

Sometimes your
asthma can get
worse while **you**
are **pregnant**.

When you have a
hard time breathing,
your **baby** also
has a hard time
getting **oxygen**.



For more information about asthma contact:

www.mainepublichealth.gov

Maine Asthma Prevention and Control
207-287-3041

This brochure is for informational purposes only.
It is not intended to treat or diagnose a disease.



Department of Health
and Human Services

Maine People Living
Safe, Healthy and Productive Lives

John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, age, sexual orientation, or national origin, in admission to, access to or operation of its programs, services, activities or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Acts of 1964 as amended, Section 504 of the Rehabilitation Act of 1973 as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act. Questions, concerns, complaints, or requests for additional information regarding civil rights may be forwarded to the DHHS' ADA Compliance/EEO Coordinator, State House Station #11, Augusta, Maine 04333, 207- 287-4289 (V) or 207-287 3488 (V), TTY: 800-606-0215. Individuals who need auxiliary aids for effective communication in programs and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinator. This notice is available in alternate formats, upon request.

*Caring...Responsive...Well-Managed
We Are DHHS.*

12/ 08

ASTHMA and Pregnancy



The Importance of Controlling Your Asthma While You Are Pregnant



Maine Center for Disease
Control and Prevention

An Office of the
Department of Health and Human Services

John E. Baldacci, Governor

Brenda M. Harvey, Commissioner

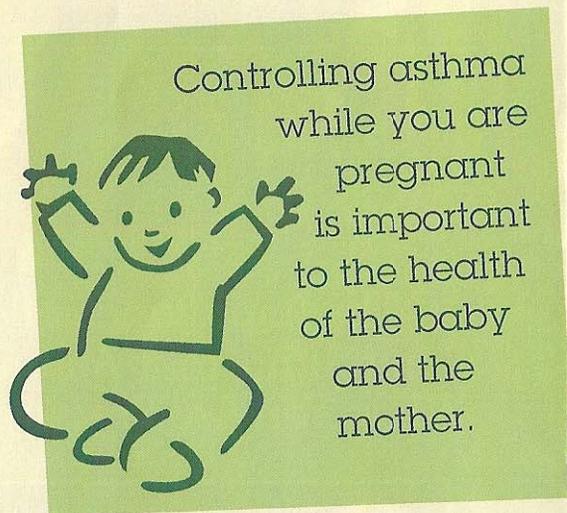
healthy pregnancy...healthy baby

What is the Risk?

When a mother has asthma it can:

- lower the baby's weight at birth
- lead to serious medical problems
- increase the risk of death for the mother and her baby

Sometimes asthma can get worse for the mother while she is pregnant. When the mother has a hard time breathing, the baby also has a hard time getting oxygen.

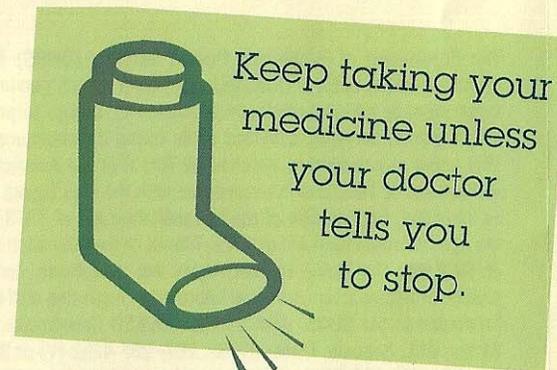


What You Can Do

Write in an asthma diary:

- your daily peak flow numbers
- the asthma medicine you take each day
- anything that makes your asthma worse, like dust, cigarette smoke, mold and pets

Keep taking your medicine unless your doctor tells you to stop. Studies show that taking your asthma medicine is safe while you are pregnant.



What to Remember

- tell your doctor that you have asthma
- take your medicine, because it is better than having an asthma attack
- keep away from asthma triggers
- stay inside on hot and humid days
- manage your asthma while you are pregnant to keep you and your baby healthy

manage your asthma

