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MEDICAL ADVOCACY

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- DR. WANDA BARFIELD*
"A woman knows her body. Listening and acting upon her concerns during or after pregnancy could save her life."

*Director of CDC's Division of Reproductive Health

FEMALE PREVENTATIVE HEALTH*

- Breast Cancer Screenings: Females, with average risk, should start mammogram screenings between 40-50 years of age. Future screenings should occur biennially or more frequently depending on risk level.
- Cervical Cancer Screening: Females of average-risk between the ages 21-29 should get a pap smear every three years. Females between 30-65 years of age, of average-risk, should get tested every 3-5 years.
- Contraception: There is a full range of contraceptives accessible to those looking for ways to prevent unintended pregnancy. The contraceptives include: oral, implants, IUDs, sterilization, etc. For more information visit hrsa.gov
- Preventive Visits: Females should receive at least one preventive visit per year, starting in adolescence through their life span, in order to ensure preconception, prenatal and interconception care are obtained and maintained.

*hrsa.gov



WHEN YOU BREASTFEED*:

Do's: start breastfeeding immediately after baby is born, keep a schedule, change diaper before feeding, drink lots of water, be patient

Don'ts: smoke, drink alcohol, use harmful drugs, ignore pain, eat spicy foods

Breastfeeding has many benefits to both the the infant and the mother. It has shown to increase infant survival and decrease risk of breast cancer in the mother. Women who have experienced any form of domestic or sexual abuse are 12% less likely to breastfeed within the first hour of birth, 13% are less likely to exclusively breastfeed during the first six months.

*doonline.com,thehealthsite.com,news-medical.net

HEAR HER*

Over 700 women die every year in the U.S due to complications related to pregnancy or delivery. As many as 50,000 women can experience severe, unexpected health problems during pregnancy that can lead to long-term health consequences.

The Hear Her campaign strives to raise awareness of the urgent maternal warning signs during and after pregnancy and improve communication between patients and their healthcare providers.

*cdc.gov/hearher

Urgent Maternal Warning Signs:

- Headache that won't go away or gets worse over time
- Dizziness or fainting
- Changes in vision
- Fever over 100.4 F
- Extreme swelling of hands or face
- Trouble breathing
- Severe persistent belly pain
- Vaginal bleeding, leaking fluid or discharge during or after pregnancy
- Severe swelling, redness or pain in legs or arms
- Overwhelming tiredness



RESOURCES FOR AT-RISK SINGLE MOMS*

- Temporary Assistance for Needy Families (TANF)
- Supplemental Nutrition Assistance Program (SNAP)
- Special Program for Women, Infants, and Children (WIC)
- Low-Income Home Energy Assistance Program (LIHEAP)
- Medicaid
- Head Start

*singlemotherguide.com