

Emily and baby Dalton  
at 6 weeks old

## In it together

Midwives support natural birthing experiences and emphasize minimal intervention, but they are trained to administer pain management if a patient wishes to incorporate it into their care. Most importantly, midwives affirm the strength of women and partner with them to customize their care.

“My labor with my son never felt rushed, and I felt completely in touch with my birthing experience,” Emily says. “I would tell a woman who is considering a natural birth that they can do it. Having a baby is a natural part of life, and making sure you have the right team in place can help you achieve the birth experience you want.”

## BABY FAIRS

### Informative and fun!

- Meet our doctors
- Receive fertility and conception information
- Tour labor and delivery suites
- Enjoy prizes, refreshments, and fun for the entire family

**Fort Hamilton Hospital**  
Nov. 12

**Soin Medical Center**  
Dec. 3

▶ Learn more and pre-register online  
at [ketteringhealth.org/babyfairs](http://ketteringhealth.org/babyfairs)

*Meet our  
midwives!*

## Pack smart

In addition to your ID, hospital paperwork, and insurance info, here are a few things to pack in your hospital bag.

### Bring it:

- Nursing bra
- Nightgown or pajamas
- Comfortable clothes to wear home (mid-pregnancy size)
- Comfortable pillow and nursing pillow
- Essential toiletries
- Glasses or contacts
- Sleeper for baby to wear home
- Phone and charger

### Leave it:

The hospital will provide these!

- Diapers
- Pads
- Wipes
- Nipple cream



# Move FOR HAPPIER HIPS

Too much time sitting may be to blame for hip pain

**Between the time** we spend commuting, working at the office, sitting down for meals, and enjoying a few episodes of our favorite TV show, the average American spends one-third to half of each day sitting.

While the jury is still out on just how much sitting negatively affects our health, experts agree that we need to move more and sit less.

**Why it hurts** Prolonged and frequent sitting can tighten and shorten your hip flexors, one of the strongest muscle groups in the body. This muscle group connects the lower limb, pelvis, and abdomen. So over time, tight hip flexors can result in incorrect posture, knee and shin pain, back pain, and even foot or shoulder pain.

If you have leg or back pain, your tight hips and too much sitting could be to blame.

## What you can do

Exercise doesn't necessarily balance the effects of sitting all day, so swap sitting for moving and standing as much as possible. If you work at a desk all day, here are a few ways to change your workplace habits to get in more movement.

- **Stand up** when you take a phone call or eat lunch.
- **Elevate your desk** with a standing desk if you work at a desk for long periods of time. If that's not possible, try a high table or countertop.
- **Walk laps** around your office or building during meetings instead of sitting in a conference room.
- **Take the stairs** instead of relying on the elevator.
- **Park on the edge** of the parking lot so you get in a few more steps going to and from your car.

Sources: American Academy of Orthopaedic Surgeons; Bureau of Labor Statistics

## A deeper problem

Some pain could be caused by issues with your hip bones, not just the muscles around them. If constant joint pain is limiting your everyday life, it may be time to consider surgery.

If you have trouble walking, climbing stairs, bathing, or sleeping and miss out on favorite activities because of joint pain, a Kettering Health Network orthopedic specialist can help you determine a treatment to help you stay active.

## ▼ BE IN THE KNOW

Learn more about joint replacement options at a physician lecture on Thursday, Nov. 9. To register, call 1-888-726-2372, or to find more upcoming lectures, visit [ketteringhealth.org/ortho](http://ketteringhealth.org/ortho)