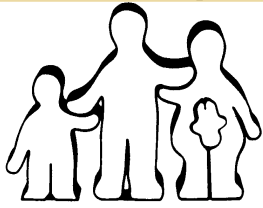


THE PERINATAL PRESS



The mission of the Greater Adirondack Perinatal Health Network is to promote comprehensive perinatal health care by providing education, information and referral services to individuals, families and professionals

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OBESITY AND PREGNANCY

by Nicholas Kulbida, M.D., FACOG
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For many of us who struggle with our weight in middle age, the problem did not begin suddenly, but was the culmination of many years of poor dietary and lifestyle

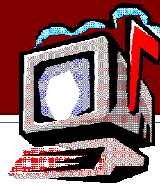
choices. For others, such as many of the women whom I see daily in my practice, the problem began with, or was exacerbated by, becoming pregnant. Even after gaining the medically recommended amount of weight during their pregnancy, only approximately 40% of women re-establish their pre-pregnancy weight. That percentage decreases if more weight is gained during pregnancy, and with each additional pregnancy. Therefore, the pregnancy and prenatal teaching we are currently providing may be one of the

factors contributing to the obesity epidemic and possibly perpetuating it.

The statistics are staggering. More than 65% of American adults are currently overweight (body mass index greater than 25%) or obese (body mass index greater than 30%) and approximately 40% of our nation's children are obese. Currently between 20-25% of women giving birth in the U.S. are classified as obese at the start of their pregnancies, and within this group we are seeing a growing number of severely obese women (body mass index greater than 40%). Many people are already aware of the general health risks associated with obesity as we age, such as diabetes, hypertension, coronary heart disease, stroke, venous thromboembolism, chronic joint disease and certain cancers. But they may not be aware that these same risks are present in a woman who is pregnant, even though she may be "young". The additional risks of pregnancy for someone who is classified as obese

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GAP-Net Goes to an all Electronic Format



Community Friends –

As belts tighten across the state, we at the Greater Adirondack Perinatal Network (GAP-Net), are starting to feel the pinch. Funding to our base grant has been reduced by eight-percent over the last eight months. This reduction is just enough to make things a little uncomfortable - but certainly not enough to affect our commitment to

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Maternal Obesity *Continued*

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include spontaneous miscarriage, congenital defects, pre-eclampsia, eclampsia, gestational diabetes, preterm labor, preterm birth, stillbirth, and neonatal death. The risks are significant given that each day in the U.S. 1 to 2 women die of pregnancy related complications and as many as half of these deaths are preventable through improved access to quality health care, as well as improved health and lifestyle habits.

Most obstetricians, including myself, have heard their overweight or obese patients tell their doctors during discussions regarding weight, "...but my mother told me I needed to gain more weight because I am pregnant". Of course they are correct. In the 1960's, when the infant mortality rate was as high as 37 per 1000 live births (compared to 6.7 per 1000 live births today) the major reason was low birth weight due to poor maternal weight gain. Current guidelines on recommended weight gain during pregnancy were issued by the Institute of Medicine in 1990. Previous recommendations were based on research from the 1960's showing a significant reduction in neonatal mortality rates with increased maternal weight gain during pregnancy. The 1990 recommendations re-affirmed the previous recommendations and re-issued them without the benefit of any significant new scientific research.

Keep in mind, fifty years ago, fast food meant something vastly different. It was synonymous with fresh fruits and vegetables, rather than over-processed packaged meals. Back then, increasing your weight was equivalent to improving your nutritional status. Today, overexposure to the

glut of processed high-calorie, high-fat and high-sodium containing fast foods and restaurant fare has not benefited us nutritionally. We were so successful in educating the public during the last generation that weight gain was necessary in order to have a healthy pregnancy that the same message persists today. A more rigorous scientific evaluation of the current recommendations is needed to fully evaluate the nutritional requirements of a healthy pregnancy as opposed to just the necessary caloric requirements.

Adding to the urgency of the problem, a 2007 study published in the *Journal of Obstetrics and Gynecology* of more than 1,000 mother-child pairings, found that a greater weight gain during pregnancy was associated with heavier children during adolescence. This confirmed similar studies in animals which were able to strictly control for environmental influences during early development. Those are widely recognized as a cause of obesity later in life. The results led the authors to theorize that the mother's dietary intake, weight or circulating levels of nutrients and hormones sends a signal to the fetus, influencing its future appetite control, metabolism and the way its genes are expressed. If this theory is confirmed it would mean that the extra weight gained during pregnancy, although innocent and well-intentioned, will continue to worsen the obesity epidemic well into the next generation.

Dr. Kulbida will present:

"Health Complications Associated with Maternal Obesity" on *May 8th* at *Clinton Community College in Plattsburgh, NY*. *Sponsored by Greater Adirondack Perinatal Network, additional program information and registrations will be e-mailed and available on the website in March.*

Vitamin D Deficiency Linked to Increased Risk for Cesarean Delivery



Vitamin D deficiency in pregnancy is associated with increased odds of primary cesarean delivery, according to the results of a study reported in the December 23, 2008 Online First issue of the Journal of Clinical Endocrinology & Metabolism.

At an urban teaching hospital in Boston, with 2500 births per year, investigators measured maternal and infant serum 25 (OH)D at birth in 253 mother-infant pairs, of whom 43 (17%) had a primary cesarean delivery. The rate of cesarean delivery was 14% in women with 25(OH)D levels of 37.5 nmol/L or higher and 28% in women with levels less than 37.5 nmol/L (P = .012). After controlling for other variables, the scientists found that women with low blood levels of vitamin D were almost four times as likely to have an

emergency C-section as those with normal levels.

Vitamin D deficiency has been associated with muscle weakness and high blood pressure, which may help explain the findings. Researchers indicate a randomized clinical trial is now needed to determine if adequate vitamin D supplementation during pregnancy to raise blood levels above 37.5 nmol/L can reduce the caesarean section rate.

Dr. Michael Holick, a professor of medicine at Boston University and the senior author of the study, offered the following advice for pregnant women, "Take a thousand unit supplement of vitamin D, available at any pharmacy, on top of any prenatal vitamins you're taking, so that you're getting 1,400 units a day," He said. "There is no downside to doing this."

J Clin Endocrinol Metab. Published online December 23, 2008

Your Help Needed: Identifying Fathers-to-Be

It takes a lot to be a Dad, whether for the first time or not, and several agencies have been busy this winter planning spring programs tailored to men who are soon-to-be fathers.

Warren County Health Services will hold a **"Father's Night Out" on Wednesday, March 25th**. It will feature displays about area resources such as Glens Falls Hospital's Bootcamp for New Dads and a panel discussion featuring a local pediatrician and several new fathers. Through networking and insight from other men, participants will gain an awareness of the value of fathers and the role they play during pregnancy and their child's early infancy. It's open to men in Warren and surrounding counties. For more information or to register call Patty Myhrberg at: 761-6580.

In Franklin County, Northern Adirondack Planned Parenthood MOM's program will hold two, Saturday **"Father's Day Events"- one in May in the Saranac Lake area and one in June in Malone**. Early registrants to the programs will be eligible to receive a FREE infant car seat, with installation instruction from a Certified Car Seat Safety Technician. Everyone attending can receive a car seat safety check and info on topics such as bathing and diapering, crib safety, breastfeeding support and contraception. Registration priority will be given to partners or spouses of the pregnant women enrolled in NAPP's new MOM's Program based in Franklin County, but the program is open to all. For information, or to schedule an appointment for a free car seat, call Robin Foster at: 483-7150, Ext. 107.

Why Fathers Count, No Matter Where They Are!



This free online training focuses on fatherhood and offers the latest information on evidence-based practices intended to help educators support men in their role as fathers, no matter where they are--at home, living apart, serving in the military, or in jail.

Connect to this archived on-line training sponsored by the CYFERnet Parent/Family Editorial Board at: <http://www.cyfernet.org/interactrain/fathers.html>. Presenters for the 90-minute program included: Stephen Green, Ph.D., Author of the Fathers Reading Every Day (FRED) program, Texas Cooperative Extension at Texas A&M; Sean E. Brotherson, Ph.D., Co-author of the Father Times Parenting Newsletter, North Dakota State University; and Joseph J. Maiorano, M.S., Author of the Fit-2B-Fathers, Ohio State University.

GAP-Net Goes to a all Electronic Format



We're on the web!
www.gap-net.org

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educating the community on perinatal issues.

In order to reduce operational costs, without affecting educational programs we have had to make a few changes in how we communicate with you, our community members. This change is not all bad in that our creativity has led to our becoming kinder to Mother Nature.

Changes to communication will include the Perinatal Press being available to the community only through the GAP-Net website (www.gap-net.org). In addition we will send a group e-mail with the newsletter attached in PDF format to those who have provided us with an e-mail address. All GAP-Net conferences, Networking Lunches, Community Baby Showers, and meetings will ONLY be announced electronically. Depending on the program, registration for programs will be accepted electronically or by mail.

To further conserve resources within the community, GAP-Net is offering space in the Perinatal Press and GAP-Net website to any agency that would like to announce their perinatal programming. Simply e-mail Amy Zanghi (azanghi@medserv.net) with your submission.

In preparation for becoming fully electronic and entering the 21st Century – we have been updating our contact information. We thank all those that have spent a moment either talking with us or filling out an address card. To ensure you continue to receive our program offerings please send us a note by e-mail (azanghi@medserv.net) so we may confirm your e-mail address. We appreciate your assistance and know that you fully understand our need to slightly change the way that we service you, our friends and partners in perinatal health.

Regards,
Cathy LaMay, Program Director

New Support and Education Programs Available

GAP-Net Board Member Lisa Millis, MA is involved with several unique programs which emanate from Glens Falls Hospital. The following descriptions were written by Lisa.



Family Connections

Family Connections is a new support and educational program offered by the C.R. Wood Cancer Center at Glens Falls Hospital.

When someone in the family is seriously ill, life can be dramatically changed and when someone in the family dies, life is changed forever.

Family Connections is a family oriented program for children, teens and parents facing life with a seriously ill loved one or facing life after the loss of a loved one. It is an opportunity for families to step back from daily routines, spend some time together, and connect with other families experiencing similar circumstances and challenges. During our time together, we will share a family style meal and take part in different activities, some for parents and caregivers, some for kids and teens, and others for families as a whole. We hope that by sharing the experiences common to living with illness or grief and loss, families can strengthen existing relationships, form new healing connections, and open new doors of hope and understanding.

There are two separate groups, one for families facing life with a seriously ill loved one and one for families facing life after losing a loved one. They meet on opposite months on the following dates: The illness group will meet February 26th & April 23rd, 2009. The loss group will meet March 19th & May 14th, 2009. The

groups meet at Ballard Road School at 300 Ballard Road in Wilton from 5:30-7:30 pm. Both groups are invited to a Family Connections picnic at Crandall Park (Glens Falls), June 25th, 2009. For information or registration call: 518-926-6516 or e-mail: cdellabella@glensfallshos.org

Cindy's Comfort Camp

Cindy's Comfort Camp started in the aftermath of the September 11th, 2001 terrorist attack under the efforts of Dr. Gerard Florio, Staff Psychologist at Glens Falls Hospital. He started the camp because he believes that facing the death or serious illness of a close family member is one of the hardest things that children and teens will ever have to endure.

The mission of Cindy's Comfort Camp is to help children and teens through tough situations by creating an environment in which they can have fun and share their thoughts and feelings with others who are going through what they are experiencing. Cindy's Comfort Camp is a free, weekend, sleep-away camp for children ages 6-17 years that have experienced the death or serious illness of a parent or close relative. There are two camps per year held at the Double "H" Hole-in-the-Woods Ranch, in Lake Luzerne, one in fall for children and teens who have lost a parent or close relative and one in spring for those who have a parent or close relative with a life threatening disease. At the close of camp families are encouraged to continue support and education through the monthly Family Connections program. To learn more, contact Maggie Cook, RN at Glens Falls Hospital at: 518-926-6515 or Lisa Millis, M.A. Family Connections and Cindy's Comfort Camp Healing Circle Leader at: 879-9674.



Find expanded event listings and program descriptions at our website:

www.gap-net.org

Monthly pre and post natal classes available through:

Adirondack Medical Center - call (518) 897-2361, Glens Falls Hospital - go to www.glensfallshospital.org/snuggery or call (518) 926-1000, Saratoga Hospital call (518) 580-2450 and at Warren County Health Services call (518) 761-6580.

Parenting classes available through:

Saratoga Springs Public Library Parenting Programs call (518) 584-1198.

Cornell Cooperative Extension- Saratoga Co. call 518-885-8995,

Warren Co. call 518-623-3291, Washington Co. call 518-746-2560

Child Care Coordinating Council, Plattsburgh call 518-561-4999

February 2009

Parenting Education Series: The Incredible Years, Preschoolers 3-6 years

Mondays: February 23rd to June 15th 6 to 8 pm, Child Care Council, 194 US Oval, Plattsburgh. \$25 pp for series. For registration and information call Tami Cowles 518-561-4999 or 800-540-2273

Basic Fetal Monitoring: Clinical Application 2009, Feb. 12th, Albany Medical Center Conference Room D-603, 8 am to 4:30 pm. One Day Course for RN's. Fee \$40. 7.1 CE Credits. For registration and information call 518-262-4159.

"Childhood Obesity with Eat Well Play Hard" February 18th: 6 to 8 pm North Country Community College, Hodson Hall, Saranac Lake. Free. For registration and information call Tami Cowles 518-561-4999 or 800-540-2273.

March 2009

Parenting Education Series: The Incredible Years, Babies - Birth to Three

Mondays 1 to 3 pm. March 2nd to April 27th, and **The Incredible Years, Parents and Toddlers** Wednesdays: 1 to 3 pm March 11 to June 10, Child Care Council, 194 US Oval, Plattsburgh. \$40 pp for series. For registration and information call Tami Cowles 518-561-4999 or 800-540-2273.

"Improved Perinatal Outcomes Through Reduction of Elective Deliveries Prior to 39 Weeks" March 10th Albany Medical Center 10:30 am - 12:30 pm Room MS-169. 1.0 CE/1.0CME For more information contact Nancy Strazzeri, 518-262-0885 or e-mail StrazzN@mail.amc.edu .

Physical Activity with Eat Well Play Hard March 11th, 6 to 8 pm North Country Community College, Hodson Hall, Saranac Lake. Free. For registration and information call Tami Cowles 518-561-4999 or 800-540-2273.

Diabetes in Pregnancy: How to Have a Healthy Outcome for Mother and Baby March 12th, 11:30-1:30 pm Albany, Free, 518-426-1153 or Nida@communitycradle.org .

Basic Fetal Monitoring: Clinical Application 2009, March 12th, 8 am to 4:30 pm, Albany Medical Center Conference Room D-603 . A One Day Course for RN's, Fee \$40. 7.1 CE Credits. For registration and information call 518-262-4159.

****"Infections Affecting Pregnancy"** March 16th, A GAP-Net networking lunch, 11:30 to 1 pm Warren County Municipal Center. Presenter Dr. Sereena Coombes, MD. Call Amy at 518-761-0300 ext. 219 or azanghi@medserv.net for information and registration.

Too Sexy Too Soon- The Early Sexualizing of Children with Deborah Borie. March 25th 6-8 pm, North Country Community College, Hodson Hall, Saranac Lake. \$25 pp. For registration and information call Tami Cowles 518-561-4999 or 800-540-2273.

Community First Aid and CPR Saturday March 28th 10 to 4. Child Care Council, 194 US Oval, Plattsburgh. \$45 pp. For registration and information call Tami Cowles 518-561-4999 or 800-540-2273.

Learning to Look - Looking to Learn: Observation of Young Children March 30th 6 to 8 pm. Child Care Council, 194 US Oval, Plattsburgh. \$25 pp. For registration and information call Tami Cowles 518-561-4999 or 800-540-2273.

Save the Date

****"Infant and Caregiver Mental Health Issues in the North Country"** April 29th North Country Outreach Center North Creek, info to follow on the GAP Net website.

****"Health Complications Associated with Maternal Obesity"** May 8th Clinton Community College Plattsburgh, NY. More information to follow on the GAP Net website.

GAP - Net Advisory Board:

Robert Virostek, MD, Chair*
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Do You or Someone You Know Need Health Insurance? We're Here to Help.

It is Upper Hudson Enrollment Service's goal to help you find insurance or other assistance so that you can get the healthcare you need. There are programs like Child Health Plus, Family Health Plus and Medicaid that are health insurance we can help you obtain. We will help you find the right program, assist in enrollment and help with the required forms.

We want you to get the healthcare you and your family need. Child Health Plus, Family Health Plus and Medicaid cover a wide variety of healthcare services including regular check-ups, hospital care, prescription drugs, eye-glasses, vaccinations, mental health services, emergency room care and much more.

To find out if you or your family member is eligible please contact *Upper Hudson Enrollment Services*. If you live in Clinton, Essex or Franklin Counties please call 1-866-872-3740, in Warren, Washington or Hamilton Counties call 1-866-708-2912 and in Saratoga County call 518-580-2021 for *Saratoga Care*.

For more information about the Children's Health Insurance call toll free:

1-877-KIDS-NOW

The Greater Adirondack Perinatal Network is funded through a grant from the NYS Department of Health, Division of Family Health.

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