

Our Mission

The **We Got Us Empowerment Project** is a grassroots collective of Black community members, health professional students, college students, high school youth, health professionals, and allies dedicated to improving the health of our communities through the following pillars:

Our Pillars

Access
Education
Healing



For more information about health resources, COVID-19 support, and We Got Us, feel free to scan the QR code below!



For more info visit wegotusproject.org
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Maternal Health

Why is Maternal Health Important?

- **700 women** die from pregnancy related complications in the US each year
- Black women are **3x more likely** to die in childbirth than white women
- **Factors: systemic racism, implicit bias, quality of care, underlying chronic conditions** (as a product of social factors)
- Almost $\frac{2}{3}$ of **pregnancy related deaths** are **preventable** according to the CDC
- Pre-Eclampsia, Eclampsia, and Embolism are **leading causes of death** in women of color, particularly **Black women**

What resources are available to me in Boston?



Source:



Maternal Health & Pregnancy



1st & 2nd Trimester

3rd Trimester

Postpartum

1st Trimester:

Fetus: Major organs start developing at five weeks. Primitive structures for all of the body's systems develop by week eight. By ten weeks had developed from an embryo into a fetus.

Birth Person: Body makes structures to support the baby (ex. Umbilical Cord). Ensure you engage in self-care, get lots of rest, and if you have nausea/morning sickness, eat small and frequent meals. Also, feel free to talk to a provider if you feel depressed.

Doctor: Schedule an appointment with your healthcare provider. Expect one in-person appointment between 6 and 12 weeks to discuss medical history, have a physical exam, run tests such as sonograms.

2nd Trimester:

Baby: Can determine sex by 5th month of pregnancy.

Birth Person: May experience movement (by baby) for the first time. Breast may begin to start producing small amounts of milk (colostrum). You may also experience less nausea and vomiting but may have heartburn, constipation, and other digestive problems.

Doctor: An ultrasound will be done on the birth person's abdomen now that the baby is big enough. The mother will also complete a routine weigh in, urine screen, and blood pressure check.

1st Trimester:

Baby: Should be facing head down. If not, talk to doctors about potential ways to turn the baby. The baby should move further into the pelvis by month 9.

Birth Person: Braxton Hicks Contractions (BHC) are common throughout the third trimester. These are not labor contractions. The differences with BHC are that they are irregular contractions, felt at the front of your stomach. They don't last very long while true contractions get closer over time and last longer. At this stage of pregnancy, back and pelvic pain are common.

Doctor: If you have had a baby before, a blood test is done to check for Rh factor: if you are negative and your partner is positive, your body could make antibodies that are harmful to your child. Your doctor will give you injections to prevent that. Other tests like glucose tolerance test (GTT) will be used to screen for gestational diabetes. The doctor will also look at the position of the baby to see if it is breeched: legs first, vertex or posterior. Group B strep is tested for by swabbing rectum and vagina. If positive, you will be prescribed antibiotics. A cervix check is also completed.



Birth Person: Vaginal discharge should taper off by now. Check breast for engorgement. Recovery will continue from c section and stitches from tears. There is the potential for the return of your period if you are not breastfeeding. Mood changes may occur due to variations in hormones. It is also recommended that you have a postpartum checkup.

A Postpartum Checkup will Include:

- 1) A creation a reproduction life plan (planning to go on/back on birth control).
- 2) Follow up with provider about any complications during labor that needs to be checked.
- 3) Addressing the feeding of your baby - breastfeeding, bottle, or formula.
- 4) How the birth person is feeling about the transition post-pregnancy.
- 5) A pelvic exam, and an exam of blood pressure, glucose levels, breast, belly, and weight.

Postpartum Disorder: A mood disorder or depression that occurs within the first 6 weeks after the birth of a baby and occurs in 1 in 7 birth people. There are different types of Postpartum Disorder such as Postpartum Depression, Postpartum Post-Traumatic Stress Disorder, and Postpartum Bipolar Disorder. In all cases, postpartum disorders are treatable with professional help, **make sure to seek help early!**