

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