

The Health and Wellness Insider

AHED Newsletter



Patient's Perspective: Meet Blandina



Blandina is pregnant with her first baby- a girl!

She plans to deliver at the Santa Clara Valley Medical Center (SCVMC) and is excited to learn about the health education classes offered to new parents. She attended three of the virtual classes with her partner, including Childbirth Preparation, Mother and Newborn Care, and Lactation.

Blandina and her partner enjoyed learning from all three classes. They felt more confident and gained a lot of new information. For instance, they learned about how babies need to be held, how to take care of a baby's umbilical cord, and how Blandina can take care of herself after childbirth. Blandina also learned about what to expect while she is in labor, and how the hospital can support her in breastfeeding her baby.

After completing the classes, Blandina feels more secure and prepared as a first-time parent. She believes the classes can help a lot of new parents!

LEAD POISONING IN CHILDREN

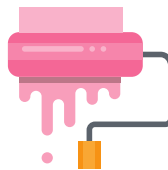
Did you know that lead poisoning is very harmful to young children?

Even small amounts of lead can harm a child's health.
Lead poisoning can harm a child's brain. It can make it hard for children to learn, pay attention, and behave.



Where You May Find Lead

- Can be passed from mother to unborn baby
 - Can affect the growing fetus
- Can be eaten in:
 - Older paint that is chipped or peeling
 - Dust with lead (on parents' work clothes)
 - Soil with lead
- Can be found in some:
 - Imported ceramic pottery
 - Painted objects
 - Traditional home remedies and cosmetics like surma, kohl, or khali
 - Imported spices like turmeric, khmeli suneli, chili powder
 - Imported food products like chapulines and some candies



How to Check for Lead Poisoning

- A **blood test** is the only way to know if your child has lead poisoning.
- Blood tests for lead are **free** during Well Child check-ups with most insurances, including Medi-Cal, or with Child Health and Disability Prevention (CHDP).
- Most children get tested at **1 and 2 years old**.
- Some children **over 2** also need to get tested, if they are at risk.

For more information visit www.sccphd.org/leadfree

2022

*AHED will continue to offer
FREE VIRTUAL CLASSES!*



To sign up for our **FREE** health education programs:

- Ask your provider to refer you to us OR call us at **408-885-5436**
- Please visit our website for more information: www.scvmc.org/ahed