



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.

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.

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.

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

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

Losing two babies to preterm birth was the worst experience of Bill and Jienev's lives. Their doctor believed that Jienev 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, Jienev was able to deliver what she says was her "miracle" – a healthy baby girl. Because of the progesterone treatment, Jienev 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

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
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
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
Source: Ohio Better Birth Outcomes

Find the toolkit at:

gowhenyouknow.org

