



Ask Dr. Liz

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Family Physician



PREVENTING PRETERM BIRTH

About 12 percent of the babies born in the United States are delivered “preterm” (before the 33rd week of pregnancy), which increases their mortality risk during the first year of life and often gives rise to breathing difficulties, cerebral palsy, learning disabilities, blindness, and deafness. Thus, obstetricians carefully monitor pregnancies for any indication of impending preterm birth. The strongest predictor of preterm birth is a shortened cervix (the lower portion of the uterus that shortens and opens during labor). The good news is that recent research indicates that treatment with a progesterone gel was found to prevent preterm birth in women with a short cervix by 45 percent. It also helped lower their babies’ breathing complications.

Remember that the majority of pregnancies proceed without problems. It is a natural process. Receiving routine exams and sharing concerns openly with a physician are the keys to a healthy pregnancy. At MEDICAL ASSOCIATES OF DENTON, we provide women with comprehensive health care services as well as counseling and education. In addition to general obstetrics, we are qualified to manage high-risk situations. Please call us at 940-484-1887 for the individualized care that can give your baby a healthy start. Our office is located at 3303 Colorado Blvd.

P.S. Progesterone gel may help stave off preterm pregnancies by providing women with short cervixes the hormone in which they are deficient.

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