

Health Question of the Month

Stay tuned for our offer for a FREE gift at the end of this letter!
And also read for office closing information at the bottom!!

I'd like to thank Sharon for the very important health question that she raised this month. When she came in for her last appointment she said, "Dr. Erica, I have a friend who was due to give birth around the same time you are. She and her husband decided to take a trip out West for 'one last fling' before the baby arrives. But when they got to their destination, she went into labor. Her baby is only 2 pounds and they have to stay right where they are until the baby is well enough to go home. Dr. Erica, it sounds like flying while in your second or third trimester is dangerous. Don't take any trips!"

What a story! And it got me thinking. So, I started searching the Internet for information about pregnancy and traveling by air. As you can imagine, there are many different opinions out there. Some say that it isn't a good idea to go too far from home when you are in the later part of a pregnancy. After all, "due dates" are rarely accurate. Did you know that only 4% of kiddos are born on their due date? And you just never know if you'll have an early (or late) arrival. Others say that it is perfectly fine to travel, but one has to take certain precautions. At the end of ALL of these articles they always say, "make sure to speak with your physician".

So, I did just that! Mike and I had made some plans to go to his hometown of Cincinnati, Ohio to spend the Passover season with his family. I already wasn't sure if I'd be allowed to go, but Sharon's story started to make me think more seriously. So, I asked my doctor if it would be okay.

She replied that it would be just fine for us to take our trip. This made Mike a happy fellow! "But what about premature labor?" I asked. She told me that the reason why some women go into premature labor after a flight is because of dehydration. Most of us, pregnant or not, don't drink enough water during the day. And this can affect our bodies in myriads of ways. However, there are few times when it is as exceedingly important to drink water as during pregnancy. Not only does mom have to "eat for two" but also to drink for two as well. Proper hydration prevents excess water retention, supports healthy kidney function and nervous system function among many other things.

Taking a trip in an airplane can be very dehydrating. There are major changes in pressure as well as dry, re-circulating air. The pregnant woman can dehydrate quickly in situations like this and cause the onset of labor. Why? When dehydrated, the body realizes that it has become inhospitable to the fetus and causes things to go on an abnormally fast track to delivery.

What to do to have a safe flight:

1. The best prevention is to drink LOTS and LOTS of water. Bring your own filtered, pure water with you. Yes, you'll have to go to the bathroom a lot, but it's good for the peggie to get up and move about the cabin anyway.
2. Get an aisle, first row or exit row seat so that you can get up easily and move around. This prevents excess swelling and the formation of blood clots.

3. Bring your medical records with you. If in case something does happen on a trip, it is important to have your doctor's notes along.
4. My ideas here are general suggestions and are not meant as specific advice. Talk to your doctor ahead of time. Remember, everybody's body is different!

I would like to thank Sharon for raising this very important health concern. And I would also like to thank Dr. Joilyn Martin of the Tepeyac Family Center (just across Route 29 from our office) for her great patient education and care. She is the OB/GYN I've ever had! If you or someone you know is looking for a great OB/GYN, check out Dr. Martin. She is just awesome and very pro-natural birth! Call (703)273-9440 to schedule an appointment.

Did you know about some of the awesome benefits of chiropractic care for pregnant women?

- Help with complaints such as:
- Low back pain
- Headaches
- Nausea
- Carpal Tunnel Syndrome
- Sciatica
- Meralgia Parasthetica (pain in the front of the leg)

Helps to:

- Decrease or eliminate back labor
- Decreases the time of labor (how awesome is that??)
- Encourage the baby to go into the head-down position appropriate for labor and delivery
- Increase comfort
- Improve sleeping

And now about the FREE GIFT!

Who is the one person you know who is expecting and could benefit from chiropractic care? Tell them about us and we'll give them their first two visits for just \$35. That's a savings of \$100 or more! But hurry, you only have until March 31st to help them get these savings and to get a FREE gift card from Borders!

OFFICE CLOSING

Mike and I will be taking off for Cincinnati for Passover. Therefore our office will be closed from Thursday April 21st through Tuesday 26th. We'll be back in the saddle as of April 27th and we'll also have Sunday office hours on May 1st from 9:00am to 12:00pm. Book your appointments now. We'll be sure to be 100% booked within the next three weeks!

Until next time, I remain, yours in health!

Dr. Erica