



Kadlec Medical Center

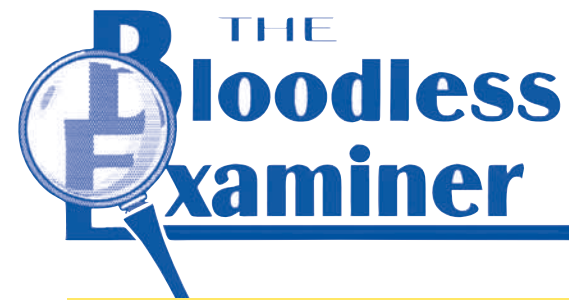
Bloodless Medicine & Surgery Program
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Fall/Winter 2009

Anemia and Pregnancy

Your body goes through significant changes when you become pregnant. The amount of blood in your body increases by about 20-30 percent, which increases the supply of iron and vitamins that the body needs to make hemoglobin. Hemoglobin is the protein in red blood cells that carries oxygen to other cells in your body.



Many women lack the sufficient amount of iron needed for the second and third trimesters. When your body needs more iron than it has available, you can become anemic.

Mild anemia is normal during pregnancy due to an increase in blood volume. More severe anemia, however, can put your baby at higher risk for anemia later in infancy. In addition, if you are significantly anemic during your first two trimesters, you are at greater risk for having a pre-term delivery or low-birth-weight baby. Being anemic also burdens the mother by increasing the risk of blood loss during labor and making it more difficult to fight infections.

Am I at Risk?

You are at higher risk for becoming anemic during your pregnancy if you:

- Have two pregnancies close together
- Are pregnant with more than one child
- Are vomiting frequently due to morning sickness
- Do not consume enough iron
- Have a heavy pre-pregnancy menstrual flow

Many of the symptoms of anemia during pregnancy are also symptoms you may experience even if you are not anemic; these include:

- Feeling tired or weak
- Progressive paleness of the skin
- Rapid heartbeat
- Shortness of breath
- Trouble concentrating

Doctors typically perform several tests to check the percentage of red blood cells in your plasma and the amount of hemoglobin in your blood. These are indicators of whether you are at risk for becoming anemic.

Is Pregnancy-Related Anemia Preventable?

Good nutrition is the best way to prevent anemia if you are pregnant or trying to become pregnant. Eating foods high in iron content (such as dark green leafy vegetables, red meat, fortified cereals, eggs, and peanuts) can help ensure that you maintain the supply of iron your body needs to function properly. Your obstetrician will also prescribe vitamins to ensure that you have enough iron and folic acid. Make sure you get at least 27 mg of iron each day. If

you do become anemic during your pregnancy, it can usually be treated by taking iron supplements.

Ask your doctor about your risk for anemia and make sure you are tested at your first prenatal visit. You also may want to get tested four to six weeks after delivery. Depending on your condition, your doctor may refer you to a hematologist, a doctor who specializes in blood conditions.

(from the American Society of Hematology)

Find us on the web: kadlecmed.org

“What matters is not the idea a man holds, but the depth at which he holds it.”

— Ezra Pound

**NEED A
PHYSICIAN?**

Patient Improvement 101

“How to be a better patient”

- Ask questions, ask questions, ask questions! And when you don't understand, ask again. If you don't understand something your doctor is trying to explain let your doctor know.
- Take notes. You may not always remember everything the doctor tells you. Take notes and you won't have to worry about forgetting.
- Take a friend or family member along if you have trouble communicating or understanding.
- If you have tests done and don't hear any results, don't assume that no news is good news. Follow up.



Medicines:

- Inform all of your doctors of all the medications that you are taking. This includes prescription drugs, over the counter medicine and any dietary supplements such as vitamins and herbs
- Make sure your doctors know about any allergies and adverse reactions you've had to any medicine.
- When you get a prescription from your doctor be sure you can read it.

Ask questions!

- What is the medicine for?
- Are there any side effects? What should I do if they occur?
- How do I take it and for how long?
- Is it safe with other medicines or vitamins?
- What food or activities should I avoid while taking the medicine?
- Double check with the pharmacist that the prescription was filled correctly
- Make sure you understand the directions on the prescription before you leave the pharmacy.

Hospital Stays:

- Wash your hands and ask the health care workers if they've done the same.
- Understand your treatment plan that you will use at home before you leave the hospital.
- If you're having surgery, be sure you and your doctor all agree and are clear on exactly what procedure will be done.

Glancing Back & Looking Forward

We believe...
safe, accessible, high quality care is fundamental
to patient centered care

Although the phrase “patient-centered care” is defined and used in a variety of ways, the essential theme is the importance of delivering healthcare in a manner that works best for patients. In a patient-centered approach to health care, providers partner with patients and their family members to identify and satisfy the full range of patient needs and preferences.

“Our son, Marshall, was born nearly 13 weeks premature at Kadlec via emergency C-section. We felt compelled to write to express our happiness with Marshall's care in the Neonatal Intensive Care Unit and our gratitude for the cooperation of all involved with the Bloodless Medicine Program, which respected our wishes as Jehovah's Witnesses. Please convey our heartfelt gratitude to all those who work in the NICU. Their hard work and loving attention is something we thank God for! We loved that the nurses treated Marshall as if he was their own tiny little baby boy.”



—Carla & Eugene Mackey,
Pasco



Community Workshop

When: **Saturday, February 27, 2010**

Call: **800-780-6067, ext. 2817
or 942-2817**

Where: **Kadlec Medical Center
888 Swift Blvd. Richland
Columbia Rooms
North Wing, Third Floor**

Reservations required -
Class size limited to 50 people.
*Light meal provided

Time: **6:00-8:00 p.m.**



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