



CHI Health™

better you

IMAGINE THAT.

Perfect age for
pregnancy?

Soothe your
PMS moods

Put an end to
endometriosis
pain

May 2022
CHIhealth.com

Keep this date: Yearly well-woman visit

Once a year, put yourself first. Prioritize your health with a well-woman exam. It's powerful medicine.

"We can find precancerous cells long before they become cervical cancer. That's huge. It's priceless," said Chelsey Kennedy, WHNP, CHI Health Nurse Practitioner. Each visit is unique to your needs and stage in life.

"The preventive care we offer and what we talk about depends on the patient," Kennedy said.



What to expect with a well-woman exam

Head-to-toe physical exam

- Everything from headaches to cardiovascular risk to bone health, plus breast cancer and other preventive screenings.

Pap smear, but may not be needed every year

Testing for abnormal cervical cells recommended every 1 to 5 years, depending on results. Testing for the human papillomavirus (HPV) at the same time as Pap smear, or as needed.

Speculum, to see what you can't
Examination for cervical or vaginal tissue abnormalities and signs of skin cancer on or near the vulva.

Hands-on pelvic exam
Checking for uterine and pelvic masses or discomfort, which is important because no annual screening tests exist for uterine or ovarian cancers.

Time for your questions
From body changes to sexual health. "You should feel comfortable asking your provider anything," Kennedy said.



Looking for an Ob-Gyn? Your perfect match is just a few clicks away. Take the short quiz on [MyProviderMatch.com](https://www.MyProviderMatch.com) to find a provider that fits your needs.

You're not horrible! It's just hormones

Crying over spilled coffee? Yelling in traffic? "Hormones that regulate menstrual cycles can also trigger emotional symptoms beyond physical symptoms like bloating and breast tenderness," said Kathryn Klayum, DO, CHI Health Ob-Gyn.

Premenstrual syndrome (PMS) is when you have more than 1-2 mild symptoms. Premenstrual dysphoric disorder (PMDD) is when you have

5 or more symptoms with most menstrual cycles during a year. The difference is often the intensity.

"If troubling symptoms affect your life or relationships, talk to your provider," said Dr. Klayum. PMS and PMDD can improve with lifestyle changes. PMDD can also improve with medication therapy like oral contraceptives and selective serotonin reuptake inhibitors.



PMS	vs.	PMDD
Mood changes		Intense mood swings, including anger
Feeling down/depressed		Extreme sadness/hopelessness
Feeling anxious		Extreme anxiety
Fatigue/difficulty sleeping		Sleepiness/insomnia
No suicidal thoughts		Suicidal thoughts
Affects usual routine		Affects relationships, work, hobbies

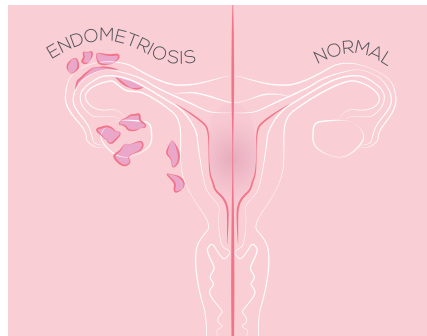
Put an end to endometriosis pain

Pain is not normal. John Cote, MD, CHI Health Ob-Gyn says if you experience painful periods, non-menstrual pelvic pain, and pain during intercourse, talk to your provider – it could be endometriosis.

Endometriosis is an estrogen-dependent disease. It occurs when endometrial cells and tissue from inside the uterus get out and attach to other areas of the body.

“We’ve found them everywhere, from fallopian tubes to ovaries and bladders, even bowels,” Dr. Cote said.

These rogue cells are stimulated by estrogen, which triggers an immune



response – leading to inflammation, hypersensitivity, and ultimately: pain.

“The exact cause of endometriosis is hard to pin down. The backward flow of menstrual blood can lead to endometrial cells spilling into the pelvic cavity,” Dr. Cote said. “But

there is evidence that it’s a type of autoimmune disorder, and genetics have been found to play a role.”

While endometriosis can impact fertility, there is no way to know the extent until you’re trying to conceive.

“We don’t need a surgical diagnosis to start treating your symptoms, so it’s important not to wait to seek help,” Dr. Cote said. “There is no magic cure, yet, but we do have medications, hormone suppressants and physical therapies that can help. Even something as simple as changing your diet can help with inflammation, but you have to start somewhere.”



CHIhealth.com/Endometriosis

Pregnancy: A test in patience and persistence

Not everyone’s journey to motherhood looks the same. On average:

57% of couples trying will achieve pregnancy within three months

72% within six months

85% within a year

For the 15 percent who don’t conceive within a year, Sarah Schultz, MD, CHI Health Ob-Gyn, says it’s time to talk to your provider about fertility. For women with a known endometriosis diagnosis, or those over the age of 35, she suggests coming in after six months.

“A third of the time, fertility issues stem from the woman, and about a third of the time it’s the man. The other 40 percent of the time it’s a combination, or it’s unexplained,”

Dr. Schultz said. “We can get a lot of answers from lab work, hormone analysis, ultrasounds and other non-invasive methods.”

“Your ability to conceive is not a reflection of you or your worth.”

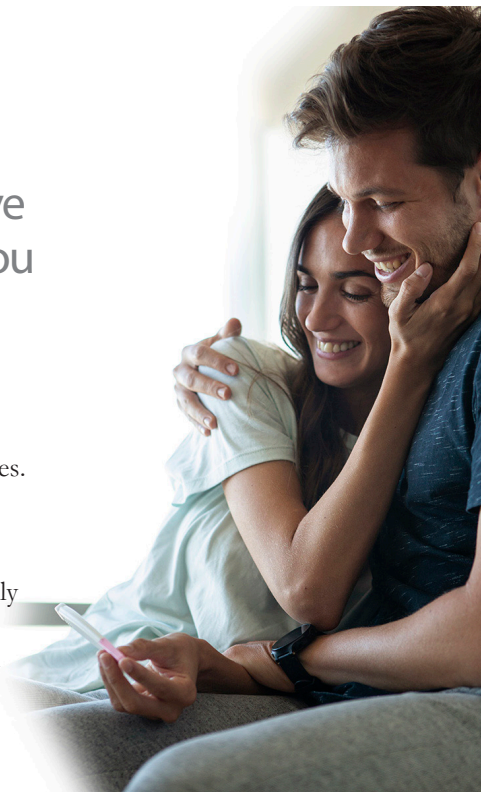
Once identified, many specific abnormalities can be fixed with lifestyle changes, medications or surgeries.

For the unexplained issues, the next step is a referral to a specialist.

“There are many ways to grow a family that we can explore together,” Dr. Schultz said. “We will walk this road with you and do everything we can to support you on this journey.”



CHIhealth.com/Infertility





Perfect pregnancy age: Behind the numbers

Is age just a number when it comes to pregnancy? It's true – your fertility declines as you age. But CDC statistics show more women are waiting longer to have children.

The current national average age at first delivery is 27.

In 2020, 30- to 34-year-old women had a higher birth rate than 25- to 29-year-old women for the fifth straight year.

So, why the wait? “Often women in their late 30s are more established in their careers,” said Maggie Kuhlmann, MD, CHI Health Maternal Fetal Medicine and High Risk Pregnancy Specialist. “They feel more prepared to deal with the complexities of parenthood.”

Most women assume they will be able to have babies as soon as they're ready. It's not always that simple. It's a common misconception that only

women over age 40 can have issues getting pregnant.

“We know that fertility really starts to decline in a woman's late 30s, but that decline can happen earlier,” Dr. Kuhlmann said. “Most women in their 20s and early 30s don't have much trouble, but there are exceptions.”

Factors include low ovarian reserve, chronic medical conditions like diabetes or hypertension, and male infertility.

“There's no perfect time,” she said. “You have to make a decision that balances your goals for starting a family with the other things going on in your life.”

Having a baby can be expensive, scan the QR code for ways to save!



Deliver baby your way!

CHI Health Birth Centers and Maternity Centers both offer comfortable suites and nitrous oxide to relax moms-to-be, with some key differences:




Birth Center:

- For healthy, low risk moms and babies
- Midwife-centered approach
- Holistic delivery emphasizes natural pain relief

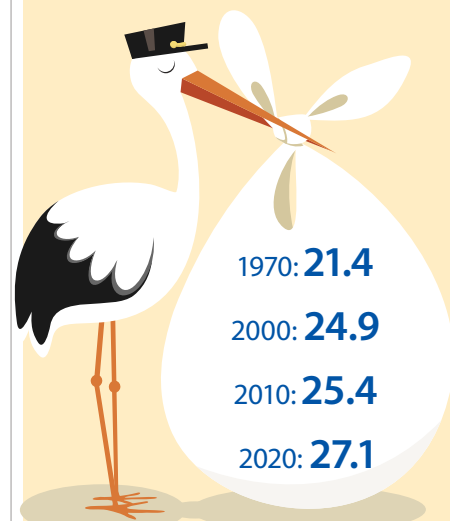


Maternity Center:

- Located within full service hospitals
- Round-the-clock access to specialty care
- Pain relief options include epidurals

Looking for the perfect place to have your baby? Check out the back cover for more!  CHIhealth.com/Maternity

Mothers' average age at first birth



National Vital Statistics Reports

Is it hot in here, or is it baby fever?

So, you want to have a baby...
now what?

First, congratulations!

Now, it's time to find a provider.

A preconception appointment can help rule out any potential health or fertility issues, establish medical history and ensure any medications you're on are safe for pregnancy. Providers also encourage women to start taking prenatal vitamins 6-12 months before getting pregnant.

"Focusing on being the best and most healthy version of yourself is the most important thing," said Samantha Boyer, DO, CHI Health Family Medicine provider.

"Deciding to have a baby can feel like this huge leap into the unknown and it's likely you'll experience joy, but a little planning will help anxiety and nervousness."

Next up, you'll want to schedule and attend regular prenatal visits. It's important to keep track of your health, and your baby's.

Dr. Boyer recommends and encourages everyone to get the COVID-19 vaccine, whether you're pregnant, or looking to conceive.

Pregnant women are at a higher risk for COVID-19 complications, and getting the vaccine before or during pregnancy gives antibodies to your baby.

The best advice for becoming a first-time parent? It's okay to not be perfect.

"Perfect parents don't exist, and children don't need perfect parents," Dr. Boyer said. "All they need is committed, loving parents who are doing their best. It's okay to mess up, because every parent does."

For information on childbirth classes and support offered by CHI Health, go to CHIhealth.com/ChildbirthEducation.



Breastfeeding, good for you and baby!

Breast milk keeps your baby healthy. But for new moms, it can be stressful to learn. Whether it's through one-on-one meetings or support groups, CHI Health has lactation teams to help you, and your baby, navigate the process.

CHI Health offers free, in-person support groups for moms and babies up to a year old.

"We're sitting face to face, giving that hands-on help and support," said Cheryl Hruska, RN, BSN, IBCLC, Certified Lactation Consultant with CHI Health. "It's a lot more beneficial than what somebody can get from a computer screen or a comment section online."

For more information on lactation consulting visits or support groups near you, go to: CHIhealth.com/Breastfeeding

Pay attention to preeclampsia

A new baby can make your heart go pitter patter – too much.

Preeclampsia is a serious blood pressure condition that can develop during pregnancy but can also begin after women take their babies home. It can take weeks, even months after delivery, for preeclampsia to completely resolve, according to Amanda Stuelpnagel, MD, CHI Health Ob-Gyn.

“If identified early, complications such as stroke, heart attack and seizures are largely preventable,” she said.



Danger Signs of Preeclampsia

Before or after delivery, seek emergency medical care for:

- Blood pressure of 160/110 or higher
- Seeing spots or sparkles
- Severe headache
- Stomach pain, nausea or vomiting
- Trouble breathing or shortness of breath
- Swelling in hands or face

“Many women make the mistake of thinking they are ‘back to normal’ after delivery,” she said. “Just like pregnancy, the postpartum period is a critical time and new moms need to remember to take time for themselves and their health.”



Should I...call the midwife?!?

The CHI Health Birth Center offers a homelike setting for moms-to-be.

Who should deliver your baby? Family doctor, Ob-Gyn...or maybe a midwife is right for you.

“I encourage all soon-to-be families to explore what’s available knowing certified nurse midwives are a safe and trusted option for low-risk, vaginal pregnancies,” said Karen McGivney-Liechti, MSN, APRN-CNM, Certified Nurse Midwife at CHI Health.

“We walk the journey with our moms, listening to their preferences, sharing options and what works well.”

It’s a misconception midwives are untrained labor coaches.

Certified nurse midwives (CNM) are master’s and/or doctorate degree nurses with additional focused training on prenatal and postnatal care including breastfeeding, labor and delivery, and well-woman services.

Many families appreciate midwives’ low-tech, high-touch approach that emphasizes hands-on care and options like water births over induction of labor and epidurals. Like their physician counterparts, midwives can provide pain relief and a higher level of care is always at the ready as back-up.

“Midwives are part of the Birth Center care team at CHI Health. We can seamlessly transition from a natural to cesarean birth. And our patients have access to some of the best neonatologists in the state staffing our NICUs,” she said.

“Your birth plan and who you trust to make it happen is a very personal decision. We want our families to have the birth experience they dreamed about.”

Midwives are currently available at CHI Health facilities in Omaha and Lincoln, and coming soon to CHI Health St. Francis.



CHIhealth.com/DoctorMidwife



Ask your baby expert

It's impossible for new parents to know everything. From daily parenting questions to big health care decisions, providers are available to help.

“Partner with a provider you trust to help you navigate parenthood, as well as someone with the experience and expertise you can rely on to keep your baby healthy and safe,” said Terry Becker, MD, Family Medicine and Obstetrics physician with CHI Health.

If you choose the right provider, the relationship can last a lifetime.

“Growing with and advocating for our patients—newborns through adulthood—we build lasting relationships in family medicine. Even more, we know you and your medical history inside and out. I have many families that I see five different generations of patients. This helps me to know that family thoroughly,” he added.

To find the right provider for your newborn, ask yourself:

- Did the provider give me a chance to ask questions?
- Was the provider really listening to me?
- Did the provider explain things in a way I could understand?
- Did I feel comfortable sharing my thoughts and concerns?
- Did the provider seem to know about the latest medical advances?

The third trimester is when Dr. Becker recommends parents start looking for their baby's provider.

Don't know where to start? MyProviderMatch.com takes the guesswork out of finding the right provider for your family.



CHIhealth.com/BabyPoops

How often should I feed my baby?

Is that poop color normal?

What about co-sleeping?

Happiest time of your life...or is it?

Most new moms (80 percent*), experience mood swings triggered by rapidly dropping hormones and sleep deprivation known as the “baby blues.”

For a few (15 percent*), those feelings of worry, unhappiness and fatigue turn into something more serious—postpartum depression.

“The excitement of a new baby comes with physical and emotional changes. It can become overwhelming and confusing. At times these feelings will not go away on their own,” said Chelsea Hunter, LCSW, CHI Health Licensed Independent Mental Health Practitioner.

“You are not alone. Talking to a trusted family member, friend, therapist, and/or getting professional support is one of the healthiest ways to heal.”

Help is available 24/7 by calling:

- **Metro Omaha & Lincoln:** 402.717.HOPE
- **Kearney - Richard Young Behavioral Health:** 1.800.930.0031
- **Grand Island - St. Francis Alcohol & Drug Treatment Center:** 308.398.5427

Seek immediate help if feelings:

- » Don't fade after two weeks or get worse
- » Make it hard for you to care for your baby
- » Make it hard to complete everyday tasks
- » Include thoughts of harming yourself or your baby



CHIhealth.com/PPD

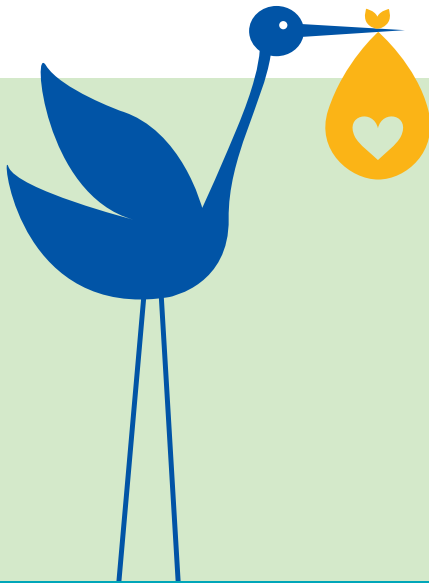


*National Alliance on Mental Illness



The McAuley Fogelstrom Center
12809 W. Dodge Road
Omaha, NE 68154

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Take a virtual tour

of our Maternity and Birth Centers
throughout the CHI Health network



Have your baby close to home: CHI Health has options where you are

Metro Omaha

CHI Health Creighton University
Medical Center - Bergan Mercy***
7500 Mercy Rd
Omaha, NE 68124

CHI Health Immanuel

6901 N 72nd St
Omaha, NE 68122
*Maternity Center & Birth Center
located within the hospital*

CHI Health Lakeside***

16901 Lakeside Hills Ct
Omaha, NE 68130

CHI Health Mercy Council Bluffs**

800 Mercy Dr
Council Bluffs, IA 51503

Grand Island

CHI Health St. Francis**
2620 W Faidley Ave
Grand Island, NE 68803
Midwives - Coming Soon

Kearney

CHI Health Good Samaritan**
10 E 31st St
Kearney, NE 68847

Lincoln

CHI Health Birth Center
8020 O St
Lincoln, NE 68510

CHI Health St. Elizabeth***

555 S 70th St
Lincoln, NE 68510

Nebraska City

CHI Health St. Mary's
1301 Grundman Blvd
Nebraska City, NE 68410

Schuyler

CHI Health Schuyler
104 W 17 St
Schuyler, NE 68661

** Level II NICU at this
CHI Health Maternity Center

*** Level III NICU at this
CHI Health Maternity Center