

1 American baby

MOM TO MOM, WOMAN TO WOMAN.™

Does Your Baby Weigh

In fact, "in the second half of the second trimester and in the third trimester, dehydration can send you into preterm labor," says Randy Morris, MD, medical director of IVF 1, a center devoted to the treatment of infertility, recurrent pregnancy loss, and women's reproductive problems, in Chicago, and an associate clinical professor of reproductive endocrinology at the University of Illinois School of Medicine. "As a mother becomes dehydrated, her body produces the pituitary hormone vasopressin to help conserve fluid—this hormone is chemi-

Going to take a quick summer stroll? Be sure to drink 8 ounces of water every 20 minutes.

cally similar to oxytocin, which stimulates contractions." Signs of dehydration can include light-headedness and cramping. If you experience either of these symptoms, get out of the heat and seek rest in a cool place—or better yet, in an air-conditioned environment—and start drinking water. If symptoms don't subside within 30 minutes or if they worsen, call your doctor.

To prevent dehydration, consume at least 12 eight-ounce glasses of non-caffeinated fluids per day (since caffeine can dehydrate you), Dr. Phelan advises, as well as fruits and vegetables, which contain substantial amounts of water. "Your urine should be light yellow, and you should need to go to the bathroom at least every four hours," she says. "If it's dark, you're not drinking enough." Plus, if you're exercising in the heat, be sure to drink 8 ounces of water every 20 minutes.

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