

# SUNDAY MORNING

## Health Corner

### Black Maternal Health Week

**Black women face** significantly higher risks during pregnancy and childbirth. In fact, Black women are three to four times more likely to die from pregnancy-related causes.

**This situation is** tragic and completely unacceptable. But there are steps pregnant women and their families can take to increase the likelihood of a safe and healthy birth experience.

- Tell your healthcare provider if anything doesn't feel right.
- Know the urgent warning signs. These include: severe headache, swelling of hands or face, trouble breathing, changes in vision, and heavy vaginal bleeding or discharge.
- Share recent pregnancy history during each medical care visit for up to one year after delivery.

Health professionals and advocates, including the [Black Mamas Matter Alliance](#), are working to improve Black women's experiences during pregnancy and childbirth.



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