

Pregnancy Resources

An aerial photograph of the Michigan Technological University campus. The foreground shows a large blue lake (Lake Superior) with a small red boat. The middle ground is filled with various brick and concrete buildings, interspersed with green trees. In the background, a dense forest of green trees stretches across the horizon under a clear sky.

Michigan Tech

Center for Diversity and Inclusion

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Signs of Pregnancy

To help determine whether or not you might be pregnant, ask yourself the following questions:

Are you sexually active?

- If you are sexually active, proceed to questions 2 through 4. If your period is late but you are not sexually active, things such as stress, diet, excessive exercise, and other lifestyle changes may be causing your delayed period. Your doctor can work with you to identify the problem, so do not hesitate to give them a call if you are concerned.

When was your last period?

- Whether you mark your calendar or not, take a deep breath and figure out when your last period was. There is a slight possibility that there was a miscount in number of days. Applications for your phone/tablets do exist to assist you with figuring out when your last period was, or if you did in fact miss it.

How are you feeling?

- Early signs of pregnancy may include some or all of the following symptoms:
 - I. missed period
 - II. headaches
 - III. tender breasts
 - IV. nausea
 - V. lower backaches
 - VI. fatigue
 - VII. frequent urination
 - VIII. food aversions
- Such symptoms (excluding I) can occur up to five days after your missed period.

Have you taken a pregnancy test?

- Pregnancy tests can identify pregnancy as early as 7-10 days after ovulation. Testing too early may result in a negative test. You should do a second test to be sure that your results are accurate. If your test comes up positive, schedule an appointment with your doctor to confirm your pregnancy. Free pregnancy test are located at the Michigan's Tech Center for Diversity and Inclusion.

Information for this slide was taken from MTU's CDI Online Health Wellness sight. <https://m.mtu.edu/diversity-center/resources/students/health-wellness/>

Pregnancy Options

Adoption Resources:

If you are considering adoption for your child, the following resources are at your disposal:

- Adoption Life Outreach Center
Phone: 482-8681/800-712-4357
- U.P. KIDS
Phone: 487-9832/877-423-2029

Abortion Resources:

Below are a few things that you should know about abortion in the state of Michigan:

- If at: Viability * an abortion is prohibited except in cases of life or health endangerment
- "Partial birth" abortion is banned
- An abortion must be performed by a licensed physician
- Public funding for abortion is limited to life endangerment, rape, and incest
- Private insurance coverage for an abortion is limited
- The individual seeking the abortion must receive state-directed counseling that includes information on the negative psychological effects and then wait 24 hours before the procedure is provided
- Individual and institutional providers may choose not to participate in abortion procedures

* Exception in case of life endangerment only Viability may apply to the baby potentially surviving if born prematurely, and it also may mean that the fetus is still alive inside the uterus. The term "age of viability" refers to the point in pregnancy at which the baby could have a chance of survival if born prematurely, which is generally around 24 weeks of pregnancy.

Signs of Labor

There are several signs of labor to look for in which the Mayo Clinic provides substantial amounts of information about these signs.

Signs of Labor:

1. Effacement: Ripening of the Cervix
2. Dilation: Opening of the Cervix
3. Increase in vaginal discharge
4. Nesting: Spurt of energy
5. Rupture of membranes: Your water breaks
6. Contractions: When labor pains begin

Also, remember to expect symptoms similar to the ones above, but false alarms!

For elaboration on each topic, please see the link directed to the Mayo Clinic's website below.

<http://www.mayoclinic.org/healthy-lifestyle/labor-and-delivery/in-depth/signs-of-labor/art-20046184>

What to Expect Before and After Pregnancy

For a list of things to expect, and also receive some guidance on, visit the website mentioned below.

<http://www.whattoexpect.com/what-to-expect/landing-page.aspx>

What to Expect Offers the Following:

- First year of childhood information
- Preconception information
- Pregnancy
- Toddler information
- Family information
- Due date calculator
- Breastfeeding guide
- Hospital bag guidance
- Parental test

There is additional information and advice for trying to conceive, baby names, and different topics that are popular in this time.

Local Birthing Centers

The healthcare options in the Keweenaw Peninsula are limited, due to our location, but here's a few places you can visit to get you better prepared.

- UP Health System Portage - Childbirth Classes
- Aspirus Keweenaw Hospital - Birthing Services
- For a list of other local medical providers and information, visit the directory for the city of Houghton at:

<http://www.cityofhoughton.com/directory.php?targetcat=Health+and+Medical>

Local Resources Near Michigan Tech

Resources regarding pregnancy on MTU's campus and the surrounding areas include:

Hamar House

Child & Family Services of the Upper Peninsula

- Located in Marquette, MI. Child & Family Services of the Upper Peninsula provides programs that preserve the dignity and enhance the well-being of families and their individual members, which are provided in a caring compassionate and professional manner.

Copper Country Great Start Collaborative

- Located in Houghton, MI. The Copper Country Great Start Collaborative through the Office of Great Start has been charged with Ensuring that all children birth to age eight, especially those in the highest need, have access to high quality early learning and development programs and enter kindergarten prepared for success.

Western Upper Peninsula District Health Department

- Located in Hancock, MI. Western Upper Peninsula mission is to lead the community toward better health through education, advocacy and disease prevention.

Additional Resources

- **Women's health** (<http://www.womenshealth.gov/pregnancy/index.html?from=AtoZ>)
- **Getting Pregnancy and Baby Tips Via Text** (<https://www.medicare.com/wellness/healthy-pregnancy-program/text4baby>)
- **MTU Resources (CDI)** (<https://m.mtu.edu/diversity-center/resources/students/health-wellness/>)
- **MTU Resources** (<http://www.mtu.edu/worklife/family-connections/parenting/expecting-newborns/>)
- **Lactation Space Link** (<http://www.mtu.edu/worklife/work-connections/lactation-support/faq/>)
- **Pregnant Scholar** (<http://www.thepregnantscholar.org/>)
- For one on one counseling and help please visit MTU's Center for Diversity and Inclusion.