Common prenatal infections are highlighted during International Prenatal Infection Prevention month

February is International Prenatal Infection Prevention month, bringing awareness to common infection risks that occur during pregnancy. Prenatal infections can lead to health complications in the mother and severe consequences in the child, including miscarried pregnancies, stillbirth, and preterm delivery. Infections can be passed on in utero or during birth, and infants born with some of these prenatal infections are at increased risk for physical and mental illness and in some cases, death. (Source: Daily Rx)

Precautions can be taken to prevent common prenatal infections. Listeriosis is caused by bacteria that can be found in unpasteurized dairy products and some deli meats and can be avoided by abstaining from these food products during pregnancy. First time Cytomegalovirus (CMV) or toxoplasmosis infections that occur during pregnancy are more easily transmitted to the child, but can be prevented by avoiding common sources of exposure, such as feline fecal matter and contact with urine or saliva of CMV-infected children. Sexual contact with CMV-infected individuals should also be avoided. (Sources: Daily Rx, Pregnancy.org, Centers for Disease Control and Prevention (CDC)).

Group B streptococcus (GBS), the most common life-threatening infection in newborns in the United States, can be prevented with maternal antibiotic treatment, but infection must be diagnosed. Although one in four pregnant mothers are infected with it, many do not exhibit symptoms and therefore do not seek treatment for it. (Source: Daily Rx)
ACTION STEPS

1. Educate pregnant patients on their risk of prenatal infection and how to prevent it in themselves or their child. (Source: UpToDate)

2. Follow CDC guidelines for GBS screening and prophylactic treatment in pregnant women. This includes conducting GBS diagnostic testing in pregnant women between 35-37 weeks.

3. Encourage healthy behaviors in pregnant mothers to prevent general infection. Simple steps such as hand washing drastically reduces exposure to germs that may compromise a healthy pregnancy. (Source: CDC)

UPCOMING EVENTS

MONDAY
09  Pacers vs. Spurs
Bankers Life Fieldhouse

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