

# Are You at Risk for Preterm Birth?



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Preterm birth – a delivery prior to 37 weeks or 3 weeks prior to the due date – is more common than you might think. Approximately 500,000 babies are born early each year in the US.<sup>1</sup> Staying pregnant to 40 weeks – or full term – is one of the best ways to give your baby the time needed to grow and develop.

Dr. Biggio stresses the importance of knowing whether or not you are at risk.

### Risk factors include:

- Prior unexpected preterm birth before 37 weeks (3 weeks or more prior to the due date)
- Pregnant with twins, triplets, or other multiples
- Problems with uterus or cervix
- African American
- High blood pressure, high levels of stress, diabetes, or being overweight
- Short time between pregnancies
- Smoking, drinking alcohol, or using illegal drugs<sup>2</sup>

Help protect your baby. If you are at risk for preterm birth, talk to your healthcare provider about any questions or concerns you might have. Your healthcare provider can share ways that may help lower your risk, including potential treatment options.

### Watch video

For more information on preterm birth, please visit [www.GrowthYouCantSee.com](http://www.GrowthYouCantSee.com).

For more information about the sponsor, Lumara Health, a division of AMAG Pharmaceuticals, please visit [www.LumaraHealth.com](http://www.LumaraHealth.com).

