

healthy expectations - WEEK 30

About Baby

At week 30, there's a lot of activity going on in your womb! Your baby is continuing to develop as you get closer to full term. At this time, your baby:

- Measures between 15 and 16 inches in length
- Weighs about 3 pounds
- Has slowly developing eyesight, though vision is poor, even at birth
- Has increasing brain activity and development

About Mom

You're also going through a lot at this stage in your pregnancy. With hormonal changes, weight gain and anxiety about the birth of your child, you may be experiencing:

- Mood Swings
- Fatigue
- Trouble Sleeping
- Increased Clumsiness
- Hormonal changes
- Emotional ups and downs

Depressed or Just Tired of Being Pregnant?

Many women experience mood swings or periods of emotional ups and downs during pregnancy. Though perhaps you were thrilled to be pregnant during the first few months, now the stress on your mind and body may be getting you down. Don't worry, this is perfectly normal. If these low periods become persistent, however, or interfere with the daily function of your life, you may be among the 10 percent of women who experience depression during the late stages of pregnancy. Talk to your physician if you think you may be experiencing depression.

If you're just feeling down and can't seem to get back up, try doing something nice for yourself. Focus on 'you' and enjoy the time you have to yourself now, before your baby is born. Get a massage or go out to lunch with your friends. You may want to try a new hobby or just curl up with a good book.

Hospital Checklist

It's a good idea to have a plan of action ready for when you go into labor. You'll want to map your route to the hospital and be aware of how to get to the delivery area quickly. You should also prepare a checklist of what you will need and want to bring with you to the hospital to make your stay more comfortable.

Items to consider including:

- Toiletries such as: Toothbrush & tooth paste, Makeup & deodorant. Lotion & soap
- Comfortable clothes ie: Loose gowns, short sleeves or sleeveless, Bathrobe & slippers
- Eyeglasses, if needed
- Important paperwork & your insurance card & information
- Light reading material
- Anything else that you may find comforting

Resources

www.babycenter.com

www.parents.com/pregnancy

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

Judith Brinkman, MD
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



Meet Our Providers:

Debi Jones, NP

Debi Jones is part of CSHP's OB/GYN team at the Southwest office. She has 37 years experience in Women's Health Care Nursing and 25 years as an OB/GYN Nurse Practitioner. Prior to coming to Colorado Springs, she worked in Durango for the majority of her career and most recently as a Nurse Practitioner for Avabella Gynecology & Wellness. Debi received a Bachelor and Masters of Science in Nursing from the University of Colorado Health Sciences Center and holds a National Certification for the Obstetrics, Gynecology & Neonatal Specialties.



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Meet Our Pediatricians

Choosing the right Pediatrician to care for your child is as important as choosing an obstetrician for your prenatal care. It's a good idea to start looking early to find a pediatrician you are comfortable with. Colorado Springs Health Partners also offers Pediatrician 'Meet and Greet' appointments where you can meet with our physicians and get to know them before your baby is born.

Briargate

Pediatrics: (719) 522-1134 / 593-0822
Internal Med./Pediatrics: (719) 522-1110
2405 Research Parkway



David Koukol, MD



Kathleen Nitcher, MD



Sabine Shaffer, MD (IM/Pediatrics)



Stephanie Wallace, MD



Aimee Johnson-Wirt, MD

East Branch

Pediatrics: (719) 596-2900
6340 Barnes Road



Charles Burke, MD



Tracy Cerniglia, MD



A. Graeme Garscadden, MD



Terri Ewers, PA-C

Southwest Branch

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Joseph Corrigan, MD



Kenneth Richeaux, MD



Caroline Rowlands, MD



Bridget Tewes, MD

Visit our website at www.cshp.net for physician profiles and detailed location information