Prevent Preterm Labor
Learn about the warning signs and prevention

What is it?
Preterm birth is when a baby is born too early, before 37 weeks of pregnancy have been completed.
In most cases, preterm labor begins unexpectedly and the cause is unknown.

Warning Signs
- Contractions every 10 minutes or more
- Change in vaginal discharge
- Pelvic pressure
- Low, dull backache
- Cramps that feel like a menstrual period
- Abdominal cramps with or without diarrhea

What can you do?

- Quit smoking
- Get prenatal care
- Avoid alcohol
- Seek medical attention

For more information call (407) 665–3278 or visit www.seminolecohealth.com