



MORNING SICKNESS

Morning sickness is as old as human pregnancy. Thousands of pregnant women suffer through it each year. The midwives of Mansfield OB/GYN Associates have compiled the following list of tips that hopefully will ease the discomfort of morning sickness.

- Smells and odors trigger morning sickness. Sprinkle a damp washcloth with lemon or lime and store in a sealed Ziploc bag. This cloth placed over the nose helps with disagreeable odors. Keep your bedroom well ventilated to eliminate odors. Your sense of smell may become very acute and can be described as “radar nose”, smelling things no one else notices and these smells can set off a bout of nausea and vomiting.
- Eat foods that you crave, even if your choice seems odd or strange.
- The following foods may be well-tolerated and help ease your nausea:
 - Gatorade, Gatorade popsicles, watermelon, papaya, papaya juice, almonds, cashews and hazelnuts.
- Avoid fried, greasy and spicy foods.
- Choose foods high in fiber and fluid. Some examples are cracked wheat or mixed grain bread, instant oatmeal, apples, baked or boiled potatoes or cream of wheat.
- When eating, take time to chew slowly and listen to your stomach. Stop eating when you feel the least bit full. Eat another small meal later when your stomach feels stable. Eat solids first. Try liquids at a separate time from the rest of your meal. Try eating several small meals more frequently during the day.
- If nausea and vomiting occur after eating, rest on your right side immediately after eating.
- Plain water for drinking can be spiced up to make it more palatable with lemon, lime or crushed mint leaves.
- Keep a record of your successful food choices.
- Be aware that nausea and vomiting may cause you to become dehydrated. If you do become dehydrated, be sure to hydrate yourself by drinking water, or other non-caffeinated beverages. Popsicles or flavored ice cubes are a good choice to replenish fluids. Many people become sensitive to changes in temperature when dehydrated. If you feel cold, don't turn up the heat. Instead, layer clothes and do not forget a hat. 40% of heat lost is through the head. Wearing loose clothing also creates pockets of air, improving insulation.
- Ice chips help soothe a raw throat.
- Try taking vitamin B-6 50-100 mg every day.
- Sea-Bands, available at boating stores and many drug stores often help alleviate morning sickness and motion sickness too. Sea-Bands apply light pressure to the wrists and they work!
- Toothpaste may produce nausea. Try changing to tooth powder, salt or baking soda. If these are not tolerated, brush with water only and floss.
- If vomiting occurs in the middle of the night, wait 1-2 hours after your last meal before retiring.
- Listed below is a recipe for an anti-nausea medication to be used only if you are instructed to do so by our physicians or midwives. Unisom and vitamin B6 are “over the counter”.

Unisom ½ tablet and vitamin B6 50 mg in the morning.

Unisom ½ tablet at mid day.

Unisom 1 tablet and vitamin B6 100 mg at bedtime.

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Calcium in Food

(adopted from Office of Dietary Supplements, National Institute of Health)

Milk, yogurt, and cheese are rich natural sources of calcium and are the major food contributors of this nutrient to people in the United States [1]. Nondairy sources include vegetables, such as Chinese cabbage, kale, and broccoli. Spinach provides calcium, but its bioavailability is poor. Most grains do not have high amounts of calcium unless they are fortified; however, they contribute calcium to the diet because they contain small amounts of calcium and people consume them frequently. Foods fortified with calcium include many fruit juices and drinks, tofu, and cereals. Selected food sources of calcium are listed in Table 2.

Table 2: Selected Food Sources of Calcium [2]

Food	Milligrams	
	(mg) per serving	Percent DV*
Yogurt, plain, low fat, 8 ounces	415	42
Orange juice, calcium-fortified, 6 ounces	375	38
Yogurt, fruit, low fat, 8 ounces	338–384	34–38
Mozzarella, part skim, 1.5 ounces	333	33
Sardines, canned in oil, with bones, 3 ounces	325	33
Cheddar cheese, 1.5 ounces	307	31
Milk, nonfat, 8 ounces**	299	30
Milk, reduced-fat (2% milk fat), 8 ounces	293	29
Milk, buttermilk, 8 ounces	282–350	28–35
Milk, whole (3.25% milk fat), 8 ounces	276	28
Tofu, firm, made with calcium sulfate, ½ cup***	253	25
Salmon, pink, canned, solids with bone, 3 ounces	181	18
Cottage cheese, 1% milk fat, 1 cup	138	14
Tofu, soft, made with calcium sulfate, ½ cup***	138	14
Instant breakfast drink, various flavors and brands, powder prepared with water, 8 ounces	105–250	10–25
Frozen yogurt, vanilla, soft serve, ½ cup	103	10
Ready-to-eat cereal, calcium-fortified, 1 cup	100–1,000	10–100
Turnip greens, fresh, boiled, ½ cup	99	10



Kale, fresh, cooked, 1 cup	94	9
Kale, raw, chopped, 1 cup	90	9
Ice cream, vanilla, ½ cup	84	8
Soy beverage, calcium-fortified, 8 ounces	80–	8–
	500	50
Chinese cabbage, bok choy, raw, shredded, 1 cup	74	7
Bread, white, 1 slice	73	7
Pudding, chocolate, ready to eat, refrigerated, 4 ounces	55	6
Tortilla, corn, ready-to-bake/fry, one 6" diameter	46	5
Tortilla, flour, ready-to-bake/fry, one 6" diameter	32	3
Sour cream, reduced fat, cultured, 2 tablespoons	31	3
Bread, whole-wheat, 1 slice	30	3
Broccoli, raw, ½ cup	21	2
Cheese, cream, regular, 1 tablespoon	14	1

* DV = Daily Value. DVs were developed by the U.S. Food and Drug Administration to help consumers compare the nutrient contents among products within the context of a total daily diet. The DV for calcium is 1,000 mg for adults and children aged 4 years and older. Foods providing 20% or more of the DV are considered to be high sources of a nutrient, but foods providing lower percentages of the DV also contribute to a healthful diet. The U.S. Department of Agriculture's [Nutrient Database Web site](#) lists the nutrient content of many foods. It also provides a [comprehensive list of foods containing calcium](#).

** Calcium content varies slightly by fat content; the more fat, the less calcium the food contains.

*** Calcium content is for tofu processed with a calcium salt. Tofu processed with other salts does not provide significant amounts of calcium.



WARNING TO PEOPLE & THEIR FAMILIES WHO EAT FISH

Although many fish caught in Connecticut are safe and healthy to eat, some fish from Connecticut waters have dangerous chemicals in them. If you follow the advice below, you and your family can safely eat fish

Connecticut Rivers and Lakes-Statewide

Most types of fish may have small amounts of mercury in them. Therefore, the following people should not eat more than one meal a month of fish that are caught in Connecticut rivers and lakes:

- Women who are pregnant.
- Women who plan to become pregnant.
- Women who are nursing their baby.
- Children under six.

One exception to this warning is trout. They are safe to eat.

Saltwater Fish-Long Island Sound

Most saltwater fish are safe to eat except for two large types of fish: bluefish (longer than 25 inches) and striped bass. These two types of saltwater fish should not be eaten by pregnant women, by woman who plan to become pregnant, nursing mothers or by children under six. Everyone should eat no more than six meals a year of striped bass and large bluefish.

Specific Rivers and Lakes in Connecticut

Water bodies with higher levels of dangerous chemicals include:

- Housatonic Rivera (above Derby Dam)
- Union Pond (Manchester)
- Quinnipiac Rivera (upstream of Quinnipiac Gorge/Hanover Pond (Meriden)
- Dodge Pond (East Lyme)
- Eight Mild River (Southington)
- Lake McDonough (Barkhamsted)
- Brewster Pond (Stratford)
- Silver Lake (Berlin/Meriden)
- Wyassup Lake (North Stonington)
- Versailles & Papermill Ponds (Sprague)

Most types of fish from these water bodies should not be eaten by anyone, especially pregnant women, women who pan to become pregnant, nursing mothers and children under sis. In addition, pregnant woman, women who plan to become pregnant, nursing mothers and children under six should not carp or catfish from the Connecticut River.

Store Bought Fish

Most fish from the store is safe to eat. Pregnant women, women who plan to become pregnant, nursing mothers and young children should follow these limits:

- Eat no more than 1-2 meals a week.
- Choose "Light Tuna" as it has less mercury than the "White" or "Chunk White" tuna.
- **DO NOT EAT** Swordfish or Shark. These fish have mercury levels that are to high for women during pregnancy and nursing mothers.

For more health information call 860-509-7742 or visit <http://www.dph.state.ct.us/BCH/EEOH/webfsh.htm>.

For fishing information, call 860-424-3474 or visit <http://www.dep.state.ct.us/burnatr/fishing/fdhome.htm>



EATING SAFELY DURING PREGNANCY

During pregnancy you can eat the same things that you normally eat when you were not pregnant. But especially in the first few months of your pregnancy, your baby can be hurt by poisons (toxins) or germs (bacteria). For this reason you need to be aware of these food dangers and learn how to choose and prepare your food safely.

What Foods Might Be Harmful To My Baby During Pregnancy?

The foods of most concern are fish, meat, milk and cheese. Because these are important parts of most diets, you will want to learn to choose the right fish, meat, milk and cheese.

What's The Problem With Fish?

Many fish, especially fish that are large, eat other fish and live a long time have mercury in them. Mercury can cause problems with the development of your baby's brain and nerves. Fish may also have dioxins and polychlorinated biphenyls (PCBs). These toxins may cause problems with the development of your baby's brain and may cause cancer.

So Should I Just Stop Eating Fish?

No. Fish is a wonderful food. It has lots of good protein and other nutrients. You can continue to eat fish but you may wish to cut down on the amount of fish you eat and change the kind of fish you eat. Information about which fish are good to eat during pregnancy is listed on the back of this page.

What Meat Is Dangerous?

In the United States most of our meat is safe to eat. However, meat that has not been kept cold or that has not been prepared properly may have germs or parasites that could harm you or your baby. Raw meat may contain toxoplasmosis. Toxoplasmosis is a germ that can damage your growing baby's eyes, brain and hearing. The backside has more information.

What Do I Need To Know About Milk And Cheese?

Some cheese may contain germs (bacteria) called listeria. These germs can cause a disease called listeriosis which may cause miscarriage, stillbirth or serious health problems for your baby. To avoid listeriosis, you may want to avoid soft cheeses like Mexican-style queso blanco fresco, feta and brie. The flip side will tell you which cheeses you can continue to enjoy and which types to avoid.

How Do I Prepare Food Safely?

- Wash your hands and cooking surfaces often.
- Keep raw meat away from raw fruits, vegetables and cooked meat.
- Cook your food until it is steaming hot. Keep uneaten food cold or frozen.



Food	Recommendation
Fresh Fish Shark, swordfish, king mackerel, tilefish Farmed salmon. Albacore tuna (white tuna). Shrimp, canned light tuna, canned or wild salmon, Pollock and catfish.	Do not eat. Eat no more than 1 meal a month. Eat no more than 1 meal a week. Eat no more than 2 meals a week.
Deli Meats and Smoked Fish Deli meat spread Hot dogs, lunch meat, deli meat, deli smoked fish Canned smoked fish or meat spread	Do not eat Do not eat unless you reheat to steaming hot Eat no more than 2 meals a week
Meat-Beef, Chicken and Pork Any meat that is rotten or raw	Do not eat.
Milk and Cheese Unpasteurized milk, feta cheese, brie cheese, camembert cheese. Blue veined cheeses, Mexican-style queso blanco fresco Hard cheeses, semi-soft cheeses like mozzarella, processed cheese slices, cream cheese, cottage cheese, yogurt made with pasteurized milk. Skin or 1% pasteurized milk	Do not eat. Eat all you want. Drink all you want.

NOTE:

- Check local advisories about the safety of fish caught by family and friends in your local waters. If you cannot get advised on this, eat no more than one meal a week from fish caught in local waters and do not eat any other fish that week.
- Cook fish by broiling, baking, steaming or grilling. Remove skin and fat before cooking. Do not eat the fat that drains from the fish while cooking.
- Cook all meats all the way through. When you eat meat you should not see any pink inside the flesh. After cutting up raw meat, clean the cutting surface with bleach soap and hot water before cutting any raw fruit or vegetables.

FOR MORE INFORMATION

Centers for Disease Control Prevention

<http://www.cdc.gov/foodsafety> or <http://www.cdc.gov/travel/pregnancy> Excellent up to date information on food safety issues in the United States and abroad.

Partnership for Food Safety Education

<http://www.fightbac.org> The Partnership for Food Safety education has lots of good information on prevention of illness from the food supply.

Food and Drug Administration

<http://www.fda.gov/bbs/topics/news/2004/NEW01038> The Food and Drug Administration published advisories regarding the consumption of fish in March 2004.



For more information about the Organization of Teratology Information Specialists or to find a service in your area, call (866) 626-6847 or visit us online at: www.OTISpregnancy.org.

Hair Treatments and Pregnancy

Any woman who gets pregnant has a 3 - 5% chance of having a baby with a birth defect. The information below will help you to determine if your use of hair treatments during pregnancy increases your risk above this background risk. This information should not be used as a substitute for the medical care and advice of your health care provider.

What are the different types of hair treatments?

Hair treatments include hair coloring, hair curling (permanents), hair bleaching, and hair straightening (relaxers) agents. Hair coloring procedures are divided into several groups determined by the length of time the color stays in the hair. These categories include temporary dyes, semi-permanent dyes, and permanent dyes. Permanent dyes have received the most attention, and they include a variety of chemicals. Hair curling or permanent waves are produced by placing two solutions in the hair. The first solution is a waving fluid and the second is a fixation or neutralization solution. Hair bleaching involves the use of hydrogen peroxide, and hair straighteners or hair relaxers involve a variety of chemicals.

The amount of an exposure, the timing during the pregnancy and frequency of use may be important factors when thinking about hair treatments in pregnancy. Since many different chemicals are used and manufacturers frequently change formulations, these general guidelines are offered based upon small doses, animal data and limited data in pregnant women. Cosmetic products are frequently used, but are not generally evaluated for effects on pregnancy.

Do I absorb hair coloring/dye through my skin?

Low levels of hair dye can be absorbed through the skin after application, and the dye is excreted into the urine. This minimal amount is not thought to be enough to cause a problem for the baby.

Before I was pregnant, I had my hair dyed every couple of months. Is this safe now that I am pregnant?

There are very few studies of hair dye use during human pregnancy. In animal studies, at doses 100 times higher than what would normally be used in human application, no significant changes were seen in fetal development. We know that only a small

amount of any product applied to your scalp is actually absorbed into your system and therefore, little would be available to get to the developing baby. In addition, many women have dyed their hair during pregnancy with no known, reports of negative outcomes. This information, in combination with the minimal absorption through the skin makes hair treatment in pregnancy unlikely to be of concern.

I would like to have my hair permed and am currently in the first trimester of my pregnancy. Is there any risk for birth defects or miscarriage?

Similar to hair dyes, there is limited information available for the safety of hair permanents in pregnancy. The fixation solution used during the application of the permanent may irritate the scalp, but this has not been associated with any other effects in the body. Very little absorption is likely to occur and it does not seem to cause effects in other parts of the body.

I have my hair straightened every two months. Can I continue this into pregnancy?

A study in humans examined the use of hair straighteners during pregnancy. The use of these products was not found to increase the chance of low birth weight or preterm delivery. The study did not address the chance of other abnormal outcomes (such as birth defects). Again, it is likely that only a small amount of hair straightening products are actually absorbed into your system, so the developing baby would only be exposed to small amounts.

I work full time as a cosmetologist and recently became pregnant. Should I stop working until the baby is born?

A large study looked at the risk of miscarriage in cosmetologists. A slightly increased risk of miscarriage was found for cosmetologists who had specific work activities. Activities that seemed to

contribute to the slightly increased risk included working more than 40 hours per week, standing more than 8 hours per day, higher numbers of bleaches and permanents applied per week, and working in salons where nail sculpturing was performed. Part time cosmetologists (less than 35 hours per week) did not seem to have an increased risk of miscarriage during pregnancy.

In another study, miscarriage rates among hairdressers were reviewed, and newer data was compared to older data. The older data (from 1986-1988) showed an increased risk of miscarriage, an extended time trying to get pregnant, and low birth weight. The newer data (from 1991-1993) did not find increased risks. The authors suggest that newer restrictions on some dye formulas and better working conditions have contributed to the better outcomes.

•Both studies support the importance of proper working conditions. Working in a well-ventilated area, wearing protective gloves, taking frequent breaks, and avoiding eating or drinking in the workplace are all important factors that can decrease chemical exposures.

Is it safe to have hair treatments while I am breastfeeding?

There is no information on having hair treatments during breastfeeding. It is highly unlikely that a significant amount would enter the breast milk because so little enters the mom's bloodstream. Many women receive hair treatments while breastfeeding, and there are no known reports of negative outcomes.

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Listeriosis and Pregnancy

The information below will help you determine if your prenatal exposure to listeriosis will increase the fetal risk above the background risk. With every pregnancy, any woman has a 3 to 5 percent chance of having a baby with a birth defect. The information contained in this fact sheet should not be used as a substitute for the medical care and advice of your health care provider.

What is listeriosis? Listeriosis is an infection caused by *Listeria monocytogenes* bacteria. These bacteria are found, in soil, dust, water, unwashed raw produce, fish, undercooked poultry, prepared meats such as hot dogs and deli meats, and feces of domestic and wild animals. The most common source of infection is contaminated food such as deli meats, unpasteurized milk or dairy products, soft cheeses, and pate. Once infected, *Listeria* lives in the gastrointestinal tract. There are several species of *Listeria*, but only *Listeria monocytogenes* is a cause for concern in humans.

Who is at risk for listeriosis? Listeriosis occurs in 0.7 per 100,000 people. Pregnant women, young children and older adults over the age of 60, and adults with weakened immune systems are at a higher risk of being infected. The chance of listeriosis infection can be reduced by following a few simple food safety recommendations.

What precautions should I take to avoid the infection? To decrease the risk of listeriosis and other food-borne illness in *all individuals*:

- Thoroughly cook raw foods from animal sources.
- Wash raw vegetables.
Separate uncooked meats from cooked meats and vegetables.
- Wash hands, cutting boards and knives after contact with uncooked foods.

Pregnant women should take additional precautions to decrease the risk of listeriosis.

Avoid soft cheeses (such as feta, *Brie*, Camembert, Mexican-style cheeses and blue veined cheeses), unless they are in a fully cooked dish. Hard cheeses, pasteurized cheese slices, cream cheese, cottage cheese, and yogurt can be safely consumed. Reheat to steaming any leftover and ready-to-eat food, such as hot dogs, cold cuts and deli meat

- Do not eat refrigerated pate, meat spreads or refrigerated smoked seafood, unless it is an ingredient in a fully cooked dish.
- Avoid unpasteurized milk and dairy products.

How do I know if I've been infected with *Listeria*? A blood test can detect whether you have been infected with listeriosis. Symptoms of listeriosis may range from showing no symptoms to exhibiting diarrhea, fever, muscle pain, joint pain, headache, stiff neck, backache, chills and sensitivity to bright light, or sore throat with fever and swollen glands. These symptoms can begin 2-8 weeks after eating contaminated food.



I am pregnant and have been infected with Listeria. Will this affect my baby? Although a woman may have been infected, it is still possible that the baby has not. Unfortunately, there is a risk of miscarriage, stillbirth, uterine infection, premature labor, and death in the newborn period for women infected.