

Genesis OB/GYN Useful Web Links

Please visit our Women's Health Library at www.genesisobgyn.org for a complete listing of helpful links and information on the web.

Useful Links:

American Academy of Pediatrics <http://www.aap.org/topics.html>

American College of Obstetrics and Gynecology (ACOG) patient information

http://www.acog.org/publications/patient_education

ACOG Exercise During Pregnancy http://www.acog.org/publications/patient_education/bp119.cfm

Babycenter.com – products and services for expectant and new mothers <http://www.babycenter.com/>

Babynamer. Com – will help you find the perfect name <http://babynamer.com/>

Breastfeeding – La Leche League Tucson home page <http://www.llusa.org/web/TucsonAZ.html>

Breastfeeding.com – Information and support <http://www.breastfeeding.com/>

Centers for Disease Control and Prevention –

Pregnancy Information http://www.cdc.gov/ncbddd/pregnancy_gateway/

Child Safety Seats – National Highway Transportation Safety Administration

<http://www.nhtsa.gov/portal/site/nhtsa/>

H1N1 Flu (Swine Flu): Resources for Pregnant Women <http://www.cdc.gov/h1n1flu/pregnancy/>

Diapers.com – free shipping and coupons on baby items www.diapers.com

Mayo clinic.com Pregnancy Week by Week <http://www.mayoclinic.com/health/pregnancy-week-by-week/MY00331>

Morning Sickness http://www.femalepatient.com/pdf/pat_0309.pdf

Pregnancy information library <http://www.femalepatient.com>

Womenshealth.gov The federal government source for Women's Health Information (Spanish)

<http://www.womenshealth.gov/pregnancy/>

<http://www.womenshealth.gov/espanol/elembarazo/>

HOSPITALS

Maternity Services at Northwest Medical Center

Childbirth Education Classes <http://www.northwestmedicalcenter.com/prenatal.html>

The Women's Center http://www.northwestmedicalcenter.com/womens_ctr.html

TMC Maternity Car Seat Loaner Program

https://www.tmcuz.com/TucsonMedicalCenter/Maternity/Car_Seat_Program

If you need help obtaining healthy food and health care for you and your child contact:

State Children's Health Insurance Program 877-KIDS-NOW (877-543-7669) www.insurekidsnow.gov

U.S. Department of Agriculture Food Stamps Program www.fns.usda.gov/fsp/

Women, Infants, and Children Program (WIC) www.fns.usda.gov/wic/