

# Community Health Coalition, Inc.

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Community Health Coalition, Inc.



Healthy People  
2030

Improving the health of Durham  
& NC communities since 1989

**August 2020**

## Infant & Maternal Health and Family Health Screenings



**It's all about the health of the mother, baby and family, especially now during COVID-19 Pandemic!**

**Maria Small, MD, MPH**, an Associate Professor Obstetrics & Gynecology and Medicine at Duke University states, **"Taking action on health issues before and during pregnancy can prevent many future problems for the mother and baby."**

Maria Small, MD, MPH

### Some Actionable Health Issues:

- **Have No FEAR.** Express your concerns to your obstetric provider. Consider a Birth Doula as an in-person or virtual pregnancy support person. A doula is a trained companion who is not a healthcare professional and who supports another individual through a significant health-related experience, such as childbirth. There are volunteer Doulas available in Durham and Chapel Hill. Keep your support person with you via cell phone or in person during your prenatal visits, in labor and delivery. Check the visitor hospital policy and if possible, select a hospital that will allow you to have AT LEAST one support person during labor.
- **COVID-19 Concerns.** You are no more likely to contract COVID-19 during pregnancy than outside of pregnancy, however, pregnant women may get sicker than non-pregnant women. You should not fear going to the doctor for your prenatal visits (or if you have a problem), however, you may have a more abbreviated prenatal care visit schedule that minimizes unnecessary trips to the office.



Get used to checking your own blood pressure, **KNOW YOUR NUMBERS** and know the warnings signs for preeclampsia. Your obstetric provider may have you check your blood pressure and weight at home as part of a telehealth visit. If your pregnancy and delivery are uncomplicated, you may also be able to have your postpartum visit through telehealth.

The **3 Ws** are especially important for pregnant women. **Wait** 6 feet apart. **Wash** your hands often. **Wear** a mask.

## Family Health Screenings

**Rickey Baskett, Jr. MD.** a family medicine specialist in Holly Springs, NC states, “screenings begin at birth and continue through age 80+. The list below encompasses conditions that your provider may suggest a screen. Adult health screens are important to prevent disease and prolong life. All screens are recommendations and should be discussed with your primary care provider.”



Rickey Baskett, Jr., MD

### The List:

Alcohol Misuse	Cervical Cancer	Prostate Cancer
Hearing	Aortic Aneurysm	Chlamydia & Gonorrhea
Depression	Hepatitis B & C	Breast Cancer
BRCA* Gene	Colon Cancer	HIV
Cholesterol	Diabetes	Hypertension
Lung Cancer	Obesity	Osteoporosis
Prostate Cancer	Tuberculosis	Syphilis
Intimate Partner Violence		

COVID-19 if symptoms persist or you think you have been exposed.

\*The name “BRCA” is an **abbreviation** for “BREast CANcer gene.”

### Remember the ABC's:

- **A**lways eat a well-balanced diet with a multivitamin supplement and exercise regularly. Always get yearly health screenings.
- **B**efore conceiving, learn about your family history (some illnesses are inherited) and if you have one or more pre-existing health conditions, discuss your desire for attempting pregnancy with your healthcare provider first.
- **C**autious: Stop smoking; do not drink alcohol; seek prenatal care early; check your blood pressure regularly; and check for gestational diabetes.



### For More Information:

[www.womenshealth.gov/pregnancy](http://www.womenshealth.gov/pregnancy)

[www.cdc.gov/ncbddd/bd/abc.htm](http://www.cdc.gov/ncbddd/bd/abc.htm)

[www.nchealthystart.org](http://www.nchealthystart.org)

COVID 19 Virus, go to: <https://www.ncdhhs.gov/> North Carolina COVID-19 Hotline: 886-467-3821.

For non-emergency COVID-19 questions: Call or text "COVIDNC" to 898211 Duke Health COVID-19 Hotline: 919-385-0429, option 2 (8:00 am-8:00pm, seven days a week)

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