



Meet the midwife

Jana was born and raised in Evanston, WY. She is married and has 3 kids. She enjoys being in the outdoors and traveling. Her passion for midwifery came slowly after the birth of her first and slowly evolved to starting school. I have attended over 50 births and absolutely love what I do.



Mountain Heart Midwifery LLC.
Jana Hartzell
307-679-9965
mountainheartmidwifery@gmail.com

Pre-term Labor

RECOGNIZE THE SIGNS
AND SYMPTOMS

Pre-term Birth: What is it?

Pre-term birth (PTB) is the birth of an infant after the 20th week and before the 37th week of gestation. It is the leading cause of neonatal morbidity and mortality. Complications associated with PTB include respiratory distress syndrome, feeding difficulties, hypoglycemia, trouble maintaining body temperature, apnea, infection, and jaundice. Some of these complications are lifelong so it is important to know the signs and symptoms of preterm labor.



Resources

- March of Dimes
 - https://www.marchofdimes.org/complications/premature-babies.aspx?gclid=CjwKCAjwrPCGBhALEiwAUI9X07kZPNcLkdl9KGueE7XecfQBqjIPkdhitiLGfHFeFGSQ9jYDV7oZzxoC5JUQAvD_BwE
 - <https://www.marchofdimes.org/complications/signs-and-symptoms-of-preterm-labor.aspx>
- ACOG Q&A
 - <https://www.acog.org/womens-health/faqs/preterm-labor-and-birth>
- Recognizing signs of Preterm Labor
 - <https://www.ucsfhealth.org/education/recognizing-premature-labor>

Risk factors

- Age >17 years OR <35 Years
- African American Decent
- Low socioeconomic status
- Short time between pregnancies (<18 months)
- Stress (depression, anxiety)
- Smoking or substance abuse during pregnancy
- Fetal Growth Restriction
- Infection

Signs and Symptoms

- Abdominal tightness with menstrual like cramps
- Fetus dropping low into the pelvis before 36 weeks
- Increased vaginal discharge that is clear, pink, or slightly bloody mucus.
- Lower back pain
- Pelvic Pressure
- Vaginal Bleeding
- Uterine contractions that are increasing in frequency, duration, and intensity.

Preventative Measures

- Eliminate stress where possible
- Quit smoking and avoid alcohol
- Treat infections as soon as possible (UTI)
- Begin an omega-3 fatty acid (12 wks)
- Progesterone therapy (17-OHCP)
- Eliminating toxins (testing and filtering well water)
- Early and Regular Prenatal care
- Seek medical care if you show signs