**PRETERM BIRTH**

***WHAT IS PRETERM BIRTH?***

* It is when a woman give birth to a child at less than 37 weeks gestation.

**IS IT A PROBLEM?**

Yes it is

* Infant have problems with ; breathing, feeding, hypothermia, they may also have brain damage and they may also die. Many times , if pregnant woman delivers preterm there is a possibility to have another preterm delivery.

**CAUSES OF PRETERM BIRTH**

* Delay in getting treatment when pregnant women have malaria, BP, diabetes and sexually transmitted infections e.g syphilis, gonorrhea and HIV.
* Gender based violence
* Poor nutrition during and after pregnancy
* Periodontal diseases
* Smoking or drinking too much alcohol.

**HOW TO PREVENT PRETERM BIRTH**

* Seek medication help in time when we have; Malaria, HIV, BP, Diabetes, STIs.
* We have to report gender based violence
* Avoid smoking and taking excessive alcohol.
* Tooth brushing not less than twice a day.
* Eating six food groups. These may include;

1. Staples ; e.g maize and sweet potatoes
2. Fats ; e.g Avocado and cooking oil
3. Legumes ; e.g Beans and peas
4. Fruits ; e.g Mangoes and Baobab
5. Vegetables; e.g Black jack and pumpkin leaves
6. Animal foods; e.g Flying ants and Fish

**ORAL HEALTH**

There is an association between poor oral health ( including the gums , or periodontal disease) and preterm birth. Oral health these may include cavities, tooth decay and gingivitis.

**PREVENTION OF PREODONTAL DISEASE**

* Tooth brushing at least twice a day with clean water.
* Dental Care ( Being checked by dentist).

**THANK YOU…..**