Your provider gives you a shot of progestin every 3 months*
  - **Vaginal ring** - *This is a plastic ring with progestin and estrogen that you place in your vagina. You change the ring every 3 weeks.*
  - **Diaphragm or Cervical Cap** - *cups that you put inside your vagina to cover your cervix and block sperm.*
  - **Male and Female Condoms** - *Condoms help prevent pregnancy by keeping your partner's sperm from getting into your body. They also help protect you from STIs.*
  - **Spermicide** - *Spermicide kills sperm. It comes as foam, gel, cream, a thin sheet of film and as a suppository.*
  - **Sponge** - *The sponge is a piece of plastic foam that you put inside your vagina to block your cervix. The foam has spermicide in it to help block and kill sperm.*
  - **Abstinence** - *This means you abstain from (don't have) sex.*
  - **Natural Family Planning** - *This is when you track your menstrual cycle to figure out when you ovulate to help you know when you can get pregnant.*



# PERINATAL MOOD AND ANXIETY DISORDERS (PMADS)

Perinatal: Anytime during pregnancy through the first year postpartum



## SYMPTOMS



Feelings of guilt, shame or hopelessness



Feelings of anger, rage, or irritability, or scary and unwanted thoughts



Lack of interest in the baby or difficulty bonding with baby



Loss of interest, joy or pleasure in things you used to enjoy



Disturbances of sleep and appetite



Crying and sadness, constant worry or racing thoughts



Physical symptoms like dizziness, hot flashes, and nausea



Possible thoughts of harming the baby or yourself



## TREATMENT OPTIONS

Counseling

Medication

Support from others

Exercise

Adequate sleep

Healthy diet

Bright light therapy

Yoga

Relaxation techniques

## RISK FACTORS



History of depression, anxiety, OCD



Pregnancy or delivery complications, infertility, miscarriage or infant loss



Abrupt discontinuation of breastfeeding



Thyroid imbalance, diabetes, endocrine disorders



Premenstrual Syndrome (PMS)



History of Abuse



Lack of support from family and friends



Financial stress or poverty



Unwanted or unplanned pregnancy

Postpartum Support International | [www.postpartum.net](http://www.postpartum.net) | 800.944.4773 (call or text)

If at any time during or after your pregnancy you experience any of the above feelings or symptoms, ask your doctor about talking to one of our behavioral health counselors.

## Resources

Congratulations again on your pregnancy! We here at Cahaba Medical Care sincerely hope you will have a successful pregnancy and we want to make sure that you are fully equipped for the new journey you are starting. Here is a list of resources that you may find helpful as you prepare for parenthood. Don't forget to schedule your regular prenatal visits as well!

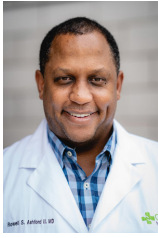
PROGRAM	PHONE	CONTACT	SERVICES
<b>Medicaid / Viva</b>	West End/Ensley: 205-994-5387 Princeton / Bessemer: (205) 937-8272 Centreville: (256) 633-1124 Marion: (205) 807-7097 Alabaster: ramsiwrobinson@uabmc.edu	West End/Ensley: Thezora Johnson Princeton / Bessemer: Kenya Parker Centreville: Amory Harris Marion: Wanda Winfield Alabaster: Ramsi Robinson	If you are pregnant and uninsured, you may qualify for temporary Medicaid to cover prenatal care. Call for an appointment.  Personal Care Coordinators will support you throughout your pregnancy and postpartum period to connect you with resources you may need and make sure you receive prenatal care.
<b>Domestic Violence:</b> YWCA  First Light	Get Immediate Help 205-322-HURT (4878)  205-323-4277		Domestic Violence shelter, counseling, legal support  <a href="https://www.firstlightshelter.org/programs/">https://www.firstlightshelter.org/programs/</a>
<b>Lactation support:</b> Alma Adora  Chocolate Milk Mommies  La Leche League  St. Vincent's	205-743-9710  205-538-1756  (205) 988-0594 or <a href="mailto:bhamlalecheleague@att.net">bhamlalecheleague@att.net</a>  (205) 212-MOMS (6667)	Kimberly Greer  Jennifer Miller  Dawn	Lactation support -- breastfeeding class before delivery and postpartum. Call for an appointment.  1 online meeting each month via Facebook and periodic playdates for free.  Lactation support for women delivering at St. Vincent's
<b>Breast Pump</b>	Contact WIC office		
<b>Parenting Classes</b>			
Pregnancy Resource Center - Hueytown	205-565-4554		
Choices Pregnancy Center	205-759-5433		
Cross Pointe Church Tuscaloosa	205-553-6464		
Family Counseling Services	205-752-2504		
March of Dimes	205-824-0103		
Storks Nest	205-391-9289		
Tuscaloosa One Place	205-462-1000		
Sowing Seeds of Hope	334-683-4666		
Shelby Co-Teen Parenting	205-665-1942		

<b>PROGRAM</b>	<b>PHONE</b>	<b>CONTACT</b>	<b>SERVICES</b>
Classes Children's Aid Society	205-943-5351		
Alabama Nurse Family Partnership - Jefferson Co.	205-996-7625	beckyw@uab.edu	Available for 1st time mothers, partner with a registered nurse early in pregnancy and receive ongoing nurse home visits that continue through the child's 2nd birthday.
Pregnancy Resource Center - Hueytown Pregnancy Resource Center - Pelham	205-565-4554 (205) 664-1668		Free limited ultrasounds Confidential options info/resources 1 on 1 weekly parenting classes where can earn "Mommy Money" and shop for diapers/clothes and fun stuff for mom Adoption referrals
Kid One Transport	205-978-1000		Free transportation to healthcare related facilities or providers for expectant mothers and children for some regions of the state
WIC (Women Infants and Children)	205-558-2144	Call to make an appointment	Supplemental Nutrition Program for Women, Infants and Children
Bundles of Hope	(205) 607-2112		Diaper Bank <a href="http://www.bundlesdiaperbank.org">http://www.bundlesdiaperbank.org</a> Also, diapers are available in at the Centreville and West End Community Centers
Child Passenger Safety/ Safe Kids	205-638-9900 1-800-504-9768	Jennifer	Provide car seats for children who are on federal assistance (WIC, Medicaid, All Kids). Child must be born and present at appointment. Call to set up appointment
BirthWell Partners Community Doula Project	205-614-3297		BirthWell Partners matches pregnant clients with volunteer birth doulas. Doula services are free for clients with Medicaid.
Birmingham Talks	hi@bhmtalks.org		Birmingham Talks is a free citywide program that works with babies from birth-3 years old to help build lifetime literacy.

# Cahaba Medical Care OB Providers

## ENSLEY

Delivery at St. Vincent's  
(205) 788-5164



Rowell Ashford II, MD



Sarah Stoke Kanes, DO



Loretta Preston, CRNP



Stacey Smith, CRNP

## WEST END

Delivery at St. Vincent's  
(205) 679-6325



Jennifer Kendall, MD

## BESSEMER

Delivery at UAB Medical West  
(205) 277-2358



Lauren Linken, MD



Jonathan Peters, MD



Andrew Posey, DO



Carmen Collins, MD

## MARION

Delivery at  
Bibb Medical Center  
(334) 247-1006



Laura Lishman, MD

## HOPE HEALTH

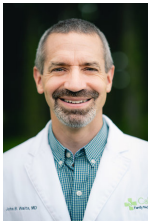
Delivery at  
St. Vincent's  
(205) 785-1353



Lucas Kane, DO

## CENTREVILLE

Delivery at Bibb Medical Center  
(205) 926-2992



John Waits, MD



Nikki Savage, CRNP



Elizabeth Lee, MD



Jamie Bishop, DO



Laura Lishman, MD

## FAIRFIELD

Delivery at St. Vincent's  
(205) 791-5048



Noelle Prescott, MD

## ALABASTER

Delivery at St. Vincent's & UAB Medical West  
(205) 679-6326



Keith Do, MD



Magan Grooms, CNM

## PRINCETON

Delivery at St. Vincent's  
(205) 928-8430



Antonia Williams, MD



Yocunda Clayton, MD