

Patient resources:

<https://opqc.net/patients/preterm-birth-and-prevention>



Every Week Matters

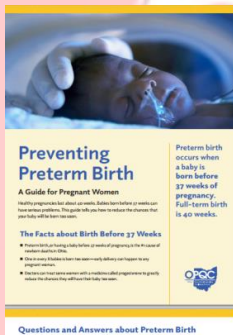
Know your risks for early delivery

39 weeks

Early delivery is the #1 cause of newborn death in Ohio. 1 out of 8 babies are born too soon.

You are at risk for early delivery if you...

<https://opqc.net/sites/bmidrupalpopqc.chmcres.cchmc.org/files/Progesterone/Ohio%20Infographic-%20Every%20Week%20Matters.png>



Preventing Preterm Birth

A Guide for Pregnant Women

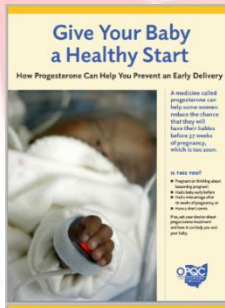
Preterm birth occurs when a baby is born before 37 weeks of pregnancy. Full-term birth is 40 weeks.

The Facts about Birth Before 37 Weeks

- Preterm birth is the leading cause of newborn death in Ohio.
- It is a scary, sudden event that can happen to any pregnant woman.
- There are many ways to prevent preterm birth, including taking progesterone to help reduce the chance of early delivery.

Questions and Answers about Preterm Birth

https://opqc.net/sites/bmidrupalpopqc.chmcres.cchmc.org/files/Progesterone/opqc_preterm_birth_090814.pdf



Give Your Baby a Healthy Start

How Progesterone Can Help You Prevent an Early Delivery

A medicine called progesterone can help some women reduce the chance that they will deliver early, before 37 weeks of pregnancy, which is too soon.

IS THIS RIGHT?

- Progesterone is a hormone that helps the body prepare for pregnancy.
- It is a medicine that can help reduce the chance of early delivery.
- It is a hormone that is naturally found in the body.
- It is a hormone that can help the body prepare for pregnancy.

https://opqc.net/sites/bmidrupalpopqc.chmcres.cchmc.org/files/Progesterone/opqc_progesterone_090814.pdf



Common Questions and Answers about Progesterone

- 1. WHAT IS PROGESTERONE?**

Progesterone is a hormone that helps the body prepare for pregnancy. It is a hormone that is naturally found in the body.
- 2. IS IT SAFE?**

Yes, progesterone is safe for both the mother and the baby.
- 3. ARE THERE ANY SIDE EFFECTS?**

There are no side effects from taking progesterone.
- 4. HOW DOES IT WORK?**

Progesterone helps the body prepare for pregnancy by keeping the uterus relaxed and the cervix closed.
- 5. HOW DO I KNOW IF I HAVE A "BABY'S BREASTS"?**

When you are pregnant, your breasts may feel tender or sore. This is a sign that your body is preparing for pregnancy.
- 6. WHAT SHOULD I EXPECT WHEN I TAKE PROGESTERONE?**

When you take progesterone, you may feel some side effects, such as drowsiness or headache.
- 7. HOW DO I KNOW IF I HAVE A "BABY'S BREASTS"?**

When you are pregnant, your breasts may feel tender or sore. This is a sign that your body is preparing for pregnancy.

<https://opqc.net/sites/bmidrupalpopqc.chmcres.cchmc.org/files/Progesterone/OPQC%20Common%20Questions%20PDF>