

Promoting Healthy Beginnings

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If you would like to contribute to our newsletter as a writer or with suggestions for future articles, please call, fax, or e-mail the office.

Carbon Monoxide Poisoning—Know the Facts

Carbon monoxide (CO) exposure is the leading cause of poisoning in the United States. There are 5,000 cases of accidental exposures to CO each year. CO is an odorless and colorless gas that is formed when a fuel such as charcoal, wood, gasoline, kerosene, or propane fail to completely burn off. A person is poisoned when they breathe in this gas. The carbon monoxide that they breathe in takes the place of oxygen in a person's red blood cells causing a lack of oxygen to circulate throughout the body.

The majority of CO poisoning cases occur during the winter months and are the result of malfunctioning furnaces, propane gas heaters, car exhaust, the indoor use of charcoal grills, generators, the use of gas stoves as a heat source, fires and propane fueled equipment.

What are the symptoms?

The initial signs and symptoms of CO poisoning are headache, dizziness and nausea. People often describe their symptoms as being "flu like". Long-term exposure to CO can cause heart and brain damage, which ultimately lead to death. Delayed effects caused by failure to get treatment or chronic exposure to low levels of CO includes memory loss, impaired thinking and confusion.

How is carbon monoxide poisoning diagnosed?

The diagnosis of carbon monoxide poisoning is determined by a blood test. The initial treatment for suspected exposure to CO is to get out of the house and into fresh air. The next step is to get medical attention so that additional oxygen can be given to you and the blood test can be taken to determine if you are poisoned.

Tips to prevent carbon monoxide poisoning:

- Install a CO alarm near bedrooms and on each floor of your home. If your alarm sounds, the U.S. Consumer Product Safety Commission suggests that you press the reset button, call emergency services (911 or your local

fire department), and immediately move to fresh air (either outdoors or near an open door /window).

- Know the symptoms of CO poisoning: headache, fatigue, dizziness, and shortness of breath. If you experience any of these symptoms, get fresh air right away and contact a doctor for proper diagnosis, or call the poison center at 1-800-222-1222.
- Make sure heating equipment is installed properly. Have a trained specialist inspect and tune up your heating system each year.
- Keep portable space heaters at least 3 feet from anything that can burn, including bedding, furniture, and clothing. Never drape clothing over a space heater to dry.
- Keep children and pets away from space heaters. Never leave children alone with a running space heater.
- If you use a kerosene heater, use only the fuel recommended by the manufacturer. Never put gasoline in a kerosene heater—it could explode. Before you refuel the heater, turn it off and let it cool down. Refuel outside only.
- When using a kerosene heater, keep a door open to the rest of the house or open a window slightly. This will reduce the chance of CO build-up in the room.
- Have your fireplace chimney and flue inspected each year and cleaned if needed. Open the flue and use a sturdy fireplace screen when you have a fire. Burn only untreated wood; never burn paper or pine branches—pieces can float out the chimney and ignite your roof, a neighbor's roof, or nearby trees.
- If you use a wood-burning stove, have the chimney connection and flue checked each year. Make sure the stove is placed on an approved stove board to protect the floor from heat and coals.
- Never use your range or oven to heat your home, even for a short time.

Birth Spacing

What is Birth Spacing?

Birth spacing refers to the time from one child's birth until the next pregnancy, also known as the interpregnancy interval (IPI). Pregnancies that start less than 18 months after birth are associated with delayed prenatal care and adverse birth outcomes—including preterm birth, neonatal morbidity, and low birthweight. Further, these poor birth outcomes are often associated with ongoing health problems such as developmental delays, asthma, vision loss, and hearing loss. In the United States, between 2006 and 2010, about 33% of pregnancies among women with a previous live birth began less than 18 months after the prior birth, placing mothers and infants at risk for adverse health outcomes.

How can we make a difference?

Spread Awareness: Patient (or client) counseling and education prior to pregnancy are important for maternal and child health. Women should be made aware that after child birth, the body needs at least 18 months to fully heal and to replenish its supply of nutrients. Family planning counseling includes well-woman care, preconception care, counseling about family planning services, and screening for HIV and intimate partner violence. Counseling plays a key role in optimizing women's health prior to and during pregnancy to promote healthy pregnancies that are adequately spaced.

Promote Contraception: Access to contraception is associated with adequate birth spacing and reduced risk of adverse birth outcomes—including preterm birth and low birthweight. In most cases, health plans cover FDA approved contraceptive methods prescribed by a woman's health care provider, without cost-sharing. Categories of contraception include long-acting reversible contraception, also known as "LARC" (IUDs, implants), short-acting hormonal methods (oral contraceptives, vaginal ring, contraceptive patch), barrier methods (male/female condoms, diaphragms, sponges), and the natural rhythm method (tracking ovulation).



Open Enrollment

Open Enrollment Has Begun!

Please encourage those who need health insurance to take advantage of Mohawk Valley Perinatal Network's free Navigator service, which offers one-on-one support—outlining health insurance options and assistance completing an application through the NY State Marketplace.

The Open Enrollment period continues through January 31, but for those who need insurance beginning January 1, applications must be submitted by December 15.

***For more information or to set up an appointment,
contact Mohawk Valley Perinatal Network's
Health Insurance Navigators***

Family Planning Benefit Program

Family Planning Extension Program

The Family Planning Benefit Program (FPBP) provides services to help your patients and clients stay in control of their reproductive and sexual health. It's free for women, men, and teens who qualify.

What Services are Available?

- Most Birth Control Methods
- Emergency Contraception
- Annual Exams and Pap Smears
- Testing and Treatment for STIs
- Colposcopy / Cryosurgery / LEEP
- Sterilization (Male and Female)
- Information, lab tests, and counseling related to family planning services
- Transportation to family planning visits

Individuals Who are Eligible Must:

- live in New York State
- be a U.S. citizen, national, Native American, or lawfully present
- be fertile (able to father or bear a child)
- meet income guidelines (they can call Planned Parenthood for details: 1-800-230-PLAN)
- not be pregnant (if pregnant, they will be referred to a provider who can assist with a Medicaid application)

Individuals can apply for the FPBP even if they have commercial health insurance. All services are free and confidential. Encourage patients or clients you feel might be eligible to call Planned Parenthood for more information or to make an appointment to enroll:

1 (800) 230-PLAN

The New York Health Options patient hotline can also be called to answer questions: **1 (800) 541-2831**

The Family Planning Extension Program (FPEP) provides up to 2 years of access to free family planning services for women who were on Medicaid while they were pregnant, but lost Medicaid coverage when the pregnancy ended.

How Do Women Apply?

Enrollment into the Family Planning Extension Program is done during the processing of woman's Access NY Medicaid Application.

What Services are Available?

- Most of the same services listed under the Family Planning Benefit Program (to the left) are also covered under the Family Planning Extension Program. The only one that is not covered is transportation to visits.

Who is Eligible?

- any female who had Medicaid during pregnancy and lost coverage after pregnancy ended (services are available for ANY pregnancy outcome)
- must be a New York State resident
- no citizenship requirements
- no income requirements
- can have commercial health insurance

For more information on the Family Planning Extension Program, call the "New York Growing Up Healthy" Hotline: **1 (800) 522-5006**



Source: Planned Parenthood



Our Mission

To improve birth outcomes and maternal, child and family health, facilitate collaboration among providers and community organizations and advocate for change

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The Mohawk Valley Breastfeeding Network (MVBN) is a non-profit organization whose focus is on promoting, encouraging, and educating families and healthcare professionals about the importance and value of breastfeeding. By providing up-to-date, accurate information and training to the local community, MVBN strives to improve the health of women, children and families in the Central New York region.

Their organization is open to anyone who has a desire to promote breastfeeding in our community. They hold meetings on the 2nd Wednesday of every month at 9AM at the Utica Library, and participate in a variety of projects supporting expectant mothers and breastfeeding families. Members receive network announcements and notes from the meetings. New members are always welcome and membership is free. Please contact Susie Niedzielski if you are interested in joining: 315-335-2735



Do you work with women who could benefit from breastfeeding support? Encourage them to attend a breastfeeding café—hosted by the Mohawk Valley Breastfeeding Network. Cafés are a meeting space for pregnant women and breastfeeding moms to support one another, socialize, and if needed—get breastfeeding assistance from a trained professional. Refreshments are served and a baby weigh station is available. See café schedule below:

UTICA: ~ Utica Public Library (1st floor, library cafe), 303 Genesee St.
2nd & 4th Fridays of the month: 12-2 pm
~ Lady of Lourdes Church, 2222 Genesee St.
1st, 2nd & 3rd Wednesdays of the month: 12-2 pm
4th Wednesday with LLL: 5:30-7 pm

ROME: Trinity Church, 215 W Court St.—4th Wednesday of the month: 12-2 pm
(CLOSED the day after Christmas—12/26/18)

ONEIDA: 607 Seneca St.—1st & 3rd Fridays of the month: 1-3 pm

ILION: Ilion Free Library, 78 West St.—1st & 3rd Tuesdays of the month: 12-2 pm

CAZENOVIA: St. Joseph's Physicians Heritage Group, 132&1/2 Albany St.
1st & 3rd Thursdays of the month: 9:30-11:30 am

For more information, visit mvbreastfeedingnetwork.com/locations