

**It is very important to make an appointment with an OB doctor as soon as you find out your pregnant and keep all doctors visits, so you and your baby can make it to 40 weeks/full term.**



**Why is it important to make it to 40 weeks??**

Some of the health problems that preterm babies may have include:

* Problems breathing and keeping warm;
* Feeding problems because they may have more trouble sucking and swallowing;
* Newborn jaundice, which causes their skin and the white part of their eyes to look yellow;
* A longer hospital stay after they are born or be in the Neonatal Intensive Care Unit;
* Are more often readmitted to the hospital with problems; and
* A smaller and less developed brain when they are born.

Even if the baby does well when born, he or she may have more long-term health problems such as:

* Attention Deficit Hyperactivity Disorder (ADHD); and
* As adults, they are more likely to get diabetes, high blood pressure or heart disease.