

Do You Hear Her? Maternal Infant Health Panel | Questions and Answers

Question	Panelist Answer
Is there a way for me to select the doctor who will deliver my baby?	Consider asking for a list of providers from your insurance company. You can also solicit referrals from your network.
Do you recommend women having orgasmic birth, is it real, do many Black women have that and is that worse or better for our fatality rate around giving birth?	Orgasmic birth is a choice and something to be discussed with your provider regarding any risks/benefits.
I've seen a new uprising of Mother Showers, where friends prepare the houses for the mothers and help with birth plans. How much can an idea like this empower a new mother?	Mother Showers are an excellent way to help mothers prepare for birth. Knowledge is power and helps reduce anxiety surrounding labor and birth.
I was amazed at the calm the doula brought when my daughter gave birth. How can we make this a community standard again when healthcare tends to lean toward "traditional birthing"?	The community has the power to make having a doula the standard by increasing awareness of the services offered and also by advocating that doula services be reimbursed by insurance companies. Doula awareness can be made known throughout communities by word of mouth, social media, having intelligent conversations with doctors, and also it is very important to contact state senators
I agree with having a voice. How do you feel about advocating for women who are high risk and in their late 40s nearly approaching 50 who are experiencing their first childbirth? As health professionals, do you feel it is vital for the community to support this group? What aids, support or advice could you provide this group of first time moms?	It is vital that all underserved and underrepresented groups have advocates. I would encourage first time birthing persons in their 40s to search for relevant support groups and providers with not only experience but also compassion for caring for persons of their age demographic.
Speaking of miscarriages, I've had many and was always told there isn't a way to determine why or how I could not carry a child full term. Is this true? Is there a way to determine the cause of miscarriage?	Determining the cause of miscarriages can be challenging. Follow-up appointments and discussions with your OB/GYN provider are imperative to hold conversation and request further testing if indicated.
What is the average timeframe for postpartum before it becomes concerning?	Always err on the side of being cautious and express any/all concerns regarding postpartum depression immediately so that resources and services can be offered/initiated earlier than later.
Would having multiple c-sections make you considered to be high risk?	Multiple c-sections is considered a high risk factor and the implication and risks should be discussed with your provider at the onset of pregnancy.
There are many prenatal vitamins on the market. Is there one that is recommended more than the others? Prescription vs over the counter ?	Prenatal vitamins that contain DHA, folic acid, and iron can be purchased over the counter.
Gummy vitamins don't have iron in them. Should I take a separate iron pill?	If your gummy vitamin does not have iron, an additional iron supplement could be useful. Talk to your provider about your labs and ask if you need iron
For those who have public insurance, can a doula be paid for? If not, how can one be able to gain access to doula care?	There are a number of birthing rights and choices that a family has and they need to be discussed with the provider during pregnancy and before birth. Selecting a provider that listens, understands and is willing to accommodate choices is imperative. Funding for doula coverage and training in Michigan is anticipated to
What are the suggested items in the "Mommy Kit"?	Doppler, pulse oximeter, thermometer, and blood pressure cuff.
Can you talk about birthing rights such as lotus birth? Some doctors are discouraging moms from keeping cord attached or delayed, and taking away the choice by cutting the cord anyway.	<i>No comment provided.</i>
Can you speak to if "baby friendly" hospitals make a difference in maternal infant mortality?	Baby-friendly hospitals that promote exclusive breastfeeding can make a difference in infant mortality if the institutions invest in adequate resources, lactation support and training.
What is MeetMae.com?	Pregnancy and postpartum support, tailored to our needs as Black women.