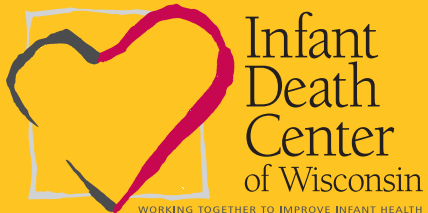


# Premature babies: Reducing the risk



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Premature babies are born very early. Their bodies are not ready to be born. They may have many problems such as trouble fighting infections, heart problems, difficulties breathing and eating. Often they have to stay in incubators at the hospital. Some may have life long problems such as learning disabilities. Your health before pregnancy impacts the health of your baby. Talk to your doctor and work together to have a healthy baby.



Cov menyuam uas yug tsis txwm hli yug los ntxov. Lawv lub cev tsis tau loj txaus yuav yug. Tej zaum lawv yuav muaj mob ntau yam xws li nqaij to zoo nyuab, plawv tsis zoo, ua pa nyuab thiab noj mis nyuab. Feem ntau yuav tau cub lawv kom loj mentsis hauv lub thawj nyob ntawm tsev khomob. Qee tus yuav muaj teebmeem mus tag lub neej xws li kev kawm tsis tau ntawv. Koj kev nyob zoo lossis tsis zoo ua ntej xeeb tub yuav ua rau koj tus menyuam nyob zoo lossis tsis zoo. Tham nrog koj tus kws khomob thiab koomtes uake kom tau tus menyuam uas tsis muaj mob.



**Your doctor may ask you about these common risk factors that are linked to early births:**

- Smoking and exposure to second hand smoke.
- Stress.
- Exposure to harmful chemicals.
- High blood pressure.
- Alcohol abuse or illegal drug use.
- Diabetes.
- Gum infections.
- Age and weight.
- Abusive relationships.
- Feeling alone – being away from friends or family for a long time.

**Koj tus kws khomob yuav nug koj txog tej yam no uas ua teebmeem rau yug menyuam ntxov:**

- Haus luam yeeb thiab nyob nrog cov neeg haus luas yeeb.
- Muaj kev nyuab siab.
- Raug pa tshuaj tsw phem uas ua rau muaj mob.
- Ntshav siab.
- Siv dej caw lossis yeeb tshuaj.
- Ntshav qab zib.
- Mob pos hniav.
- Noobnyoog thiab muaj ceblag/hnyav.
- Niamtxiv muaj kev sibntau.
- Kho siab—nyob deb phoojywg lossis tsev neeg tau ntev.

**Increase your chances for a healthy baby:**

- Walk. It can lower stress and improve your health.
- Eat fruits and vegetables every day.
- Take a vitamin with folic acid daily.
- Stop smoking.
- Do not use alcohol or illegal drugs. Talk to your doctor for help.
- Lower your stress. Talking to a counselor may help.
- Let your body rest. It is best to wait 12-18 months between pregnancies.
- See your doctor as soon as you know you are pregnant.
- Ask about the signs of early labor.

**Yam ua kom tus menyuam mog liab tsis tshua muaj mob:**

- Mus taug kev. Nws txo kev nyuab siab thiab pab koj tsis tshua muaj mob.
- Noj txiv mab txiv ntoov thiab zaub txhua txhua hhub.
- Noj cov tshuaj vitamin muaj folic acid txhua hhub.
- Tseg tsis xob haus luam yeeb.
- Tsis xob siv dej caw lossis yeeb tshuaj. Tham nrog koj tus kws khomob pab.
- Ua kom tsis muaj kev nyuab siab ntau. Tham nrog tus kws khomob kev nyuab siab pab.
- Cia koj lub cev so. Zoo tshaj yog cia tog li 12-18 lub hlis mam pub rov xeeb tub.
- Mus cuag koj tus kws khomob thaum koj paub tias koj xeeb tub lawm.
- Nug txog tej yam uas yuav ua rau yug menyuam ntxov.