

Healthy expectations

About baby

Your baby is developing quickly now! At 16 weeks old, the average baby is:

- Is about 4 ½ inches long
- Weighs approximately 3 ½ ounces
- Holds his/her head erect
- Begins to grow toenails
- Has scalp patterning but no hair yet
- Pumps about 25 quarts of blood through his/her heart per day

Quad screen

At this time in your pregnancy, your provider will likely order a quad screen to test for possible abnormalities or genetic disorders. The quad screen tests four different substances in the mother's blood:

- Estriol: estrogen from the baby and placenta
- hCG - human chorionic gonadotropin: a hormone in the placenta
- AFP - alpha-fetoprotein: a protein made by the fetus
- Inhibin-A: protein made by the ovaries and placenta

The quad screen does not diagnose a problem — its results are used to determine if there may be a problem and if further testing is necessary.

The screening is performed with a simple blood draw which is then sent to a lab for evaluation. Levels of the four substances mentioned above are tested and results are then compared to factors such as ethnicity, age, etc. to determine the risk factor for genetic disorders or abnormalities. If results indicate further testing is suggested, your care team will discuss options with you.

Judith Brinkman, MD

East Clinic, 6340 Barnes Rd.

1-719-522-1135 TTY 711

Todd Stearns, MD & Alice Cole CNM, MSN

Southwest Clinic, 2610 Tenderfoot Hill St.

1-719-522-1135 TTY 711

Crystal Evig, MD, Maureen Jordan, MD & Nicole Taylor, CNM

Briargate Clinic, 2405 Research Pkwy.

1-719-522-1135 TTY 711



Meet our obstetricians: Maureen Jordan, MD, MPH, FACOG is a board-certified obstetrician at our Briargate clinic, and has practiced with Optum since 2001. She earned her undergraduate degree from The University of Notre Dame, medical degree from Tulane University School of Medicine and completed her residency in OB/GYN at Kaiser Permanente Medical Center in California. Dr. Jordan currently serves as the Chief of Obstetrics and Gynecology for Optum in Colorado. She is interested in all aspects of general obstetrics and gynecology. She loves the diversity of the specialty, the relationships she is able to build with patients, and especially the unique honor of attending deliveries and being part of welcoming little miracles of life into the world.

Domestic abuse

According to the Centers for Disease Control, domestic abuse is the most common cause of injury to women, ages 14–44, in the U.S. and accounts for about 25% of emergency room visits for women. Abuse can take many forms, and whether physical or emotional, has the potential to leave deep emotional scars and possibly endanger you and your child.

Many women in abusive relationships think that their pregnancy may 'fix' their spouse or partner's abusive behavior. Abuse often takes on a cyclical nature, with extreme highs and lows, and while there may be 'cooldown' periods, it is not likely that they will last. Add the additional stress that pregnancy has on both the mother and the father, and abuse can easily persist.

It is very difficult to admit or sometimes even realize that you are being abused. You are not alone and there are resources available to help you. Domestic abuse is a crime; by helping yourself now, you are also helping to protect your child when he or she is born. Visit the resources below for more information about the signs of abuse and informative resources. You can also call the National Domestic Violence Hotline at 1-800-799-7233 or TDD for the hearing-impaired at 1-800-787-3224. You can also contact the crisis line at Tessa, an abused women's shelter and support center in Colorado Springs, at 1-719-633-3819. If you are being abused, don't hesitate to get help.

Resources

Below are a couple of online resources that our patients have found to be helpful. Please note that these sites are not intended to take the place of the care of your physician.

[womenshealth.gov/relationships-and-safety](https://www.womenshealth.gov/relationships-and-safety)
tessacs.org

cosprings.optum.com



Optum® is a trademark of Optum, Inc. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.