

HEALTH AWARENESS BENEFITS

PUTNAM COUNTY HOSPITAL



*“Taking Care Of Families
For Generations To Come”*

1542 S. Bloomington St., Greencastle, IN 46135
(765) 653-5121 or 1-800-394-9338
www.pchosp.org

Expecting a baby?

Sign up for our prenatal classes to
get the support you need.

You have recently found out you are expecting and are beginning to get over the initial shock and excitement of learning the joyous news. Now it is time to start planning your pregnancy. There are so many things to consider, but these should make the top of your list.

- **Make your first doctor’s appointment.**

Putnam County Hospital is home to two OBGYNs, Dr. Ho and Dr. Cooper you can make an appointment to see them by calling Putnam Women’s Healthcare at 765-655-2686. It is very important that you go to all of your prenatal checkups to ensure your baby is healthy and growing according to plan. Your doctor will also be able to answer any questions you may have about your pregnancy and direct you to any resources you may need.

- **Start taking prenatal vitamins.** Your doctor will tell you what vitamins you need to take daily. Follow the plan closely to ensure your baby’s optimal health.

- **Do not use any form of illegal drugs or alcohol while pregnant.** Not only is this bad for your own health, but may also cause serious birth defects in your unborn child.

- **Quit smoking and avoid secondhand smoke.**

Statistics show that more than 23 percent of women in Putnam County smoke while pregnant. No amount of tobacco is safe for you or your baby. If you need support contact your local Tobacco Prevention program at Putnam County Hospital at (765) 655-2697

Putnam County Hospital offers a five-week prenatal education course for expectant mothers and their support person. A variety of hospital staff teach the classes, covering topics such as nutrition, fitness, breathing and relaxation techniques, emotional adjustment, medication and the birth process, labor rehearsal and care of the newborn. Those taking the class will be given the book “The Gift of Motherhood—a personal journey through prepared childbirth”.

The five-week course is free for those delivering at Putnam County Hospital, and \$25 for those planning to deliver elsewhere. The class meets at 6:30 p.m. in the third floor classroom of the hospital.

Sign up for prenatal classes.

For more information about class dates and sign-up, call 765-655-2663 or 765-655-2577.