

Information in this brochure was compiled from the following organizations:

Star Legacy Foundation;
"Safer Pregnancy" page

Stillbirth Center for Research
Excellence (Stillbirth CRE)
"Safer Baby Bundle"

Tommy's
"Saving Babies Lives Care" Bundle

Kicks Count
"Your Baby's Movements"

Movements Matter Campaign

Preeclampsia Foundation;
"Signs & Symptoms"

Center for Disease Control
"Pregnancy"

American College of
Obstetricians & Gynecologists

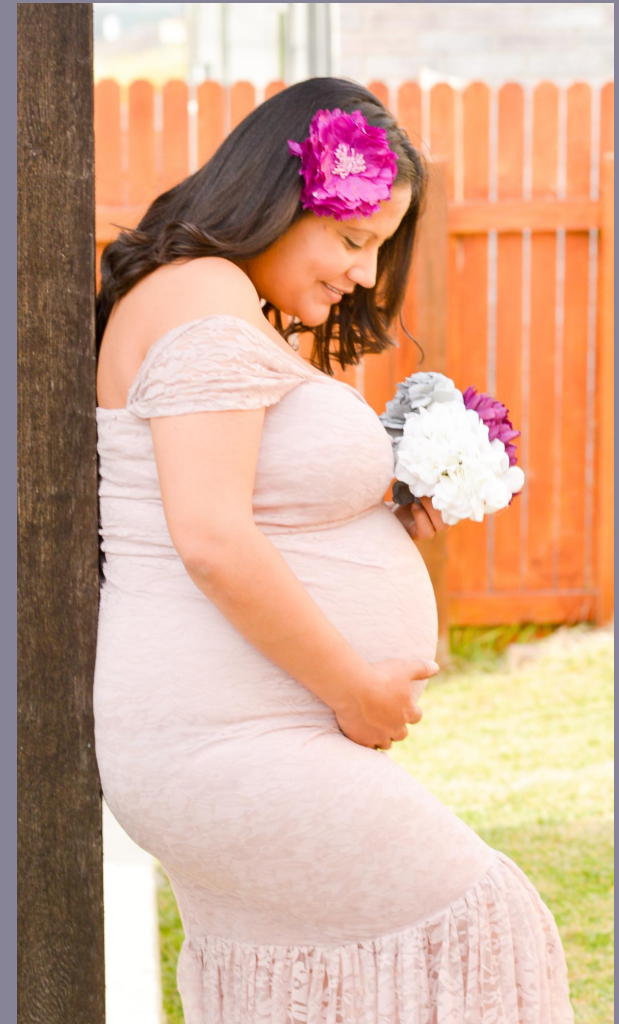


Warning Signs of Potential Problems:

- Markedly reduced OR increased patterns of fetal movement
- Intense headache; often described as the worst headache of your life
- Sudden & intense swelling; particularly on but not limited to hands and face
- Intense pressure or pain in upper right quadrant
- Sudden weight gain
- Fainting or dizziness
- Changed or blurry vision
- Nausea, usually in conjunction with other symptoms
- Intense itching; particularly on but not limited to hands and feet

If you are concerned about your health or your baby, always contact your provider to discuss

Babies come when they're ready...



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...Unfortunately, sometimes they don't

When I was pregnant with my first child, I read a lot about the merits of waiting for labor to happen naturally. Many articles talk about the benefit of extra time for development, and some even state that labor begins when lung development is complete.

This is unfortunately not
(always) true.

During my pregnancy, I was 35 and slightly overweight. I had no other risk factors. I had a normal pregnancy. My providers recommended induction at 39 weeks, because of my age. I thought that was silly. I said, "no."

I wish I had known multiple studies have shown the risk of stillbirth rises for every day a pregnancy proceeds past 39 weeks. Nobody told me, and after I allowed my pregnancy to go overdue, my son died.

Things I Wish I'd Known:

- In the United States today, stillbirth affects 1 in 160 pregnancies (CDC)
- The risk of stillbirth at term is lower, but still significant (ACOG)
- Up to 50% of all stillbirths can be prevented (WHO)

Risk Factors for Problems in Pregnancy:

- Maternal age 35 or older; especially with first pregnancy
- Pregnant with twins or multiples
- Drinking or smoking during pregnancy; use of illegal drugs
- Poor prenatal care
- African American or Native American/First Nations ethnicity
- Maternal obesity
- Maternal infection including influenza, CMV, Listeriosis, or Group B Strep
- Maternal condition such as high or low blood pressure or gestational diabetes
- Pregnancy conceived via reproductive technology

Does the risk of stillbirth seem rare to you? Consider:

- If couched in positive terms—Would 1 in 160 give you hope? If those were the odds of winning the lottery, for example, would you be buying a ticket?
- If couched in terms of personal risk—If you stood a 1 in 160 chance of dying in the course of undergoing a medical procedure, would your perspective change? Would you reconsider?

My story isn't common, but neither is it rare

Adrian James Hernandez died in the early hours of the morning of 29 June 2017; the same morning I hit 41 weeks. He had been active and kicking at 10pm the night before. By the time I woke up that morning, he was gone.