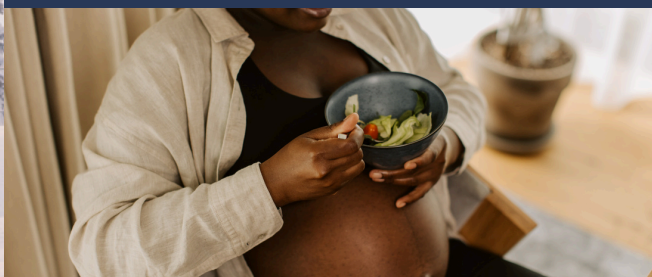


### Prepregnancy Care

A prepregnancy care checkup is an important first step to planning a healthy pregnancy. During your prepregnancy care checkup, your doctor will talk about the following:

- Your diet and lifestyle
- Your medical and family history
- Medications you take
- Past pregnancies

There are several things you can do before you get pregnant. These steps include eating healthy, exercising regularly, maintaining a healthy weight, and stopping unhealthy substances.



### National Birth Defects Awareness Month

Part of prepregnancy care is to stop using unhealthy substances. Substances such as tobacco, alcohol, and drugs can increase the risk of birth defects.

January is the month to raise awareness about birth defects and focus on improving pregnancy outcomes for mother and baby. Some things you can do to help prevent birth defects, include taking folic acid daily, avoiding drugs and alcohol, maintaining a healthy diet and weight, preventing infections, and talking to your primary care doctor.

[Learn more about birth defects](#)



### National Cervical Cancer Awareness Month

January is Cervical Health Awareness Month. Anyone with a cervix is at risk of cervical cancer, and it occurs most often in people over age 30.

The HPV and Pap tests are screening tests that can help lower your risk of cervical cancer.

- The human papillomavirus (HPV) test looks for the virus that can cause changes in your cervix.
- The Pap test (or Pap smear) looks for precancer cell changes on the cervix that could become cervical cancer.

HPV is a common virus that can cause cancer. Sexually active people are at risk of getting HPV at some point in their lives, but few will develop cervical cancer. Things that can increase your risk of cervical cancer include:

- Having HIV or another condition that makes it harder for your body to fight off health problems.
- A family history of cervical cancer.
- Tobacco or cigarette smoking.



[Click here to learn more about cervical cancer](#)



## National Wear Red Day February 7

Help raise and spread awareness of heart disease and stroke by wearing the color red on the first Friday in February. The most common type of heart disease is coronary artery disease (CAD).

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups. African American people have the highest percentage of deaths caused by heart disease compared to other racial/ethnic groups. Some medical conditions and behaviors that put you at higher risk for heart disease include diabetes, obesity, physical inactivity, and excessive alcohol use.



### Heart Health and Pregnancy

Pregnancy-related heart problems can cause serious heart issues later in life, even after your baby is born. During pregnancy, your heart works harder to support blood flow to you and your baby. It is essential to take the necessary steps to manage your heart health. Women with heart conditions can continue to have a healthy pregnancy. Consult your doctor about heart health.

Some heart-healthy habits that you can start doing now include:

- Getting enough quality sleep
- Eating healthy and balanced meals
- Maintaining a healthy weight
- Staying physically active
- Avoiding smoking and drinking alcohol
- Controlling your blood pressure

[Read more about heart health and pregnancy.](#)

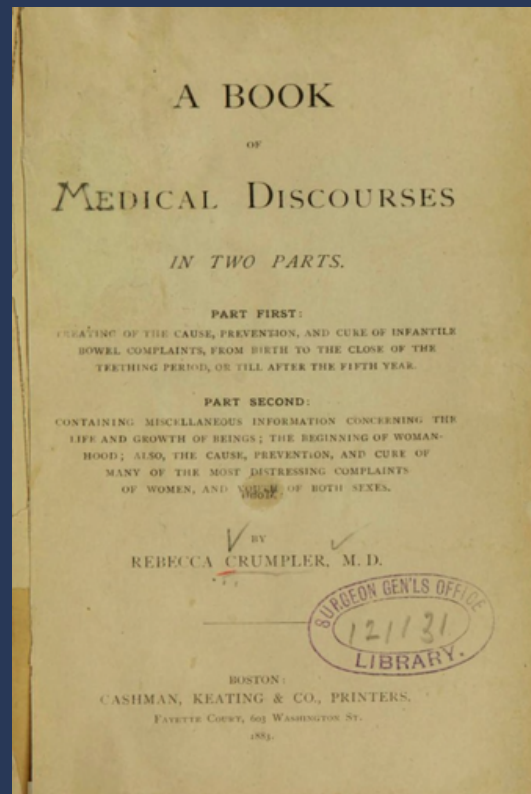
## Black History Month



Did you know? Overcoming deep-seated prejudice against women and African Americans in medicine, in 1864, Dr. Rebecca Lee Crumpler was the first Black woman to earn a medical degree in the United States. In 1883, Dr. Crumpler published *A Book of Medical Discourses*, in which she chronicled her experiences as a physician and provided guidance on maternal and child health (NIH).

As we celebrate the achievements of African Americans and their central role in U.S. history each year in February during Black History Month, let's celebrate the achievements of Dr. Crumpler for her impact on women's health.

[cfmedicine.nlm.nih.gov/physicians/biography\\_73.html](https://cfmedicine.nlm.nih.gov/physicians/biography_73.html)





## National Children's Dental Health Month



This month-long health observance brings people together to help promote the benefits of good oral health for children.

Cavities are common in children, and if left untreated, they can cause pain and infections. Children who have untreated cavities and overall poor oral health may have problems with eating, speaking, and learning. Bottlemouth (aka bottle rot) syndrome is also common in small children. This is caused by putting your baby to sleep with a bottle, where the milk is left around the gums and teeth, leading to tooth decay.

There are several things that parents and caregivers can do to help their child's teeth stay clean and healthy.

**Brush teeth twice a day with fluoride toothpaste.**



**Eat healthy foods and limit sugary beverages.**



For more information on oral health, please visit [smilesbc.org](https://smilesbc.org)  
Email: [info@smilesbc.org](mailto:info@smilesbc.org)  
Phone: (800) 782-4264

**Flossing between your teeth daily.**



**See your dentist at least two times a year.**



Find a Medi-Cal, low-cost or no-cost dentist:  
[smilesbc.org/find-a-dentist](https://smilesbc.org/find-a-dentist)



**[Learn more about Children's Dental Health Month](https://smilesbc.org)**



## Counting your Baby's Kicks

A baby's movement is an important sign of their health in the final trimester of your pregnancy. Counting your baby's kicks during the third trimester allows you to identify what is normal for your baby and determine when something feels wrong.

You should start monitoring your baby's movement at 28 weeks, or 26 weeks if you are high-risk, or pregnant with multiples. Please see two ways that you can count fetal kicks during your pregnancy:

**Count the number of kicks you feel in a one hour.**



**Measure the amount of time it takes the baby to kick 10 times.**



**Contact your doctor if you notice a change in your baby's movement.**

To learn more about monitoring your baby's movement, please visit [countthekicks.org](http://countthekicks.org)  
Email: [info@countthekicks.org](mailto:info@countthekicks.org)  
Phone: (515) 650-8685

[Read more about Count the Kicks](#)

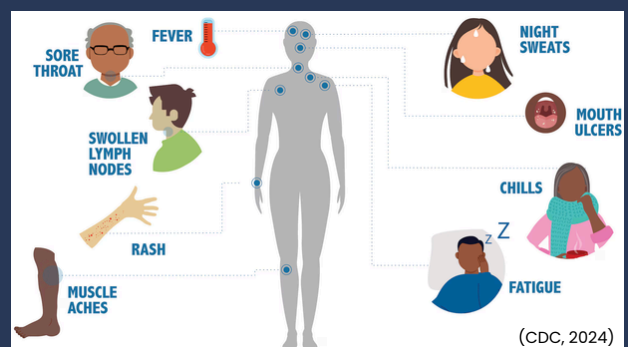
## National Women and Girls HIV/AIDS Awareness Day

**March 10**

Young women, women of color, and transgender women continue to remain affected by HIV.

HIV (human immunodeficiency virus) is a virus that negatively affects the body's immune system. Untreated HIV could then lead to AIDS (acquired immunodeficiency syndrome).

Symptoms of HIV include:



This day focuses on addressing the impact of HIV on women and girls. It is important to work together to reduce HIV stigma and help promote testing, prevention, and treatment for women. Most tests are available for free or at a reduced cost. Some prevention strategies include condom use and taking pre-exposure prophylaxis (PrEP) medication.

For more information on HIV testing and prevention, contact one of our federally qualified health centers at (800) 722-4777.



[Learn more about HIV](#)



# IMPORTANT!

 **Maternal Health Network of San Bernardino County**

Please join us at the  
**Maternal Health Network's  
Bi-Annual Summit**  
**Wednesday, January 29, 2025 • 9:00AM - 3:30PM**  
**Rancho Cucamonga, CA**

A multidisciplinary gathering focused on uniting perinatal providers for networking and collaboration to enhance support for birthing families in San Bernardino County.



**The Summit will offer participants:**

- Networking opportunities and updates from member organizations
- Support strategies, best practices, and lessons learned from a panel of experts who review cases of infant and maternal mortality
- A group equity exercise to encourage collaboration and to identify resources for pregnant and parenting people experiencing housing insecurity/homelessness

This summit is **FREE** of cost and includes a continental breakfast and lunch.

4 Continuing Education Credits will be awarded.\*

Scan to register and learn more information about the event, or follow the link:  
[tinyurl.com/MHNsummit](https://tinyurl.com/MHNsummit)

    **MATERNAL MENTAL HEALTH NOW**  
supporting the well-being of growing families

Community Partners FBO Maternal Mental Health NOW is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Community Partners FBO Maternal Mental Health NOW maintains responsibility for this program and its content.

\*There is no known commercial support for this program.

## COMMUNITY ACTION TEAM


Infant mortality serves as a measure of a community's general health. The Fetal and Infant Mortality Review (FIMR) program seeks to prevent future losses with a focus on the major disparities that persist for Black/African American infants and infants born in the desert regions of San Bernardino County.

Following the case reviews of losses in biweekly Case Review Team meetings, the monthly Community Action Team meeting seeks to mobilize the community to implement interventions that lead to policy and system changes to reduce infant mortality.

Join us in improving infant health in San Bernardino County.

**MONTHLY ON ZOOM AT 2 P.M.**

Month	Meeting ID	Location
JAN 22	Meeting ID: 849 2199 7707	In Person
FEB 19	Meeting ID: 871 9642 8969	
MAR 19	In Person	
APR 16	Meeting ID: 860 0570 5718	In Person
MAY 15	Meeting ID: 858 4124 0646	
JUN 25	In Person	
JUL 23	Meeting ID: 848 4687 2149	In Person
AUG 20	Meeting ID: 893 4853 0991	
SEP 17	In Person	
OCT 15	Meeting ID: 870 4287 0747	In Person
NOV 13	Meeting ID: 836 1005 3508	
DEC 11	In Person	

 **Public Health**

FOR MORE INFORMATION ABOUT MCAH, PLEASE EMAIL US AT [ASKMCAH@SBCOUNTY.GOV](mailto:ASKMCAH@SBCOUNTY.GOV) OR CALL 1 (800) 227-3034

## FIMR

## Mothers To-be

### Tours and Classes

**FREE TOUR**  
of the Maternal Child Department

First & Third Wednesday  
Each month 10 a.m. – 11 a.m.

Arrowhead Regional Medical Center  
3rd Floor Mother/Baby  
Conference Room  
Seating is Limited

**For Tours call**  
909.580.3174  
OR  
909.580.1878

**Childbirth Classes**  
A great way to prepare for labor and birth.

- The stages of a normal labor and delivery
- Techniques to relax, breathe and distract yourself (or do all three simultaneously) to get some relief
- Various labor positions that can help your baby line up with your pelvis and speed your labor and relieve pain
- Pain relief options, including how and when to request them should you decide you need them
- Hands-on instruction in alternative approaches to pain relief, including breathing and relaxation techniques
- Possible delivery complications and how they might be handled
- Basics to care for your newborn baby, postpartum care, and introduction to breastfeeding
- Other medical interventions that may be used, such as C-section or induction

**Classes are FREE!**  
You must call to register.  
909.580.3348

 **ARROWHEAD REGIONAL MEDICAL CENTER**

Arrowhead Regional Medical Center, 400 North Pepper Ave. Colton, CA 92324  
[www.ArrowheadRegional.org](http://www.ArrowheadRegional.org) The Heart of a Healthy Community™



**San Bernardino County  
Department of Public Health**

## EASY ACCESS CLINIC

590 N. D St.  
San Bernardino, CA 92401  
Tuesdays 1 - 5 p.m.

**Services offered:**

- Free STI testing/treatment
- HIV PrEP navigation
- Linkage to care and other resources
- Health education

 **SAN BERNARDINO COUNTY**

Visits are by appointment only. For more information, call (800) 722-4794