

PREMATURE BIRTHS AWARENESS MONTH



1 in 10 babies are born prematurely

Premature births are the number one cause of deaths in newborn babies

Even when a premature baby survives, the child is still at risk for lifelong disabilities

A misconception about premature births is that even if a child is born only a couple weeks early, they can still suffer health issues

Some conditions related to premature deaths include cerebral palsy, chronic lung disease, mental retardation, blindness, and hearing loss among other complications

Premature babies are 10 times more expensive to care for than a healthy baby causing huge levels of stress for their families and financial hardships

Overall, premature births cost the world more than \$26 billion dollars per year

What we can do to help:

- Prevent unintended pregnancies and achieve an ideal length of time between pregnancies (birth spacing)
- Provide women ages 18–44 years access to health care before and between pregnancies to help manage chronic conditions and modify other risk behaviors, such as smoking
- Identify women at risk for giving birth too early and offer effective treatments to prevent preterm birth
- Discourage deliveries before 39 weeks without a medical need
- When in vitro fertilization is used, elect to transfer just one embryo, as appropriate, to reduce multiple births

