

More than 1 in every 10 babies born in the United States are born early.

Premature labor can mean a variety of health problems for your baby. Look for the following signs and call your doctor immediately if you experience:

- Stomach tightness (contractions) every 10 minutes or more often
- Leaking fluid or bleeding
- Pelvic pressure (feeling as though the baby is pushing down)
- Low, dull backache
- Menstrual-type cramps or pain
- Stomach cramps with or without diarrhea

There are measures your doctor can take to slow or stop contractions, prevent infections, and help your baby's lungs mature faster. Know the signs so you can be on top of preterm labor.

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