

PROJECT BIRTH

Better Integration Rate Through maternal and child Healthcare

INFORMATIVE SCHEME FOR THE SUPPORT OF FOREIGN WOMEN DURING PREGNANCY



MINISTERO
DELL'INTERNO



Food during Pregnancy



IT'S ADVISABLE TO



- HAVE 3 MAIN OR PRINCIPAL MEALS AND ABOUT 2 TO 3 SNACKS A DAY



- EAT SLOWLY



- IT'S RECOMENDABLE TO DRINK AT LEAST 2 LITRES OF WATER EACH DAY

WHAT TO EAT?

PREFERABLE MATERIALS



VEGETABLES AND FRUITS IN-SEASON



COOKED FISH



MILK AND YOGURT



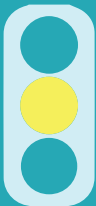
LEAN MEAT THOROUGHLY AND WELL-COOKED



LOW-FAT CONTAINING CHEESE



LIMIT



COFFEE AND TEA



SUGAR



MOLUSCHI AND SHELLFISH



SALTS



ANIMAL FATS



EGGS



SUGARY DRINKS AND BEVARAGES



NEVER



ALCOHOLIC BEVARAGES



SMOKE



Ideal menu for **Future Mothers**

BREAKFAST

A cup of milk or low-fat yogurt
3-4 sices of wheatmeal bread with 2 teaspoonfulls of jam or 6 dry biscuits



HAVE MID-MORNING SNACKS

Eat fruit(or yogurt, if you dont't eat in the afternoon)



LUNCH

1 portion of carbohydrates (example: 80g of pasta or rice with tomato sauce or vegetables)
Vegetables at will
A portion of fruit (1 big fruit or 2 small ones)



AFTERNOON SNACKS:

Eat fruit (or yogurt , if you don't eat in the morning)



DINNER

The ideal portion is about 100/200g of meat or fish or legumes
Eat vegetables at will
A portion of fruit(1 big fruit or 2 small ones)



ATTENTION TO THE FOLLOWING FOOD ITEMS FOR YOUR SAFETY:

FRESH MILK NOT PASTORIZED
RAW OR UNDER-COOKED EGGS
RAW OR UN-COOKED MEAT
FRESH SAUSAGES AND FRESH SALAMI
UNDERCOOKED OR PICKLED RAW FISH
RAW AND UN-COOKED SEA-FOOD



WELL COOKED MEALS

READY-TO-EAT SMOKED SEAFOOD
SOFT AND SEMI-SOFT UNDER-SEASONED CHEESE
CHEESE WITH MOLD



FRUIT AND UN-COOKED VEGETABLES
FROZEN BERRIES



WASH WELL!

Advice during Pregnancy

IF THERE IS A CAUSE OF



NAUSEA

Small, frequent meals
Avoid exposure to strong odors
Avoid fried foods
On waking up, take 1 or 2 pieces of biscuits/crackers
Drink often but in small quantity

HEARTBURN

Avoid coffee, tea, mint, spices and chocolate
No carbonated or gassed drinks, juices and tomatoes
Avoid alcoholic drinks and beverages
Don't lie down immediately after meals

CONSTIPATION

Eat whole grains, legumes, vegetables and kiwi before principal meals
Attività fisica Practise physical activity

WHY IS

FOLIC ACID IMPORTANT?



Lack of Folic Acid or its deficiency may jeopardise or determine the beginning or the onset of severe fetal malformation.

It's recommended for women that wishes to become pregnant to at least regularly assume 0,4 mg of Folic Acid (1cp/die) for at least a month before and during the first three months of pregnancy.

WATCH YOUR WEIGHT!



Excessive weight-gain during pregnancy is to be avoided because is responsible of complications that may occur for both the expectant mother and for the unborn baby.

MEDICINE, DRUGS AND TABLETS

BEWARES!

An eye and limit to much drugs, in pregnancy they should be avoided
In all cases consult your Doctor

Pregnancy controls

BODY-PRESSURE CONTROL

Blood pressure should be monitored during pregnancy, especially after 20 weeks, as it indicates whether the placenta is functioning properly. In the event that the values are above the line, you will need to contact your doctor for accurate treatments.



+ 140mmHg

- 90mmHg



The blood pressure of a pregnant woman is considered to be high when the values are indicatively higher than 140 mmHg for the “maximum” (systolic blood pressure) and/or 90 mmHg for the “minimum” (diastolic pressure).

FREE VISITS AND CHECKUPS

Couples who wish to have a baby and pregnant women are entitled to several specialized services and diagnostics, free and exempt from prescription charges.



- Periodic obstetric controls
- Blood tests and urine tests required in pregnancy
- Checks for prenatal diagnosis (ultrasound, amniocentesis)
- Treatment of diseases that involves risks to a pregnant woman or to the fetus

The doctor can also prescribe other diagnostic tests and some of these could be paid for (swab test, some sample takings).

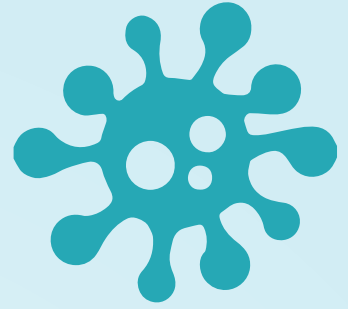
YOU SHOULD ALSO KNOW THAT...

ANTENATAL AND PRE-NATAL COURSES(CAN)

Starting from the third quarter the expectant mother can attend Antenatal CAN Courses at the reference clinic, which will be helpful for the woman and her partner to living express doubts and fears, and to exchange their experience with other people having their same sort and conditions
The Antenatal Course is a very useful tool that helps the woman to prepare herself for the experience of labour, delivery and breastfeeding, making her more aware to better face life as a parent.

Checkups for **Infectious Diseases**

TORCH consists of a blood test that can diagnose, in the mother, the presence of antibodies against certain infections that may cause harm to the baby. The acronym and symbol TORCH is determined by the initial of the following infectious diseases:



T

TOXOPLASMOSIS Prenatal screening for toxoplasmosis is recommended for all women in the first quarter of pregnancy, repeating sampling every 4-6 weeks if the first test is negative. The expectant mother must also be informed of the hygiene measures that can prevent the infection in pregnancy: washing and having clean hands always, avoid eating raw meat and sausages, washing fruits and vegetables thoroughly before eating them, avoid the manipulation of soil in gardens and orchards where infected animals may have defecated. Finally, it is useful to remember that the pussy- cat is the main bearer of various infections. FREE screening.

O

OTHERS includes Hepatitis B, HIV or any other infection that can affect the baby. Screening for Hepatitis B/A and C, and for HIV is offered FREE OF CHARGE to all women in early pregnancy and in the third quarter to allow to program, for women positive to analysis, and be able to find, effective interventions to reduce the risk of infection transmission from mother to child.

R

RUBELLA Serological screening for rubella is offered FREE OF CHARGE to all women in early pregnancy. In women found to be susceptible to rubella, the test should be repeated after 17 weeks and a vaccination must be programmed after the birth, in order to protect any future pregnancies. If infection is contracted during pregnancy, the infection could increase the risk of fetal malformations.

C

CYTOMEGALOVIRUS The cytomegalovirus screening test is recommended to women in the first quarter of pregnancy, repeating the sample test if the first test is negative. The best way to limit the risk of contagion is a careful personal hygiene: it is always a good practice to wash ones hands before eating, preparing and serving food, after changing children, after going to the toilet and after each type of contact with bodily fluids. You should not share or exchange cutleries or other utensils during meals, especially with small children. The symptoms are those of a flu/cold. The test is not free of charge, the cost varies depending on ones income bracket.

H

HERPES In case of active herpetic lesions (visible in the oral or anogenital area) during the pregnancy, a more detailed diagnosis is required. During delivery, the gynecologist could opt for a caesarean operation, in order to prevent the newborn contact with the mother's herpetic lesions.

Checkups for Chromosomal Disorders

Investigations for chromosomal disorders are a set of diagnostic and instrumental techniques used to discover congenital diseases of the child before birth.



AMNIOCENTESIS

WHAT DOES IT MEAN? HOW AND WHEN IS IT DONE?

It is performed after the 15th week of pregnancy and consists on the extraction of a sample test of amniotic fluid. Fetal cells present in the liquid sample collected are then examined to detect eventual genetic abnormalities.

WHAT HAPPENS NEXT?

After the sample test, the woman subjected to the test may feel a sense of discomfort in the abdomen: she is therefore invited to have some relax, rest and refrain from strenuous activity for the next two days.

WHY IS THE TEST USEFUL?

Because it is the method to diagnose chromosomal abnormalities such as Down syndrome or cystic fibrosis. It is necessary to wait for about 2-3 weeks after the sample test to receive the results.

HOW MUCH DOES THE TEST COST?

The Umbrian Regional Sanitary Services offers the amniocentesis exam free of charge in the presence of the following specific risk factors: in the case of maternal age equal or superior to 35 years, if one or both parents are carriers of chromosomal or genetic abnormalities, in presence of malformation anomalies discovered during the ultrasound, in case of previous pregnancies with chromosomal disorders.

CHORIONIC VILLUS SAMPLING= VILLOCENTESIS

IN WHAT DOES THIS TEST CONSIST?

It is the removal of certain cells of the blood vessels of the placenta under ultrasound guidance, just like during the amniocentesis. It is performed from the 10th week of pregnancy.

WHAT HAPPENS AFTER THE CHORIONIC VILLUS SAMPLING TEST?

After the examination, it is necessary to observe the same precautions required for amniocentesis (rest and prohibition to perform strenuous activities within the next two days).

WHY IS THE TEST NECESSARY?

The analysis of the extracted cells provides genetic and chromosomal informations about the child. In the womb. It takes two weeks to get the test- result

WHAT'S THE COST OF EXAME?

The criteria for exemption from payment of the ticket are the same as the amniocentesis criteria.

WHAT DOES IT IMPLICATE?

Bitest is the concept of extracting maternal blood and using it to measure the concentration of two proteins released by the placenta (hCG and Estriol). With the results obtained, one can estimate the probability that the fetus is affected by chromosomal pathology. The period indicated for the test goes from the 11th to the 13th week + 6 weeks of pregnancy. In the same period the nuchal translucency test has to be done. This exam is a specific ultrasound that measures the post nuchal area of the fetus. This test if, combined with Bitest, guarantees greater diagnostic reliability.

THE RESULTS?

The results of translucency is immediate and must be evaluated together with the results of the blood sample. The answer is related to the probability of having trisomy higher or lower with respect to the risk due to the maternal age.

THE PRICE?

The Bitest and the examination of nuchal translucency are not offered free of charge by the public health services, but instead the cost varies depending on personal income grade and level.

YOU SHOULD ALSO KNOW THAT...

BLOOD GROUP AND RH FACTOR

The determination of the blood group and of the Rh factor must be diagnosed in the first quarter to all pregnant women. In the case in which the gestant mother appears Rh (D) negative, immediately after the child's birth, a specific injection will be carried out in order to prevent the development of antibodies that could complicate eventual future pregnancies.

VAGINAL AND RECTAL SWAB TEST

The vaginal and rectal swab examination, painless and non-invasive, is performed in all pregnant women in order to search for Streptococcus Beta Hemolytic between the 34th and the 36th week of gestation. In the event that the swabs are positive, during labor, antibiotics will be given to the woman in order to avoid the infection of the fetus at the time of delivery.

The importance of Breast-feeding

4 KEY DELIVERY ADVICES

Mother's milk is divinely precious for the child, from the early hours of his/her delivery. The few drops of milk from the mother's breast called **COLOSTRUM** already contains everything he needs for both his food and immunity, and serves as prevention from nutritional pathologies.



Breast milk is made especially for the new - born - baby because it is a living substance: nature has so programmed it in a way that it changes all the time during the feeding period and in the course of the child's development. Breastfeeding is **SAFE, HEALTHY AND SUSTAINABLE**, and it is a sacrosanct natural right of both the mother and the baby. Sanitary Operators are ready to help and support and sustain you in this right.

Breastfeeding your baby also means creating a special **LOVE** bond with him. In this regard the father has the crucial role of being constantly close to mother and child to promote and protect the practice of breastfeeding for the well-being of the mother, and the whole **FAMILY**.



MILK POWDER is produced in accordance with very new strict sanitary quality standards and can be of great help when, for whatever reason, there are no conditions for breastfeeding. But like any man-made product it is imperfect and it is important to know how to implement its use in appropriate measures and conditions.

10 POINTS ON HOW A LATANTE MOTHER CAN PRODUCE ABONDANT MILK FOR THE BABY

Frequent feedings, no infant formula.

Sleep close to your child, and feed him lying.

All you need is breast milk!

Keep the baby's mouth wide open, as if yawning and with the lips outwards.

Breastfeed whenever the baby requires it or is in need of it

Observe the baby, not the clock.

If he doesn't swallow, he is not getting enough milk.

Together everywhere! Anytime!

Say "no" to pacifiers and feeding bottles.

Do not wait to ask for help if you have need.

Contraception

	WHEN TO USE IT	HOW TO USE IT	SECURITY	EFFECTIVENESS/PROBLEM
COITUS INTERRUPTUS	Natural method It is based on male behavior	The male must learn to recognize and feel the right moment to pull back his penis from the vagina, immediately prior to ejaculation	Immediate use, no physical risks	It's of limited effectiveness in preventing pregnancy. It does not protect against sexually transmitted diseases, for which it is still necessary to use preservatives
PILL	Taken once a day, it should be suspended for one week within the month (but there are pills that can be taken continuously even during breastfeeding)	It must be swallowed/ingested in the morning or in the evening (preferably at the same hour and time), in any case within 12 hours from the previous	Maximum - if taken every day! The contraceptive effect lasts even if there is break or brief suspension, regulates menstrual cycle and reduces pain	It has some contraindications, for example hypertension; can cause minor ailments (headaches, water retention, etc). Be careful with certain pharmaceutical drugs
PLASTER	Once a week, for three weeks in a row and a suspension	It should be "stuck" on the body: lower back, upper arms, belly, not on the breasts!	They are used in the same way as the pill. Compared to the pill, it has a greater ease of use because it is to be changed only once a week. Not for women that weighs more than 80 kg	As the pill. Moreover, it is also visible and could strap out by itself. It should be applied in various position to prevent skin irritations
VAGINAL RING	Once a month, it should be left in place for three weeks and then removed	It is inserted into the vagina by the woman who removes it within 4 weeks	As of the pill. The contraceptive continuous to have effect even in the pause of suspension	Just as in the case of the pill. If inserted correctly, it will not be felt and even the partner will not experience any discomfort during sexual relationship
CONDOM	When needed	It should be inserted when the penis is erect before the beginning of sexual intercourse and should be extracted out from the vagina after ejaculation to prevent that it remains in the vagina thereby causing explosion or leakage	It is quite reliable if properly stored and conserved. Defect and failure is quoted in 7%-15% of cases	It can undermine the spontaneity of sexual intercourse, decrease the sensitivity, break itself, leak or remain in the vagina.
FEMALE CONDOM	Transparent sheath to be inserted into the vagina before the beginning of sexual intercourse	It has a flexible ring at each end: the inner ring is used to insert the female condom	It is more effective than other contraceptive methods because it does not break itself	It is difficult to find it and it requires some minimum exercise for its application
EMERGENCY CONTRACEPTION	Emergency contraception (already available is not an abortion but produces interference with ovulation)	Administration of hormones or insertion of coil, after a risky sexual intercourse	Emergency contraception reduces by 95% the probability that risky intercourses could be followed by conclamation pregnancy if contraception is applied within 24 hours	This practice doesn't offer or guarantee protection against sexually transmitted diseases. It does not prevent pregnancy if there has been or there will be other risky sexual intercourses
INJECTED CONTRACEPTION	Intramuscular monthly or quarterly injection able to produce a long lasting contraception	The injection is applied at the arms or buttocks every 4 or 12 weeks, depending on the dosage used	Amongst 1000 women that utilizes this type of contraceptive, in the course of one year, only 3 women could become pregnant or, only 3 women have the probability of being pregnant	This contraceptive has effect that are not rapidly reversible It's possible that after the suspension of injected contraception, one may not be able to become pregnant for some months
SPIRAL/IUD:	Used and utilized once every 3-5 years	It has to be introduced and positioned by a gynecologist after pap-test and tampon	Spirals guarantee about 95% of security, and in a particular way the "IUD" type of hormone spirals	However, it has the slight defect of being able to increase menstrual pain and flow. Slight risk:

FOR MORE INFORMATIONS , CONSULT THE WEBSITE OF THE MINISTRY OF HEALTH REFERRING TO THESE LINKS:



SAFE NUTRITION

http://www.salute.gov.it/portale/salute/p1_5.jsp?lingua=italiano&id=110&area=Vivi_sano



BODY-WEIGHT

http://www.salute.gov.it/portale/salute/p1_5.jsp?lingua=italiano&id=135&area=Vivi_sano



FOLIC ACID

http://www.salute.gov.it/portale/news/p3_2_3_1_1.jsp?lingua=italiano&menu=dossier&p=dadossier&id=2



EXAMS AND TESTS DURING PREGNANCY

http://www.salute.gov.it/portale/salute/p1_5.jsp?lingua=italiano&id=193&area=Servizi_per_persono_o_situazioni_speciali



BREAST-FEEDING

http://www.salute.gov.it/portale/salute/p1_5.jsp?lingua=italiano&id=78&area=Vivi_sano