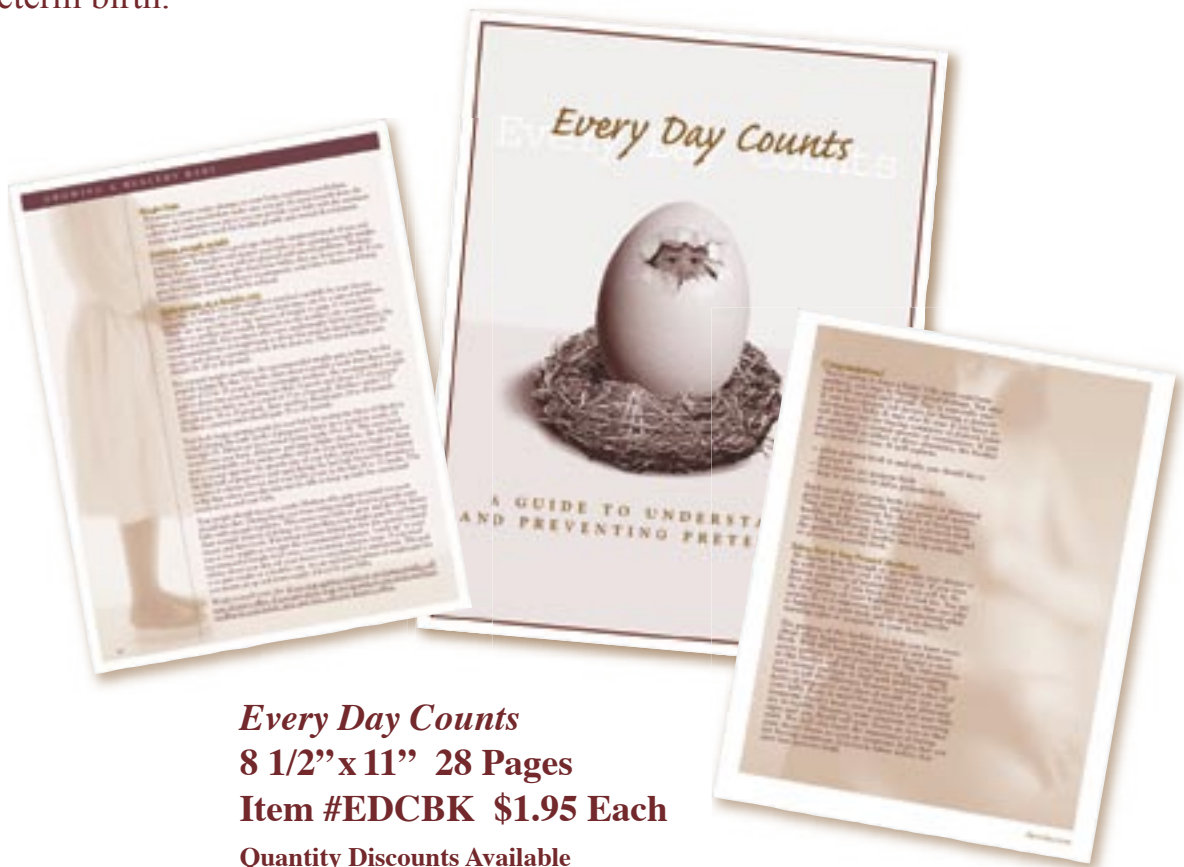


# Every Day Counts

## *A Guide To Preventing Pre-term Birth*

The purpose of this booklet is to help patients learn about what happens during pregnancy and preterm birth. With this knowledge, they can become a more active partner in their prenatal care. The information in this booklet will help them know when something isn't normal and how to deal with problems that can arise. They'll learn how to tell the difference between the normal aches and pains of pregnancy and signs of trouble for them and their baby. Some symptoms are warning signs, and patients should call their doctor as soon as they start. They will also learn the importance of letting their doctor know as soon as symptoms of preterm labor begin before they turn into preterm birth.



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