



We can help

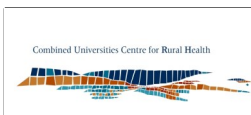
You don't have to fight the grog
by yourself

We can help you win the fight
To lose the booze.

Gain Health. Gain Baby. Gain Life.

**Talk to your Health Worker,
Midwife, Diabetes Educator or
Dietitian at GRAMS**

Clinic Details



Alcohol and Pregnancy



Alcohol + Mother = "GROG BABY"

Harm to Mother

Say NO for Nine! 

Choosing to drink when you are pregnant will harm you and your baby.

Whatever you drink,
Your baby drinks too.

What is a Grog Baby?

Grog babies are babies affected by alcohol. They are born with:

- Long term brain damage e.g. Unable to concentrate and manage life
- Abnormal face features
- Growth problems

This is called ...

Fetal Alcohol Syndrome.

It is caused by drinking alcohol during pregnancy.

Alcohol and Pregnancy

Don't Mix

Drinking harms You too.

Your health is important. Heavy drinking can harm you whether you are pregnant or not.

Alcohol increases your risk of:

1. Doing dangerous things you may regret e.g.
 - Having sex without protection
 - Driving drunk and crashing
 - Becoming very violent and hurting others
2. Having thin bones that break easily
3. Breast Cancer
4. Reproductive problems
5. Heart disease and Stroke



Baby needs you to take care of yourself.

Say NO to alcohol while you are pregnant.

Say NO to alcohol when feeding baby.

It is best for You.

It is best for baby.

You can stop the cycle of harm



Why is weight important?

A baby's weight when they are born is one of the best ways to know how healthy they are overall.

How much your baby weighs at birth is also related to a baby's expected length of life and risk of getting long-term health problems e.g. Obesity, diabetes.

Does fat baby = healthy baby?

No, this is a myth. If babies are born too big or with too much fat, this is unhealthy. It is best for your baby to be born weighing between 2500 - 4500 grams.

Large babies can cause problems in pregnancy and during the birth of baby. This can cause harm to both the mother and the baby.

Large babies are also at higher risk of getting Obesity and Type 2 Diabetes later on in life.

Do you have Diabetes?

Are you pregnant or planning for a baby?

Talk with your Midwife, Diabetes Educator or Dietitian today.



Clinic Details



How to have a Healthy Baby



Underweight Baby < 2500g



Why is this bad? Underweight babies have greater risk of:

- Developing diseases
- Dying
- Growth problems
- Developmental problems as children

You are at risk of having an underweight baby if you:

- Smoke
- Use drugs and/or alcohol
- Are a Mother aged <20 or >35 yrs
- Have inadequate nutrition
- Stress, abuse, fatigue, infections

Healthy Weight Baby 2500 - 4200 g



How do I have a healthy weight baby?

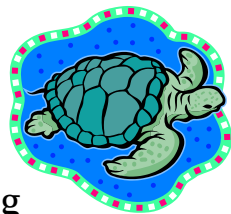
- Eat a healthy balanced diet eg. More fruit & veg; less high-fat, less high-sugar and less salty foods like pizza, cakes, fries.
- Avoid drugs, alcohol & cigarettes while you are pregnant
- Stay active during pregnancy with easy, light exercise e.g. Walking.
- Keep a healthy weight before & during pregnancy

Overweight Baby > 4500 g



Risk Factors for having an overweight baby:

- Gestational diabetes (diabetes during pregnancy)
- Excessive weight gain in pregnancy or Obesity
- Overfeeding babies could also lead to obesity. Check with clinic nurse for feeding advice





Treatment of PCOS

If you have PCOS, see your doctor regularly for blood fats and sugar levels check-ups.

Weight loss is the best way to improve how your hormones work. Why?

- Losing 5-10% of your current weight can improve fertility.
- It will improve your blood glucose, insulin and fat levels.
- It can reduce your risk of diabetes and heart disease.

Set a weight loss goal that you can achieve. Talk to your dietitian about a long term eating plan to help you gradually lose weight.

If you have diabetes or high insulin levels, medication like Metformin may also be used to treat PCOS. Talk with your doctor about this.

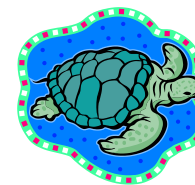
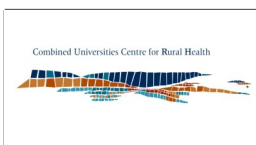
Any Concerns?

Have a yarn with your
Doctor, Dietitian,
Diabetes Educator or
Midwife today.

Acknowledgements:

- King Edward Memorial Hospital for Women (<http://wchs.health.wa.gov.au>)
- FPWA Sexual Health Services (www.fpwa.org.au)

Clinic Details



Polycystic Ovary Syndrome (PCOS)



What is PCOS?

Polycystic ovary syndrome is a hormonal disorder.

It is a disorder in which the ovaries contain many follicles (egg sacs), causing changes in hormone levels.



Causes

The exact cause of PCOS is unknown, but for most women PCOS occurs when they are overweight. If you are overweight you may have higher levels of insulin in your blood. This is the main hormone change in most women with PCOS.

High levels of insulin (insulin resistance) cause fat storage and further weight gain. It can also make your ovaries produce more male hormones, leading to fertility and pregnancy problems.

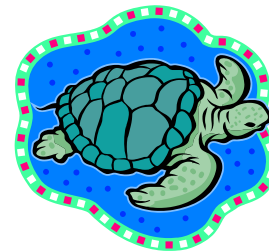
Symptoms

Symptoms of PCOS vary between women. You may have a few or all of the following problems:

- Irregular periods
- Fertility problems
e.g. Infertility, increased risk of miscarriages
- Unwanted or excessive growth of hair on body, chest or face
- Oiliness of skin and acne
- Weight problems, including difficulty losing weight

PCOS also increases your risk of getting:

- Diabetes
- High cholesterol and heart disease
- Cancer of the uterus



How do I know if I have PCOS?

Diagnosis of PCOS is based on your medical history and an ultrasound of the ovaries. Blood tests may also be done to confirm if you have PCOS.

PCOS can affect women between late teenage years and menopause. The age at which you are diagnosed depends on the severity and number of symptoms you experience.

It is important to talk with your doctor if you have any health concerns.

*Awareness of PCOS
is important to
control symptoms
and to prevent future
health problems.*