

healthy expectations - WEEK 16

About Baby

Your baby is developing quickly now! At 16 weeks old, the average baby is:

- Is about 4 1/2 inches long
- Weighs approximately 3 1/2 ounces
- Holds his/her head erect
- Begins to grow toenails
- Has scalp patterning but no hair yet
- Pumps about 25 quarts of blood through his/her heart per day

Quad Screening

At this time in your pregnancy, your physician will likely order a quad screening to test for possible abnormalities or genetic disorders. The quad screening tests four different substances in the mother's blood:

- Estriol: estrogen from the baby and placenta
- hCG - human chorionic gonadotropin: a hormone in the placenta
- AFP - alpha-fetoprotein: a protein made by the fetus
- Inhibin-A: protein made by the ovaries and placenta

The Quad Screening does not diagnose a problem - its results are used to determine if there may be a problem and if further testing is necessary.

The screening is performed with a simple blood draw which is then sent to a lab for evaluation. Levels of the four substances mentioned above are tested and results are then compared to factors such as ethnicity, age, etc. to determine the risk factor for genetic disorders or abnormalities. If results indicate further testing is suggested, your physician will discuss options with you.



Domestic Abuse

According to the Centers for Disease Control, domestic abuse is the most common cause of injury to women, ages 14-44, in the U.S. and accounts for about 25% of emergency room visits for women. Abuse can take many forms, and whether physical or emotional, has the potential to leave deep emotional scars and possibly endanger you and your child.



Meet Our Obstetricians:

Maureen Jordan, MD, MPH, FACOG

Dr. Jordan, a Board-certified Obstetrician at our Briargate Branch location, has practiced with CSHP since 2001. She earned her undergraduate degree from The University of Notre Dame, medical degree from Tulane University School of Medicine and performed her residency in OB/GYN at Kaiser Permanente Medical Center. Dr. Jordan currently serves as the Chief of Obstetrics and Gynecology for CSHP. She is interested in all aspects of general obstetrics and gynecology. She loves the diversity of the specialty, the relationships she is able to build with patients, and especially the unique honor of attending deliveries and being part of welcoming little miracles of life into the world.



Maureen Jordan, MD
Crystal Evig, MD
Alice Cole, CNM, MSN
Briargate Office
2405 Research Pkwy.
(719) 522-1135

Judith Brinkman, MD
Michelle Wolff, WHNP
East Office
6340 Barnes Road
(719) 522-1135

Michelle Covalt, MD
Matthew Dunham, MD
Debi Jones, NP
Southwest Office
2610 Tenderfoot Hill Street
(719) 522-1135

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Many women in abusive relationships think that their pregnancy may 'fix' their spouse or partner's abusive behavior. Abuse often takes on a cyclical nature, with extreme highs and lows, and while there may be 'cool-down' periods, it is not likely that they will last. Add the additional stress that pregnancy has on both the mother and the father, and abuse can easily persist.

It is very difficult to admit or sometimes even realize that you are being abused. You are not alone and there are resources available to help you. Domestic abuse is a crime; by helping yourself now, you are also helping to protect your child when he or she is born. Visit the resources below for more information about the signs of abuse and informative resources. You can also call the National Domestic Violence Hotline at (800) 799-7233 or TDD for the hearing-impaired at (800) 787-3224. You can also contact the crisis line at Tessa, an abused women's shelter and support center in Colorado Springs, at (719) 633-3819. If you are being abused, don't hesitate to get help.

Additional Resources

www.womenshealth.gov/violence

www.acog.org/departments/dept_web.cfm?recno=17

www.ndvh.org

www.tessacs.org

