



October 20th, 2014

Healthy Pregnancy, Healthy Baby and Healthy Mum

Each year about 44,000 babies are born in B.C.; supporting healthy pregnancies, labour and deliveries is important to all of us.

A Better Way to Take Your Iron?

Pregnant women often need additional iron, particularly if the mother-to-be is anemic, but taking iron supplements can be nauseating – especially if morning sickness is an issue. Now, a study of twice-weekly iron supplements has found that this performs just as well as daily doses but with much better tolerability. Added bonus? There was a suggestion that the babies of these bi-weekly treatments had better cognitive development too!

Latest Labour and Delivery News

Researchers at UC-San Francisco have taken a look at the relationship between epidural use during labor and the length of labor, and have concluded epidurals increase labor time more substantially than previously thought. Current standards allow for an extra hour but their data suggests it's likely more than two hours. At issue is whether interventions to advance labor and delivery might be attempted too early, potentially introducing more risks.

The standard for delivering babies by caesarian is to wait until 39 weeks gestational age to maximize infant development, but a study from Houston is proposing earlier caesarian deliveries in women who have undergone previous caesarians to reduce complications for both mother and baby. They've determined that 38 weeks is better if there have been two previous C-sections and 37 weeks if there were three or more. Talk with your maternity care provider to understand your options about labour and delivery for pregnancies after having had a C-section – a vaginal delivery may also be an option for you.

Losing the “Baby Weight”

Pregnancy is often seen as a time when “eating for two” becomes a free ticket for excessive weight gain. And, the busy job of being a new mom can limit efforts to lose the weight. But, now there's new incentive to get cracking... not losing that pregnancy weight within a year of birth can lead to cardiovascular and metabolic (think: diabetes) changes and their attendant adverse effects on health. Make sure mom is on the priority list too! Be sure to take a healthy approach to losing weight.

Building a family is simultaneously exciting and frightening but it can be reassuring to get some good advice. Your pharmacist can guide you to the information that is best for you and your new little bundle-of-joy!