

What is Neonatal Abstinence Syndrome?

If you are pregnant and using, the drugs you use pass through your body to the baby inside of you. Once born and no longer getting the drugs, your baby can go through withdrawal. The set of symptoms a baby experiences is called Neonatal Abstinence Syndrome (NAS).

The symptoms a baby shows differ based on the drug(s) that were used and the amount taken. They can include: seizures, poor feeding, sweating, diarrhea, or trouble sleeping.

Some drugs can increase the chance of birth defects and/or premature labor. This can affect how the baby grows and develops. Babies of mothers who drink alcohol during pregnancy may also have the same kind of symptoms.

If you are using drugs, do not just quit suddenly, as it can cause problems for your baby. If you are ready to get help, call the Hopeline! Trained, caring people will direct you to the help and hope you need. It is never too late.

Some of the drugs that can cause NAS include:

- Cocaine
- Amphetamines (like speed, Adderall®, and Dexedrine®)
- Opiates/opioids (like heroin, morphine, and codeine); oxycodone, hydrocodone, Oxycontin®, Vicodin®, Percocet®
- Marijuana (pot, weed)
- Benzodiazepines (like sleeping pills, Valium®, and Xanax®)



**Pregnant and Using?
There is Hope.**

For Free,
Confidential
Support, Call

Help yourself. Help your baby. **315-218-1965**

The State of Our Babies' Health in Syracuse

On November 21, 2013, SHS presented "The State of Our Babies Health in Syracuse". The two hour program focused on perinatal outcomes within the community. Special attention was paid to the disparities in birth outcomes between different races and ethnicities. 75 community members attended this event. The SHS Evaluation Team presented the data and took questions from the audience.



Poison Prevention Week

Poison Prevention Week is March 16-22, 2014. It is important to remember that what young kids see and reach, they usually put in their mouths. When children start to move around more, they can reach medicines and household products wherever they are stored. Be sure to keep all medications, cleaners, detergents, and poisons in a locked cabinet out of children's sight and reach.

It is important to keep the number for the poison control center by the phone. By calling 1-800-222-1222 you will reach professionals who offer fast and free confidential help in English and Spanish. Most poisonings are resolved over the phone. The number works from anywhere in the United States, 24 hours a day, 7 days a week. **Remember, if your child is not breathing or has collapsed, call 911 immediately.**



Winter Fruit Crisp

- 3 sliced apples or pears
- ½ cup flour
- ¼ cup quick oats
- ¼ cup brown sugar
- 2 teaspoons ground cinnamon
- 3 tablespoons cold butter
- Raisins



1. Preheat oven to 450 degrees.
2. Peel and slice either apples or pears.
3. In a small bowl, mix flour, oats, brown sugar, and cinnamon.
4. Cut butter into pieces and add to flour and oat mixture.
5. Cut butter into flour/oat mixture using a pastry cutter or two forks.
6. Sprinkle topping over fruit in baking dish.
7. Bake in preheated oven for 25-30 minutes or until it begins to brown.
8. Sprinkle with raisins. Serve and enjoy!

Bringing you fresh fruits and vegetables where you live, work, and play!



Your child deserves a healthy home!

The Onondaga County Lead Poisoning Control Program offers FREE home lead inspections to those who:

- Live in a rental house built before 1960 that has chipping or peeling paint, and
- Live in a rental house located in the City of Syracuse, and
- Are pregnant or have children under age 7 who live at or visit their home.

Call today to get your home checked. It's FREE!


435-3271
Onondaga County Lead Poisoning Control Program

Protect your child from lead paint!

Onondaga County Health Department
William M. Mahoney, County Executive
Cynthia M. Stinson, MS, MPH, Commissioner of Health

www.ongov.net/health • facebook.com/ongovhealth

Who Needs a Flu Vaccine?



Everyone. Every Year.

Everyone 6 months and older is recommended to get a flu vaccine every year.

No insurance? Call the Onondaga County Health Department at 435-2000 to find out how you can get a flu shot.

Resources



Text4baby provides free text messages 3 times a week with information to help you through your pregnancy and baby's first year. To sign up: text BABY (BEBE para Espanol) to 511411 or visit www.text4baby.org.

Pregnant? Have a new baby or young kids?

Call 435-2000
www.onhealthyfamilies.com
facebook.com/healthyfamiliesonondaga

Syracuse Healthy Start is on Twitter! Follow us @SYRHealthyStart or on Facebook for the latest updates.



facebook.com/healthyfamiliesonondaga



[@SYRHealthyStart](https://twitter.com/SYRHealthyStart)

Onondaga County Health Department
501 East Fayette Street
Syracuse, NY 13202

Healthy Start News

Celebrating Over 15 Years of Syracuse Healthy Start

Volume 8, Issue 1 ■ Winter 2014

Benefits of Breastfeeding

- Breastmilk is the perfect food for your baby. It has all the right ingredients in just the right amounts for your baby.
- It is cheaper to breastfeed than to bottle feed.
- Breastfeeding will help you lose the weight you put on during pregnancy.
- Breastfeeding helps prevent breast cancer (and some other types of cancers).
- Breastmilk has special antibodies that help protect your baby from colds, flu, ear infections, and illnesses like asthma and eczema.
- Breastfed babies have fewer allergies than formula-fed babies.
- Breastmilk is always available and at the right temperature. You can feed your baby any time and any place.



WIC Peer Counselor Program

The WIC Program has breastfeeding peer counselors available for any WIC mom who would like a little extra support. The Peer Counselor Program will help you get the support you need to reach your breastfeeding goals. WIC Peer Counselors are:

- Moms just like you
- Experienced at breastfeeding
- Are there for you to help with your breastfeeding concerns
- Trained to know when medical help is needed

Talk to your Peer Counselor:

- If you have questions about breastfeeding
- When you need someone to tell you that you are doing a good job
- If you are getting frustrated
- If family or friends do not know the facts about breastfeeding
- When you just need someone to talk to

"Babies were born to breastfeed...always have been...always will be"

Winter 2014

Inside this issue:

Neonatal Abstinence Syndrome (NAS)

Page 2

Lead Poisoning Control Program

Page 2

Who Needs a Flu Vaccine?

Page 2

The State of Our Babies' Health in Syracuse

Page 3

Poison Prevention Week

Page 3

Healthy Recipe

Page 3

Resources

Page 4

Syracuse Healthy Start Newsletter is not intended to replace the services of a physician. Information is provided for informational purposes only and is not a substitute for professional medical advice.

Onondaga County Health Department
Joanne M. Mahoney, County Executive
Cynthia B. Morrow, MD, MPH, Commissioner of Health



Syracuse Healthy Start promotes healthy pregnancies and healthy babies through community partnerships, community referrals, health education, case management, and home visitation. Funding for Healthy Start is provided by Health Resources and Services Administration.