

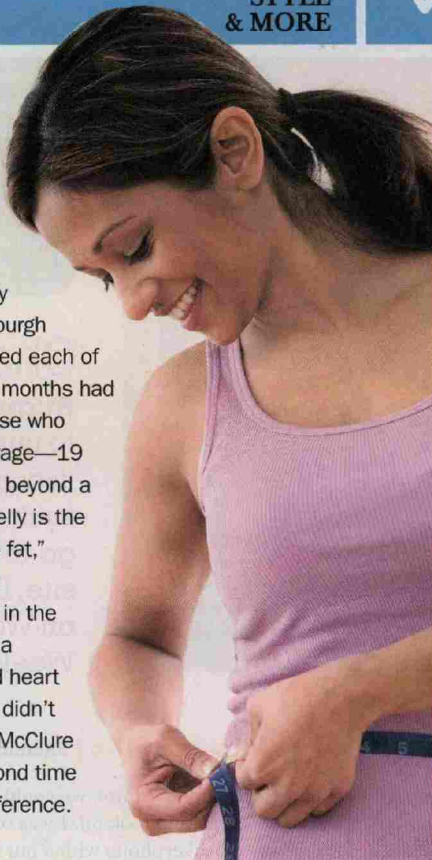
HEALTH  
BEAUTY  
STYLE  
& MORE

# MoM

By Amy Gorin & Tricia O'Brien

## WAIST MANAGEMENT

**B**reastfeeding can help you wiggle back into those skinny jeans: A recent study from the University of Pittsburgh found that moms who nursed each of their kids for at least three months had a smaller waistline than those who didn't—2.6 inches, on average—19 years later. The benefits go beyond a trimmer pants size. "The belly is the least healthy place to store fat," says study author Candace McClure, Ph.D. "Excess fat in the midsection puts women at a higher risk for diabetes and heart disease." No worries if you didn't breastfeed your first child; McClure says that doing so the second time around can still make a difference.



## Bye-bye, UTIs

You ladies know your sex ed: More than 70 percent of married women head to the bathroom within five minutes of sex, shows a recent survey by AZO, a maker of hygiene products. Experts say this is key for preventing urinary tract infections (UTIs). "During sex, bacteria can gain access to areas where they don't usually live," says Shari Brasner, M.D., author of *Advice From a Pregnant Obstetrician*. To further lower your risk, try these tactics:

- ☀ **Consult the Kama Sutra.** "Women seem to be at increased risk for UTIs when they have intercourse in the missionary position," Dr. Brasner says. "The urethra, which connects to the bladder, may get irritated."
- ☀ **Lube up.** New or breastfeeding moms may be pretty dry down there, increasing susceptibility to infection.
- ☀ **Wipe from front to back.** This keeps bacteria out of the urethra.
- ☀ **Take a daily cranberry supplement.** It's more potent than cranberry juice and prevents bacteria from sticking to the bladder wall. Try it only if you have recurrent infections.

**Recovering from a cesarean?** Take heart: A new review of studies found that vaginal birth after cesarean (VBAC) is safe for most women. These days, 90 percent of women whose first delivery is by C-section have another C with their second.

## Sweet Summer Drinks TRY ONE OF THESE JUST-OUT PICKS

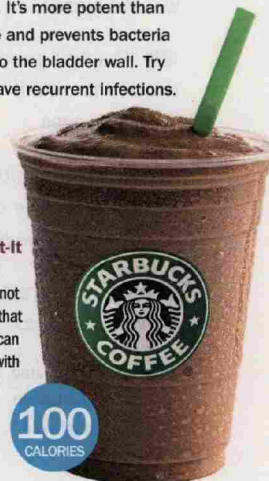
▶ **Jamba All Natural Smoothies** Three Jamba Juice faves now come in blend-it-yourself mixes: Strawberries Wild; Razzmatazz; and Mango-a-go-go. Once you add 4 ounces of apple juice, each serving offers more than 100 percent of the daily value for vitamin C (\$3.15; Costco).



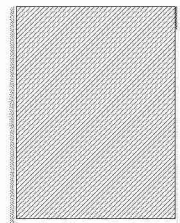
▶ **Honest Tea Half & Half** Enjoy two of summer's signature drinks, iced tea and lemonade, in a refreshing new concoction. It's safe for breastfeeding moms. One serving has about half the caffeine of a cup of coffee (\$1.65; CVS).



▶ **Starbucks However-You-Want-It Frappuccino** We all love a good Frap—but not the 500-plus calories that can come with it. You can slim yours down now with requests such as skim milk and sugar-free syrup (\$3.45–\$5.75).



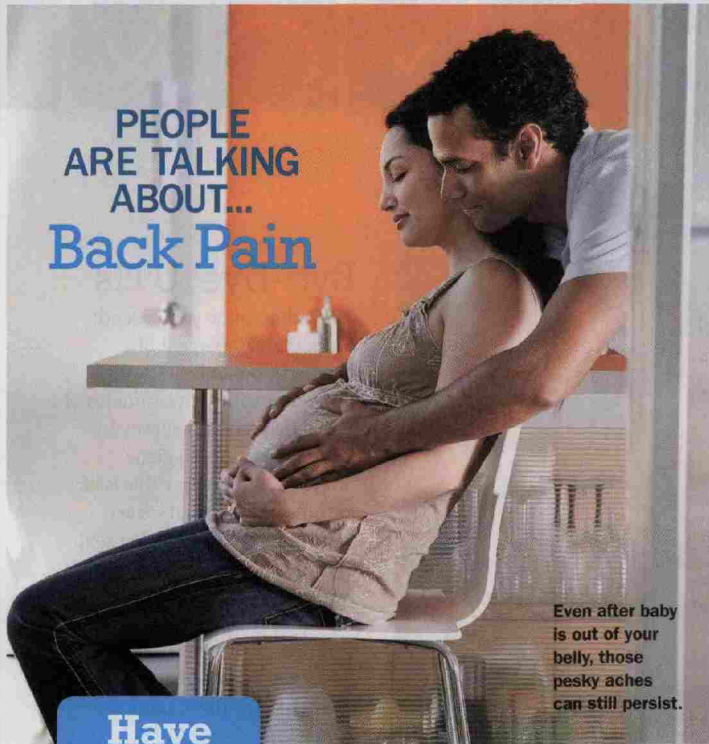
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mom HEALTH

PEOPLE ARE TALKING ABOUT...  
**Back Pain**



Even after baby is out of your belly, those pesky aches can still persist.

**Have your hubby rub you down.**

Crystal10922

“Yoga totally helps me feel better. I pop in a DVD.”

WoodFamily8284

“Practice good posture for relief!”

Shorty4ever3260

“A heating pad and a hot shower do wonders.” Mrs Janda

“Stretch, stretch, stretch!” taraely23

Get more mom-tested solutions at [americanbaby.com/backpain](http://americanbaby.com/backpain)

**“Fruit of the Womb**  
 When I was seven weeks pregnant, I read that the baby was the size of a blueberry. My husband started calling our daughter Blue, and soon enough, my family and I did too. When it came time to pick her official name, I just had to use Blue. She is Everly Blue, but I still call her Blue! AllisonM”

**Cheers, Mom!**  
 August 1 to 7 is devoted to nursing mothers. For a listing of events near you, such as picnics and walks, go to La Leche League’s site, [llusa.org](http://llusa.org), and click on World Breastfeeding Week Celebration.

**>>birth stories Delivery to Go | Shannon Haddaway, Fort Worth, Texas**

I had pictured a calm birth in the hospital; ours could have made the local news. At 2:45 A.M. on Memorial Day last year, my wife woke me to tell me that her contractions were five minutes apart. I called my mother-in-law to ask her to watch our two kids. Then Shannon’s water broke. As I helped her to the car, she told me the baby’s head was coming out. Ack! I immediately dialed 911; the dispatcher wanted to send an ambulance.

Shannon with Adeline

I didn’t think we could wait and took off. I was on speakerphone with a nurse at the local hospital when Shannon yelled that the head was out. “I’m pulling over to a gas station,” I said. “Get me to the ER!”



she screamed. Minutes later, while I sped along the interstate, Shannon delivered our baby girl in the car. Adeline wasn’t crying or breathing.

When I screeched into the hospital parking lot minutes later, a team of doctors awaited us. They rushed Adeline inside, and she was stable in no time. We all experienced a miracle that day. *As told by husband James*

Share your birth story at [americanbaby.com/birthstories](http://americanbaby.com/birthstories) and we might feature you here!

**We’re mobile now!** Grab your phone and go to [parents.com](http://parents.com), where you’ll find everything you need to know about caring for your newborn—from feeding and diapering to what’s normal and what’s not.

GARRY WADE/GETTY IMAGES