

Mishpacha family FIRST



ENDING ON A SWEET NOTE

Pesach desserts
for both traditionalists
and innovators

OUT OF THE FRYING PAN AND INTO THE FIRE

Can a frum woman
safely navigate the
world of social media?

THE SIMCHAH RECYCLERS

They'll take the cake —
and reroute it to
a family in need

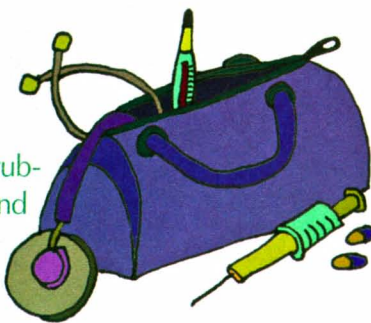
ISSUE 181
17 Adar 5770
March 3, 2010

SUPPLEMENT TO MISHPACHA JEWISH FAMILY WEEKLY

Q

Last year, I was in my ninth month of pregnancy when I took to scrubbing out my fridge and all my cabinets with a vengeance, for Pesach.

I had premature contractions, which gave me quite a scare. I'm pregnant again. For a normal, healthy pregnancy, how much is "too much" for Pesach cleaning? I don't want to risk early delivery for the sake of a clean house, and we aren't in a position to hire cleaning help.



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A

Term for a normal pregnancy is 37 to 42 weeks. We count weeks because it is difficult to count months (one month is four and a half weeks). Premature delivery is delivery before 37 weeks. This represents 12 percent of deliveries in the United States and this number is on the rise due to multiple gestations (from infertility treatments).

We have very loose "milestones" for development in utero. If born at 28 weeks, the baby will likely survive, but with a very high chance of having a disability. At 34-36 weeks, though technically preterm, the baby will likely do very well.

One-quarter of all early deliveries happen because the medical team decides to deliver the baby preterm because of concerns for fetal/maternal health, such as preeclampsia, (which we wrote about in a previous health column), seizures, or if the baby has stopped growing.

Though the causes of preterm labor are never completely known, certain factors increase the risk of preterm delivery (much more so than Pesach cleaning!). Infections in the body (swine flu, kidney infections, hepatitis), placental and structural problems, overstretching with multiple babies, and several pregnancies following one another closely can cause early delivery. Being older than age 35 can predispose one to preterm delivery. Trauma such as a car accident, a fall, or abuse predispose one to early delivery. Chronic medical conditions such as lupus, diabetes, seizure disorders, or severe asthma put women at greater risk for preterm delivery. Too little weight gain (less than 10 pounds), too much weight gain (more than 40 pounds) or dehydration can cause preterm delivery. A history of a previous preterm delivery means that it could happen again.

Braxton Hicks contractions (practice contractions) are a normal part of pregnancy. We are now able to differentiate preterm labor from "too much" Pesach cleaning with ultrasound and the Fetal Fibronectin test. We can never be too careful, and therefore fully evaluate patients with early contractions.

In summary, take good care of yourself with proper nutrition and even more hydration than normal while scrubbing that refrigerator. Listen to your body. If you are cleaning so hard that you are contracting, you are definitely doing too much. When in doubt about the contractions, call your doctor.

didyouknow?

A common complication during pregnancy could predispose prematurely born children to asthma, a large study reported in the *Archives of Pediatric and Adolescent Medicine*. The condition, chorioamnionitis, is inflammation of the fetal membranes and amniotic fluid from a bacterial infection. It is thought to be linked to more than half of all preterm births before thirty-seven weeks gestation. Research found a higher risk of wheezing by age two in preemies whose mothers had had chorioamnionitis.

healthtip

Recent medical trials are looking into whether Botox could help reduce migraine pain. A study published in the *Archives of Dermatology* is researching whether Botox could be an effective treatment for chronic migraines, which affect over three million Americans. Botox was found to be the most effective for what patients describe as "an imploding headache that feels like a vise is tightened around my head."

Weekly Health Update From

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Vitamin C Formula Yummie C 250™

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