



# Resources For Credible Messengers



## Messages to Share with Women

### What is Infant Mortality and Preterm Birth?

- Ohio's infant mortality rate is among the worst in the nation; and African American babies are more than twice as likely to die before their first birthday than white babies.
- Prematurity (a baby born before 37 weeks of pregnancy) is the leading cause of infant mortality. Other causes are Birth Defects, Sudden Infant Death Syndrome and complications of pregnancy.
- In addition to a lower chance of survival, babies born too soon are at risk for poor health later in life due to breathing problems, obesity and difficulty in school.
- Your baby should stay in your belly 39 weeks to fully develop and grow. There is a huge difference in baby's brain growth between 35 and 40 weeks.
- New advances in modern medicine are a good reason to go for early prenatal care even if your family traditionally hasn't gone.
- Go for prenatal care as soon as you know you are pregnant. Even if you feel fine, your growing baby could be affected by things that only your doctor can identify.

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### What is Progesterone?

- Progesterone is known as the "hormone of pregnancy." It is a natural and important hormone because of the role it plays in getting pregnant and carrying the baby to full term.
- During pregnancy, every woman's progesterone levels naturally increase. Research has shown that women who had a baby born more than three weeks early may benefit from extra progesterone in a future pregnancy. Her prenatal care provider can prescribe extra progesterone, if it is right for her.
- Progesterone is safe for Mom and safe for Baby.
- Progesterone is approved by the FDA meaning that it is *not* experimental.
- Progesterone can reduce the risk of having a premature baby by one-third (33%).
- Progesterone treatment to lower the risk of a preterm birth for women who have already had a baby born early is pretty new, so your mom, aunt, grandma or older sibling might not have heard of it.
- Ask your health care professional about whether progesterone is right for you. It could save your baby's life.
- Have you had a baby born more than three weeks early? You may need progesterone.
- Progesterone is paid for by insurance, including Ohio Medicaid.

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### How is Progesterone Given?

- Progesterone can be given as a shot once a week or a vaginal medication every night at bedtime.

## Who Should Get Progesterone?

- A woman, who is pregnant with just one baby, should talk with her health care provider about progesterone if she:
  - Has had a baby born more than 3 weeks early
  - Has used progesterone in a previous pregnancy
  - Has been told by a healthcare professional that she has a short cervix
- Progesterone is not for every woman, so she should talk with her health care provider.

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## When Should Progesterone Be Started?

- It is important to get into prenatal care as soon as possible so that you can talk with your provider about whether progesterone would be right for you.
- Progesterone treatment should be started at 16-24 weeks and continued through week 36 in the course of a typical 40 week pregnancy.



## Videos to Share with Women

### 1. Patrece's Story (2:34) <https://www.youtube.com/watch?v=ifSu3eLQs84>

Preterm birth is a challenge in Ohio but there is a treatment called progesterone that can reduce the likelihood of another preterm birth. Hear from Patrece of Canal-Winchester, Ohio, who successfully used progesterone treatment and delivered her baby girl two days past her due date.

Source: *Ohio Perinatal Quality Collaborative (OPQC)*

### 2. Angela's Story (2:30) [https://www.youtube.com/watch?v=cPsRH1gK\\_Zo](https://www.youtube.com/watch?v=cPsRH1gK_Zo)

After losing multiple pregnancies to preterm birth, Angela from Junction City, Ohio, had given up hope. Her doctor recommended progesterone, a natural hormone that is effective in reducing the risk of preterm birth by as much as 35 percent for women with a previous preterm birth. Hear Angela's story and how progesterone helped her deliver a happy, healthy baby girl.

Source: *Ohio Perinatal Quality Collaborative (OPQC)*

### 3. Jieneý's Story (2:30) <https://www.youtube.com/watch?v=l8KS8LZ4pz8>

Losing two babies to preterm birth was the worst experience of Bill and Jieneý's lives. Their doctor believed that Jieneý had a short cervix and that, by getting a natural hormone called progesterone, it would help her make it through a regular term pregnancy. At 38 weeks, Jieneý was able to deliver what she says was her "miracle" – a healthy baby girl. Because of the progesterone treatment, Jieneý and Bill now have two daughters.

Source: *Ohio Perinatal Quality Collaborative (OPQC)*

### 4. Pregnancy after a premature birth: Treatment with progesterone shots (2:02)

[https://www.youtube.com/watch?v=CvMR\\_65QF-Y&index=64&list=PL7EF68D0B439E073F](https://www.youtube.com/watch?v=CvMR_65QF-Y&index=64&list=PL7EF68D0B439E073F)

Dr. Siobhan Dolan talks about progesterone shots (also called 17p) that may help prevent premature birth in women who've had a premature birth in the past.

Source: *March of Dimes*

### 5. Are you at risk for Preterm Birth (2:45)

<https://www.acog.org/About-ACOG/ACOG-Districts/District-II/Preventing-Preterm-Birth-for-Patients>

A powerpoint style video for patients about risk for preterm birth and treatments, including progesterone. New York specific preterm birth statistic.

Source: *The American College of Obstetricians and Gynecologists (ACOG)*



## Printed Resources to Share with Women

- 1. Progesterone Health Action Sheet for Patients** (English and Spanish)  
<https://www.marchofdimes.org/complications/progesterone-treatment-to-help-prevent-premature-birth.aspx>  
Download **“Are progesterone shots right for you?”** Encourages a woman with a history of premature birth to ask her prenatal care provider if progesterone shots may help prevent premature birth in her next pregnancy. Includes a tool that women and providers can use together to determine if 17P shots are right for each woman. *Source: March of Dimes*
- 2. Progesterone Flyer** (English and Spanish) Available for purchase or purchase download with unlimited print: <https://www.marchofdimes.org/catalog/search.aspx?keyword=progesterone&x=40&y=8>  
*Source: March of Dimes*
- 3. Brochures for Women available from the Ohio Perinatal Quality Collaborative (OPQC)**  
<https://opqc.net/patients/preterm-birth-and-prevention>
  - Preventing Preterm Birth: A Guide for Pregnant Women
  - How Progesterone Can Help You Prevent an Early Delivery
  - Common Questions and Answers About Progesterone*Source: OPQC*
- 4. Progesterone Oversized Postcard** (English and Spanish)  
**English PDF:** <http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/04/Progesterone-Oversized-Postcard.pdf>  
**Spanish PDF:** [http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/04/progesterone-oversized-postcard\\_f2\\_ES.pdf](http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/04/progesterone-oversized-postcard_f2_ES.pdf)  
*Source: Ohio Better Birth Outcomes*
- 5. Premature Delivery and Future Pregnancies** (English and Spanish)  
**English PDF:** <http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/04/Premature-Delivery-Future-Pregnancies.pdf>  
**Spanish PDF:** [http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/04/Premature-Delivery-Future-Pregnancies-Final\\_ES.pdf](http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/04/Premature-Delivery-Future-Pregnancies-Final_ES.pdf)  
*Source: Ohio Better Birth Outcomes*
- 6. Progesterone Common Questions Flyer** (English and Spanish)  
**English PDF:** <http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/04/Progesterone-Common-Questions-Flyer.pdf>  
**Spanish PDF:** [http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/04/Progesterone-Common-Questions-Flyer-Final\\_ES-2.pdf](http://ohiobetterbirthoutcomes.org/wp-content/uploads/2016/04/Progesterone-Common-Questions-Flyer-Final_ES-2.pdf)  
*Source: Ohio Better Birth Outcomes*

Find the toolkit at:

[gowhenyouknow.org](http://gowhenyouknow.org)

