

Extend the weeks of your pregnancy. Have a healthier baby.

What is preterm birth?

Babies born before the 37th week of pregnancy are preterm or premature.

- Preterm birth is the #1 cause of death for babies born in the U.S.
- 1 of every 8 babies in Ohio is born preterm, more than in most other states.
- Black babies are 60% more likely to be born prematurely (CDC 2014).

Why it matters?

- The earlier a baby is born, the higher the chance he/she will have health problems.
- Between weeks 35 and 39, a baby's brain grows by 33% – it's not fully developed until week 40.
- Some problems happen right away. Other problems can affect a child for years, or a lifetime.

Preterm babies can have:

- Lung and breathing problems
- Trouble controlling their body temperature and staying warm
- Feeding or digestive problems
- Eye and ear problems; loss of sight or hearing
- Problems with their brain, spinal cord or nervous system; cerebral palsy
- Problems with learning and behavior



Have a healthy,
full-term baby.



Ask your doctor, nurse or midwife about how progesterone treatment can lower the chance your baby will be born early.

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Have you had a
baby more than
3 weeks early?
Do you have a
short cervix?

Prevent
Premature Birth



Ask your doctor about
progesterone therapy.

A few weeks of treatment for you
can make a lifetime of difference
for your baby.

Prevent Premature Birth

with progesterone therapy

How do I know if I'm at risk for preterm birth?

- Have you had a premature baby before?
- Were you told you have a short cervix (the lower end of the womb)?
- Have you had surgery on your cervix?

Are there other risk factors?

- Getting pregnant less than 12 months after giving birth
- Having a multiple pregnancy – twins, triplets, etc.
- Low pre-pregnancy weight
- Poor nutrition
- Smoking
- Illegal drug use
- Vaginal bleeding
- Uterine infection



What can I do?

- See a medical professional as soon as you know you're pregnant.
- Ask your doctor, nurse or midwife how progesterone therapy can lower the chance your baby will be born early.

What is progesterone?

- A hormone naturally made by your body during pregnancy.
- A common treatment that lowers the risk of preterm birth better than any other.

Progesterone therapy:

- Gives your body more progesterone when it needs it the most.
- Should be started early – it's best to take progesterone from weeks 16 to 36.

How is it given?

There are 2 choices. Each method has the same chance of helping you carry your baby longer.

1. Shots

You can get a shot every week:

- At home by a home healthcare nurse or trained family member.
- At your doctor's office.

2. Suppositories

You can place a suppository in your vagina every night before bed.



Are there side effects?

- There are no harmful effects on your baby.
- Shots may cause minor discomfort at the spot where they're given. Headache, nausea, vomiting or diarrhea may occur.
- Suppositories sometimes cause headache and vaginal dryness.

Is the treatment covered by insurance?

Progesterone therapy is covered by most insurance companies. Talk to your doctor about your treatment options.