



Be Lead Free! News

HOW TO BE LEAD SAFE WHEN YOU ARE PREGNANT

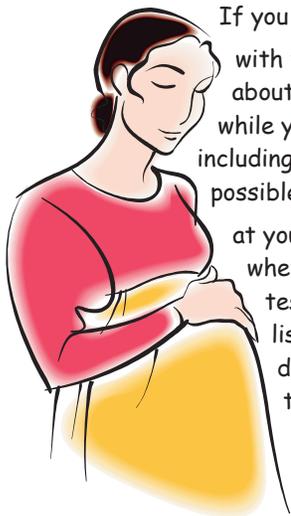
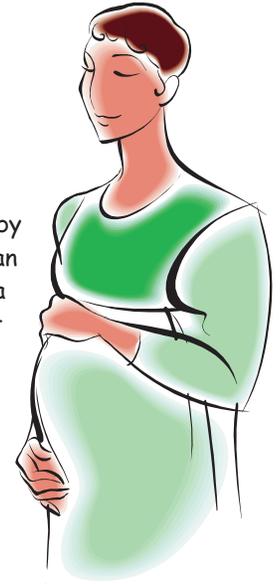
by Maureen Famiglietti RN, BSN

Taking care of yourself while you are pregnant is important for your own health and for your baby's health. Eating nutritious foods, getting enough sleep and keeping your doctor's appointments are all part of a plan to feel good and have a healthy baby.

You also need to avoid things that can harm you or your baby including medication not prescribed by your doctor, cigarettes, and alcohol. Lead poisoning is also harmful to you and your unborn baby; it can cause learning and behavior problems, growth problems and hearing loss in children. Because lead in a pregnant woman's blood can enter her unborn baby's blood stream across the placenta, it is important to protect yourself from lead too.

Lead can be found in old paint in homes built before 1978 and especially those built before 1960. If your apartment or home is older, be careful about doing repair work while you are pregnant. It is best to have someone else doing painting and repairs when you are pregnant and it should be all cleaned up before you come home. The next page of this newsletter talks about the danger of lead exposure from eating things that aren't food while you are pregnant.

There are some jobs that can put you in contact with lead. Hobbies such as jewelry making and refinishing old furniture can also expose you to lead. For a list of some of these jobs and hobbies, see Table 1.



If you haven't already talked with the doctor or nurse about taking care of yourself while you are pregnant, including any concerns about possible lead poisoning, ask at your next appointment whether you need a blood test for lead. The questions listed below can help you decide if you might have too much lead in your blood.

Work	Hobbies
Home renovation	Stained glass
Recycling jobs	Copper enameling
Plumber	Bronze casting
Foundry work	Lead glazed pottery
Firing range work	Hunting/target shoot
Computer/plastics	Jewelry making
Bridge construction	Electronics

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What is my lead risk?

If you answer "yes" to any of the following questions, ask your doctor about a lead test.

- * Do you live in a home or apartment built before 1978?
- * Have there been any recent home improvements or repairs where you live?
- * Were you born, or have you ever lived, in another country?
- * Do you use medicines, cosmetics, or spices from another country?
- * Do you, or someone with whom you live, have a job or hobby that could bring you into contact with lead?
- * Do you use pottery that was made in another country, painted china, or leaded glass?
- * Have you ever eaten or chewed crushed pottery, soil, paint chips, clay, or other things that aren't food?

This is also a good time to learn how to protect your baby from lead after he or she is born; if your doctor's office doesn't have information about that, the WIC clinic or Health Department in your community can help you.

Eating for Two in pregnancy.

It's so important to tell your doctor if you have cravings for and eat non-food items

by Stephanie Kellner BA
Karen Buchinger BSN, MLS

Remember that you are eating for both you and your baby during pregnancy.



You might not think to tell your doctor or nurse about your eating habits if they include non-food items.

You may think that these cravings are just a normal part of being pregnant. You might crave and eat non-food items because you believe you need to supplement your diet for nutrients or minerals. You might also feel too embarrassed to talk about these eating habits with anyone.

Let's talk about it!

Non-food items that might be eaten can contain substances or chemicals that might cause harm to both of you. That is why it's so important to tell your doctor or nurse if you have cravings for and eat non-food items.

Some non-food items that are sometimes craved and eaten

Dirt or soil, clay, chalk, outdoor ice or snow, laundry starch, or corn starch are some of the most common non-foods that some women may crave and eat during pregnancy. Cravings for ashes, crushed pottery, stones, pellets, paint chips, wax, paper, toothpaste, baking soda, or coffee grounds are some other things which might be eaten that are not food.

Pica is the name for the craving and eating of items or substances that are not food.

Lead is one of the substances which may be found in some non-food items that pregnant woman may crave and eat. Lead can cause health problems for you and your baby. Babies may have problems both before birth and as they grow up from lead poisoning as explained in the information on page one. See the first page of this newsletter to learn more about the effects lead can have on pregnant women and their babies.



**For the health and safety of you and your baby:
Talk about it with your doctor or nurse!**



Play with your food: Say Cheese! Yogurt to smile!

by Karen Buchinger BSN, MLS

How about using milk products like cheese or yogurt when you make a snack for yourself or your kids?

It's so important to get enough calcium in your diet. That is true for everyone but especially important for pregnant women and for children.

Milk, cheese and yogurt contain plenty of calcium to help build strong healthy bones and teeth. Calcium can also help to keep lead from being absorbed as easily in the body where lead poisoning is a concern.

Quick and easy snack foods can use yogurt or cheese.

They are good sources of calcium for yourself and for your children.

Have fun making these snacks and help keep yourself and your kids healthy!

Pita-butter and Jelly

Spread butter or cream cheese on a whole wheat pita bread and top with your favorite jelly.

Strawberry "cheesecakes"

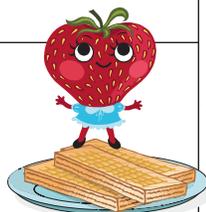
Small package (3oz.) of cream cheese

Graham crackers

Strawberry jam

Soften the cream cheese by mixing in a bowl with the strawberry jam. Then spread onto the graham crackers.

If you make these ahead and put them in the refrigerator, the graham crackers will soften up and they will taste even more like cheesecake!



Sweet tortilla triangles

1 large (8 oz.) package cream cheese

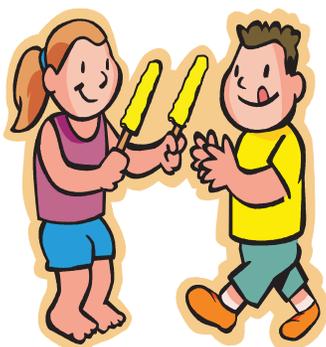
1 small spoon of honey, jam or jelly

A small handful of raisins

1 small carrot, grated or shredded or chopped very fine.

Whole -wheat soft tortillas

Mix the cream cheese, sweetening of choice and grated carrot. Add the raisins. Spread on each soft tortilla. Fold each in half and cut into two triangles.



Banana pops

1 banana, peeled and cut in two pieces

1-2 spoons of dry cereal, crushed

1-2 spoons of yogurt

2 popsicle sticks

Place crushed cereal on one plate and yogurt on another plate. Put popsicle sticks in each piece of the banana to make a pop. First roll the banana in the yogurt, then roll it in the crushed cereal.

Cream cheese dip with fun dippers

Cheese Dip

Mix in a bowl:

1 large (8 oz.) package of cream cheese

1 small (5oz.) container of processed cheese food

Fruit dip

Mix in a bowl:

1 large (8oz.) package of cream cheese

1 small can of crushed pineapple, mandarin oranges, or applesauce.

Dippers: tortillas or pita bread cut or torn into bite-sized pieces, pretzels or cheese sticks, carrots, celery, apple, pears, or banana pieces.



More ideas: To include even more milk products in your diet every day, drink a glass of regular or flavored milk with your snacks, or enjoy a dish of pudding or yogurt. Remember to wash your hands before making or serving food and make sure your kids do the same. **Kids learn from watching what you do and what you eat!**

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Central / Eastern New York

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