



 MyPrenatal
Care

*We Care About You and
Your Baby's Health!*

My Prenatal Care



Congratulations!

MyCHN is thrilled that you have chosen us to support and care for you as an expecting mother.

Here's what to expect from **MyCHN** throughout your journey to motherhood:

- Trusting relationship with your MyPrenatal Care Team
- Detailed prenatal visits with individualized care (first visit lasting between 60 to 90 minutes)
- Blood and urine collection
- Early blood testing for baby's gender
- Screening for gestational diabetes
- Pap test
- Vaccines
- Customized prenatal education
- Prenatal ultrasounds scheduled at one of **MyCHN's** convenient locations
- Timely contact with delivery doctor throughout your care
- **Access to MyCHN's Dental, Behavioral Health, and Pharmacy services**

My Prenatal Care



MyCHN is a local healthcare provider dedicated to providing excellence in care and service. Established in 2008, **MyCHN** replaced a Federally Qualified Health Center that had just lost its funding. This meant a fresh start and a purpose-driven beginning for **MyCHN** and the Alvin community.

We started in Alvin, Texas, with one location, one provider, and three exam rooms. Starting small allowed us to use our imagination and dream big, and it also allowed us to think about what we want to be and how we want to change the healthcare the communities we serve receive. **MyCHN** now has 15 operating locations in Brazoria, Harris, and Galveston counties.

Affordable Care for All

MyCHN accepts most private insurance, Medicaid, Medicare, and CHIP. Uninsured patients may be eligible for discounted self-pay services based on family size and household income. **MyCHN** strives to provide the highest value of care and offers substantial benefits for patients who are uninsured or self-pay. We have controlled the cost of office visits and have kept lab and pharmacy costs far below healthcare providers outside of **MyCHN**. Low-income or uninsured patients may apply for discounts on the cost of their care. **MyCHN** does not turn anyone away due to an inability to pay.

Mission:

Our mission is to provide quality care that uplifts, supports, and shapes healthy communities while addressing financial and social barriers.

Vision:

The vision of **MyCHN** is to be a leader in providing quality services and programs that enhance the lives of the people in our community.

Values:

The values of **MyCHN** are quality care at reasonable costs, education to promote healthy living, access to needed care, transparency in all aspects of our operations, competent and empathetic staff, high professional standards, and commitment to advances in healthcare.

Obstetrical Services with a Women's Health Specialist

Unique Coordinated Care

- 24-hour Access to Your Care Team

Perinatal Services

- Patients Maintain Continuity with Their Designated Women's Health provider and Their Extended Team.
- Complete Laboratory Screenings
- Ultrasound Available at Multiple **MyCHN** Locations
- MyPrenatal Care Patient Packet
- Integration of Whole Person Care with Pediatrics, Oral Health, and Behavioral Health
- Social Health Screenings
- Assistance with Covered care through Eligibility Services
- Maternal-Fetal Medicine Accessibility

Board-Certified Obstetrician-Gynecologists Tailored Services

- Patients get to meet and greet with their Delivery Physician based on the hospital of their choice.

MyPedi Care and Postpartum Care

- Patients will get to meet their child's pediatrician at the end of their 2nd trimester and 3rd trimester
- The baby's wellness visits will be **prescheduled**, and your care team will help you navigate as to what to expect in the first two years of life
- For vaginal deliveries, the MyPrenatal Care Team **aids with the postpartum follow-up** appointments. The OB Clinical Care Team follows up with mommy to ask questions regarding potential complications
- For C-section deliveries, Mom will follow up with the delivering Provider at their office until discharged
- Postpartum Depression Screening

Life Skills with Behavioral Health

Integrated Life Skills Consultation

- 1st and 2nd trimester coping with change
- 3rd trimester preparing for baby & postnatal care

MyCHN offers several therapy groups to help patients connect and grow. Joining a group is an excellent option if you are seeking a connection with others who share similar experiences or would like to find new coping skills and strategies. Therapy groups offer a space to share and receive a broader range of perspectives. These groups can be a great place to work on relationships and social skills. Listed below are some of the groups available for enrollment:

- Women's Social Gathering Group
- Parenting Group
- Adult Cognitive Behavioral Therapy

Caring Multidisciplinary Experience

- Mommies who may be dealing with real time, unplanned depression will receive immediate SBIRT intervention (Screening Brief Intervention Referral for Treatment)

Therapeutic Groups

- New Mom's Group
- Postnatal Groups

Oral Health

Integrated Oral Health Services

- Patients who are cleared by their primary OB provider will be navigated to MyDental Care for dental cleaning/hygiene visits.
- 1-2 visit during pregnancy
- 1 visit post delivery

Clinical Pharmacy Consultation

Accessible Pharmacy

- Education on pregnancy safety and side-effects for over-the-counter drugs or prescriptions.
- Prenatal vitamin consultation
- Chronic disease medication consultation

Wellness and Prevention

Postnatal Whole Person Integrated Care

- Prevention screening and exams at 12 weeks, 6 months, and 10-12 months
- Chronic disease continuum of care with a Primary Care Provider (PCP) or referral to a specialty

How to Download This Planner

- **Visit MyCHN.org and click on “Resources”**
- **Follow the drop-down to “Download MyCHN’s Prenatal Care Binder”**

OR

- **Visit MyCHN.org and click on “Services”**
- **Follow the drop-down to the “Women’s Health/OB” Page**
- **Scroll to the bottom of the page and click on “Download Your Prenatal Care Binder”**

Common Discomforts During Pregnancy – Pregnancy Planner

During pregnancy your body is going through many changes. These changes are triggered by hormones that prepare your body for pregnancy. These hormones can also cause many physical discomforts. Luckily, there are easy ways to relieve your pains.

Backache – Backache is one of the most common problems women face during pregnancy. The extra weight you are carrying causes a strain on your lower back muscles causing them to become stiff and sore. If you have a backache that refuses to go away or continues to get worse, call your doctor to be sure that this pain isn't caused by another health concern.

Some ways to lessen and relieve back pain:

- When picking up objects below waist level, use your legs instead of your back by bending your knees and keeping your back straight. Avoid heavy strain on your back by letting someone else pick up heavy objects. Also, keep objects within your reach so you don't have to strain yourself to grab them. Wear low heeled shoes. High heeled shoes tilt your body and put more strain on your back.
- Stay off your feet! If you have to sit for a long time, sit in a comfortable chair with good support on your back or put a pillow behind the small of your back. If you have to stand for long periods of time rest one foot on a stool while you lean your weight on the other to relieve pressure on your back.
- Sleep on your side with a pillow between your legs to support your back. Also, sleeping on a firm mattress will give your back more support than sleeping on a soft mattress. To firm up a soft mattress just have someone put a piece of plywood between the box spring and the mattress.
- Exercise to keep your back muscles stretched. Strengthen your back muscles by doing exercises and using good posture.
- Use an abdominal support garment to help take the weight of your belly off your back. Some maternity bottoms have built-in, thick elastics that ride below your belly to do the same thing.
- Use a heating pad, warm water bottle, or cold compress on your back to ease pain.

Breast Tenderness – As your body prepares itself for breastfeeding your breasts become larger and heavier. They most likely feel full and tender.

To help relieve breast discomforts:

- Wear a bra that fits well and has good support. A maternity bra, a bra built with extra wide shoulder straps, more coverage in the cups, and an extra row of hooks, is a good choice.
- Wear a supportive sleep bra to give you support while you sleep.

Constipation and Gas - During pregnancy you may get “backed up” from hormonal changes or from vitamin supplements. This can cause painful bloating and gas which may be exaggerated late in the pregnancy when the weight of your uterus begins to push on your rectum.

To reduce bloating and gas:

- Drink plenty of fluids to help flush out your digestive tract.
- Eat high fiber foods, including vegetables, whole grain bread, and bran cereal.
- Exercise to help your digestive system stay on track.

Frequent Urination - Frequent urination during pregnancy is caused by many influences. Your body is working hard to remove waste from your body. As your uterus grows it begins to press against your bladder and cause you to feel like you have to use the bathroom even if your bladder is almost empty. This may lessen in mid-pregnancy, as the uterus no longer rests on the bladder, but may begin again late in the pregnancy when the uterus drops into the pelvis. You may leak urine when you sneeze or cough due to pressure on your bladder. If this happens you can protect yourself by wearing panty shields or sanitary napkins.

To relieve frequent urination:

- Eliminate colas, coffee, and tea from your diet because caffeine makes you urinate more. Don't reduce the amount of fluids you drink, as this will rob you and your baby of vital fluids.

Headache - Headaches during pregnancy can be caused by hormonal changes, stress, increased hunger, fatigue, or even caffeine withdrawal. It is best to speak with your doctor before taking any drugs to relieve the pain.

Here are some drug-free tips to reduce headache pain:

- Rest in a dark quiet room.
- Place a cold face cloth on your forehead.
- Gently massage your temples, or have someone gently massage them for you.
- Get plenty of rest.
- Drink plenty of fluids.
- Eat small meals throughout the day to keep your blood sugar constant.

Heartburn and Indigestion - Heartburn, a feeling of burning in the throat and chest, and indigestion, a bloated and gassy feeling that happens when a stomach is slow to digest, may happen during pregnancy. There are many drug-free ways to help relieve symptoms and prevent heartburn and indigestion. Before taking antacids you should speak with your doctor.

To reduce your heartburn:

- Eat smaller meals, more frequently, rather than three large meals a day.
- Relax and eat slowly, chewing your food thoroughly.
- Stay away from foods that bother your stomach, including fried, greasy, and fatty foods. If heartburn is a problem, avoid fizzy drinks, citrus fruit, and fruit drinks.

- Don't lie down after eating and eat a few hours before bedtime. If heartburn is still a problem at night, try propping your head up against a pillow or elevate your head using a couple of books under the legs of your bed by your head.

Hemorrhoids - Hemorrhoids are painful, itchy varicose veins in the rectum. These can be caused by extra blood in your pelvic area and the pressure of your growing uterus on veins in the lower body. They may appear when you are constipated because straining bowel movements trap more blood in your veins. They may disappear only to return again during labor due to the strain of delivery.

Try these tips to help prevent hemorrhoids:

- Ward off constipation by drinking plenty of fluids and eating plenty of fiber.
- Keep your weight gain under control. Extra weight makes hemorrhoids more painful.
- Don't sit for long periods of time. Sitting puts pressure on the veins in your pelvic area.

To reduce the painful swelling of hemorrhoids:

- Soak them in water.
- Apply ice packs.
- Apply witch hazel pads.

Insomnia - Your growing belly may make it hard for you to find a comfortable position while sleeping. Also, the impact emotionally and physically of having a new baby may make it hard for you to fall asleep.

To help you relax and get a good night's sleep:

- Relax your mind and body in a warm bath or shower before bed.
- Learn relaxation exercises and breathing techniques.
- Limit your daytime sleeping.
- Sleep on your side with a pillow under your abdomen and another between your legs.

Leg Cramps - Leg cramps, especially at night, are a common discomfort during pregnancy, although the cause of them is uncertain.

To reduce cramping:

- Stretch your legs before going to bed
- Avoid pointing your toes when stretching or exercising

Lower Abdominal Pains - As your uterus grows, the ligaments that support it are pulled and stretched. This can cause dull or sharp pains on either side of your belly. These pains are most common between weeks 18 and 24. If these pains worsen or don't go away, call your health care provider.

To prevent or relieve pains:

- Avoid moving quickly, especially at the waist.
- Bend toward the pain to help relieve it.
- Rest or change your position.

Nausea and Vomiting – In the beginning of your pregnancy you may feel queasy by the smell of certain foods and have trouble keeping food down. This feeling, known as “morning sickness,” can happen at any time during the day or night and may lessen by the middle of your pregnancy. This nausea and vomiting does not harm you or your baby if mild, but if it gets severe, you can’t keep any foods or fluids down, and you begin to lose weight, you should see your health care provider.

To help relieve nausea and vomiting:

- Drink plenty of fluids to keep from dehydrating. Sweet, bubbly drinks may help you feel better.
- Eat more often to keep your stomach full.
- If you are nauseated when you wake up, keep crackers next to your bed to nibble on before getting up. Get out of bed slowly, sit and rest before standing up.
- Eat foods that are low-fat and easy to digest.
- Getting fresh air may help. Try taking a short walk outside or sleeping with a window open.

Shortness of Breath – The increase of progesterone early in pregnancy may leave you short of breath. Later in the pregnancy, your uterus grows larger and may press against your diaphragm, making it difficult to breath. You may feel short of breath but you are still getting adequate oxygen.

To help you breathe easier:

- Give your heart and lungs a break by moving slowly and taking it easy.
- Give your lungs more room to expand by sitting or standing up straight.

Swelling – Due to the increase in water in your body you may experience some swelling, known as edema, in your hands, feet, face and other body parts especially later in the pregnancy and during the summer. If you notice a sudden swelling of any body part you should contact your health care provider.

To relieve swelling:

- Sit with your feet up often.
- Sleep with your legs propped up on a pillow.

Varicose Veins – Varicose veins, blue bulges on your legs or in the lower body during pregnancy are caused by the weight and pressure of your growing uterus. There are no ways to prevent this, but you can reduce the swelling, soreness, and itching.

Following are suggestions to help reduce your risk of developing varicose

- When sitting or standing for a long period of time be sure to move around and change you position once in awhile.
- Sit with your legs straight not crossed.
- Relieve pressure by putting your feet up on something such a chair, desk, or stool.
- Exercise.

COMMON MEDICATIONS SAFE IN PREGNANCY

ACNE:

- Clindamycin
- Topical Erythromycin Salicylic
- Benzoyl Peroxide
- Retin-A Tetracycline Minocycline

AVOID: Accutane

ANTIBIOTICS:

- Ceclor Cephalosporins E-mycins Keflex
- Macrobid/Macrodantin Penicillin
- Zithromax
- Tetracycline Minocycline Levaquin

AVOID: Cipro

CAFFEINE:

- <200mg/day (equiv. to 1 cup of coffee or Approx. 3 12oz. sodas)

COLDS/HAYFEVER:

- Benadryl
- **Claritin-D Chlor-Trimeton Dimetapp
- Drixoral-Non-Drowsy Mucinex (guaifenasin) Sudafed/ Sudafed-12 Hour
- **Sudafed PE Pseudoephedrine Tylenol Cold & Sinus
- Vicks Vapor Rub

****AVOID** If You Have Problems With Blood Pressure

CONSTIPATION:

- Colace
- Dulcolax Suppository Fibercon
- Metamucil Miralax

COUGH:

- Cough
- Phenergan w/ Codeine if Rx'd Robitussin (Plain & DM formulas)

CRABS/LICE:

- RID

AVOID: Kwell

DIARRHEA:

- Kao-Pectate
- Imodium AD

FEVER:

- Tylenol
- Tylenol (Regular or Extra Strength) Extra Strength-Do not exceed 8tabs/24H Regular-Do not exceed 12tabs/24H Tylenol Sinus

GAS:

- Mylicon Phazyme

HEADACHES:

- ASA-Free Excedrin Cold Compress
- Tylenol (Regular or Extra Strength)

HEARTBURN:

- Aciphex Maalox
- Milk of Magnesia Mylanta
- Pepcid
- Pepcid Complete Prevacid
- Prilosec Roloids
- Tums (limit 4/day)
- Zantac

HEMORRHOIDS:

- Anusol/Anusol H.C. (RX: Analapram 2.5%)
- Hydrocortisone OTC Preparation H
- Tucks
- Vaseline lotion applied to tissue w/

HERPES:

- Acyclovir Famvir Valtrex

LEG CRAMPS:

- Benadryl

NASAL

- Saline Nasal Spray

NAUSEA:

- Vitamin B6 25mg TID Dramamine
- Emetrol
- Ginger Root 250mg QID
- High Complex Carbs @ Bedtime Sea Bands
- Accupressure
- Unisom ½ tab TID
- Darvocet
- Lortab
- Percocet
- Tramadol
- Tylenol 3
- Ultram
- Vicodin

RASH:

- 1% Hydrocortisone
- Benadryl

YEAST:

- Gyne-Iotrimin Monistat
- Demstat

SLEEP

- Benadryl
- Chamomile Tea
- Unisom
- Tylenol PM
- Warm milk-add vanilla or sugar for taste

Sugar Substitutes:

- Only in moderation

TEETH:

- Oragel

THROAT:

- Cepacol Cepastat
- Salt Water Gargle w/ warm water

VACCINES:

- Flu Shot
- Hepatitis A
- Hepatitis B
- Pneumovax Polio
- Booster Tetanus
- Tuberculosis test or ppd

- Live Poliovirus
- MMR (measles, mumps & rubella)
- Varicella (chickenpox)

*No known complications if received before known Pregnancy; resume series after delivery

AVOID: *Gardasil

MISC:

- Hair coloring/highlights
- Insect Repellants (including DEET)
- Sunscreens

PAIN:

- Tylenol
- Motrin
- Alieve

Foods to Avoid While Pregnant

Sugar-Rich Foods



Alcohol



Mushrooms



Sushi and Sashimi



Raw Shellfish



Fast Food



Carbonated Water



Excess Caffeine



Chili and Spices



High-Mercury Fish



Sauces



Processed Meat





**Meet Your Prenatal Care
Team**

Yvette M. Poindexter, MD

Chief Medical & Operations Officer

Phone: (281)-824-1480

Get online care: <https://mychn.org/>

Not Taking Appointments



Dr. Yvette M. Poindexter, FACOG, is a respected physician leader with over 28 years of experience in Obstetrics and Gynecology. A graduate of the University of Texas Medical Branch and Baylor College of Medicine, she now serves as the Chief Medical & Operations Officer for MyCHN's Women's Health, Obstetrics, and Maternal-Fetal Medicine.

Dr. Poindexter is dedicated to advancing high-quality, compassionate care for women across all MyCHN clinics. She provides strategic clinical guidance, supports provider development, and fosters a culture of excellence rooted in patient-centered care. Her leadership ensures that every woman who comes to MyCHN for Obstetrical or Gynecological care is met with respect, dignity, and expert attention.

Driven by a mission to serve communities with empathy and equity, Dr. Poindexter empowers her team to deliver exceptional outcomes and an outstanding patient experience at every stage of a woman's health-care journey.

Joanie Y. Hare, MD

OB/GYN & MFM

Get online care: <https://mychn.org/>

Not Delivering

MyCHN Westwood

Address: 9700 Bissonnet St. Ste 1000W, Houston, TX 77036

Hours:

Monday-Friday: 8am-6pm

Saturday-Sunday: Virtual Care

Phone: (281) 824-1480

AND

MyCHN Silverlake

Address: 9430 Broadway St Suite 120, Pearland, TX 77584

Hours:

Monday-Friday: 8am-6pm

Saturday-Sunday: Closed



Joanie Y. Hare, MD, FACOG, is a Board-Certified Obstetrician-Gynecologist and Maternal-Fetal Medicine Specialist. She has over 25 years of experience in Maternal-Fetal Medicine and High-Risk Obstetrics. A trailblazer in her field, Dr. Hare was the first African American physician in Houston to complete a Maternal-Fetal Medicine fellowship and is a founding member of Houston Perinatal Associates. She earned her medical degree from the University of Alabama School of Medicine and completed her residency in Obstetrics and Gynecology at Baylor College of Medicine, where she served as Administrative Chief Resident. She went on to complete her Maternal-Fetal Medicine fellowship at Pennsylvania Hospital in Philadelphia.

Dr. Hare has built a legacy of leadership and innovation in maternal-fetal care. At The Woman's Hospital of Texas, she founded and served as Medical Director of the Perinatal Diabetes Program, directed the Maternal Transport Program, and founded the Postpartum Intermediate Care Unit. She also held multiple leadership positions, including Chair of the Department of Obstetrics and President of the Board of Trustees. Her expertise spans the management of complex pregnancies, including those involving multiple gestations, fetal anomalies, maternal comorbidities such as hypertension and diabetes, and cervical insufficiency.

Beyond clinical care, Dr. Hare has contributed to the advancement of maternal health through academic appointments and national advocacy. She is a Voluntary Associate Clinical Professor at the University of Houston College of Medicine and has served on numerous boards, including the March of Dimes, the Cord Blood Association, and the U.S. Department of Health and Human Services Advisory Council on Blood Stem Cell Transplantation.

Dr. Hare has received numerous honors for her dedication to women's health, including being named a Texas "SuperDoc" in High-Risk Obstetrics and a "Top 30 Influential Woman of Houston."

Kingsley N. Asumugha, MD

OB/GYN & FACOG

Phone: (281)464-9100

Get online care: afinahoustonobgyn.com

Address: 13920 Ospey Ct #A, Webster, TX 77598

Hours:

Monday–Wednesday: 9am–5pm

Thursday: 9am–7pm

Friday: 9am–12pm

Saturday–Sunday: Closed

Delivers out of:

Memorial Hermann Southeast Hospital

Address: 11800 Astoria Blvd, Houston, TX 77089

Hours: Open 24 hrs

Phone: (281) 929-6100

AND

Delivers out of:

HCA Houston Healthcare Clear Lake

Address: 500 W. Medical Center Blvd, Webster, TX 77598

Hours: Open 24 hrs

Phone: (281) 332-2511



Dr. Kingsley Asumugha, MD, FACOG, is a board-certified OB/GYN in Webster, Texas, since 1994. With over 25 years of experience and extensive training, he offers his patients the skillful care of a world-class doctor. He is the founder, president, and medical director of A'fina Houston OB/GYN, which he opened in 1994 as a solo practitioner.

After graduating from the University of Arkansas for Medical Sciences College of Medicine in 1988, Dr. Asumugha completed his internship at Tulane University School of Medicine in 1989, followed by his residency in Obstetrics and Gynecology at Albert Einstein Medical Center in 1994, where he served as Administrative Chief Resident in 1993-1994. As a resident, he also published studies on the association of HPV with cervical carcinoma, clinical correlation of PID with ultrasonic findings, and clinical tocolytic trial: comparison of terbutaline and nifedipine. During residency, some of his other academic achievements included being honored as the Outstanding Chief Resident in 1994 and an award for excellence in managing high-risk pregnancies in 1993.

Dr. Asumugha was board certified in 1997 by the American Board of Obstetrics and Gynecology and is a member of the American Medical Association, Texas Medical Association, Texas Association of Obstetrics & Gynecology, Houston Academy of Medicine, and the Harris County Medical Society. He is also a Fellow of the American College of Obstetrics and Gynecology and a Fellow of the American College of Surgeon.

Dr. Asumugha was previously the Chairman of the Department of Obstetrics and Gynecology for Memorial Hermann Southeast Hospital from 2006-2008 and 2009-2010. He has also held several clinical and administrative management positions with the Memorial Hermann System and Memorial Hermann Southeast Hospital. He was an Obstetrics and Gynecology Executive Committee Member at HCA Houston Healthcare Clear Lake in 2018.

He serves patients throughout Webster, Friendswood, League City, Alvin, Pasadena, Manvel, Rosharon, Pearland, Galveston, Brazoria, and Harris Counties. Dr. Asumugha and his wife, Emilia, are blessed with four beautiful children. He enjoys family outings, music, soccer, tennis, reading, traveling, and art appreciation.

Bassem B. Maximos, MD

OB/GYN & FACOG

Phone: (832) 632-1333

Get online care: <https://www.maximosobgyn.com/>

Address: 651 Egret Bay Blvd, League City, TX 77573

Hours:

Monday–Thursday: 8:30am–5pm

Friday: 8:30am–4pm

Saturday–Sunday: Closed

Delivers out of:

HCA Houston Healthcare Clear Lake

Address: 500 W. Medical Center Blvd, Webster, TX 77598

Hours: Open 24 hrs

Phone: (281) 332-2511



Bassem Maximos, MD, MPH, FACOG, is a board-certified obstetrician and gynecologist at Maximos OB/GYN in League City, Texas. After 10 years in private practice, Dr. Maximos moved out to League City in 2007. He previously resided in California, where he graduated from La Sierra University in Riverside. He completed medical school at St. George's University School of Medicine in Grenada before beginning OB/GYN training at Louisiana State University in New Orleans. Dr. Maximos moved to New Jersey to study at the prestigious Robert Wood Johnson Medical Center to further his education. With Maximos OB/GYN, Dr. Maximos established a respected and successful practice that serves the League City community and the surrounding areas.

Dr. Maximos has a tremendous passion for obstetrics, specializing in low and high-risk obstetrics. He is very skilled in operative deliveries and cesarean sections and has extensive experience in pregnancy issues, such as hypertensive disorders, diabetes, preterm labor, and multiple gestation. He loves spending time talking with his patients about preventive care. He is very thorough when following his patients with their routine gynecologic care. He spends equal time with all his patients, whether adolescent, reproductive age, or menopausal. Dr. Maximos is very competent in many surgical procedures, enjoying laparoscopy, hysteroscopy, vaginal, and abdominal procedures. He spends plenty of time discussing all the options with each patient to readily prepare them for their procedure.

Dr. Maximos is a physician passionate about caring and treating women. He held different reputable positions Medical Director at Bay Area Regional Medical Center and Chief of the Surgery Department from 2017–2018, Chief of the OB/GYN department at Clear Lake Regional Medical Center in Webster from 2015–2018, and Chief of the OB/GYN Department at Memorial Hermann Southeast Hospital in Houston in 2014.

He is a physician passionate about caring and treating women. He held different reputable positions Medical Director at Bay Area Regional Medical Center and Chief of the Surgery Department from 2017–2018, Chief of the OB/GYN department at Clear Lake Regional Medical Center in Webster from 2015–2018, and Chief of the OB/GYN Department at Memorial Hermann Southeast Hospital in Houston in 2014.

Dr. Maximos has a wonderful family. He has been married to his wife, Dina, for over 10 years, and they have two wonderful children: Gabrielle and Jonathan. Dr. Maximos enjoys spending as much time with them as possible playing sports, riding bicycles, or helping them with homework.



Vivian Adum, MD

OB/GYN & FACOG

Phone: (979-864-8415)

Delivers out of:

UTMB Angelton

Address: 132 E Hospital Dr, Angleton, TX 77515

Hours: Open 24 hrs

Phone: (979) 849-7721

AND

Delivers out of:

UTMB Galveston

Address: 301 University BLVD, Galveston, TX 77555

Hours: Open 24 hrs

Phone: (409) 772-1011

Dr. Adum grew up in Nigeria, West Africa, where she attended medical school. After completing her medical education, she moved to England in 2003 for postgraduate studies in medicine and specialty training in Obstetrics and Gynecology. She moved to the United States in 2009 and completed her residency in Obstetrics and Gynecology in 2013 at St Peters/Drexel University Hospital in New Jersey. After residency she moved to Williston, North Dakota, where she practiced for over 5 years providing obstetrics and gynecology services to the women in this underserved area. Being a new mother with a strong desire to be closer to her family during the formative years of her daughter, she moved to Texas.

Dr. Adum is excited about joining the Angleton Women Healthcare team as she finds this a continuation of her catering to the needs of a community that provides her great opportunities to impact positively in the lives of women and their families. She truly enjoys all aspects of her profession and appreciates the trust that is given to her by her patients to take care their health concerns; be it a well women visit, caring for low or high pregnancies and delivering babies or providing both non-surgical or surgical procedures for gynecological problems or just lending an empathic ear to her patients at those times it is so much needed in this profession. The diverse and challenging profession keeps her driven, grounded and committed to providing the best care possible.

In her spare time, she enjoys spending time with her family, cooking, eating good food (a foodie), reading, watching great plays/shows, hiking and traveling.

Vien Lam, MD

OB/GYN

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Delivers out of:

UTMB Galveston

Address: 301 University BLVD, Galveston, TX 77555

Hours: Open 24 hrs

Phone: (409) 772-1011



Vien Lam MD is an Assistant Professor in the department of Obstetrics and Gynecology. Dr. Lam specializes in Women's Health. She completed her medical degree from the University of Texas School of Health Science Center in Houston, Texas. Dr. Lam completed her residency at the University of Texas Medical Branch, Galveston, TX.



Marisol Carpio-Solis, MD

OB/GYN

Phone: (979)-864-8415

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Delivers out of:

UTMB Galveston

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Hours: Open 24 hrs

Phone: (409) 772-1011

Dr. Carpio-Solis was born and raised in New York. Her parents immigrated to the United States as children from Puerto Rico and Peru. She was raised bilingual. After completing college and medical school in New York she attended residency in Baltimore, Maryland.

She has been a practicing OB/GYN since 2005 and is board certified. In 2007, she moved to Texas and has been in love with the state ever since. She is married and has 3 lovely children, Ryan, Sophya and Benji.

In her free time, she enjoys traveling, movies, reading books and is a gym enthusiast.

Build a Healthy Eating Routine When You're Pregnant or Breastfeeding

When you're pregnant or breastfeeding, it's important to give yourself and your baby the nutrition needed to grow and thrive.

Follow these tips to eat healthy during pregnancy and breastfeeding.



Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



Whole fruits — like apples, berries, oranges, mangos, and bananas



Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama



Whole grains — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta



Protein foods — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



It's normal to crave or dislike certain foods during pregnancy — and the foods listed here are only a few examples of healthy choices. You can find foods that work for you at [DietaryGuidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf).



Get key nutrients from foods and supplements

During pregnancy, you need more of certain nutrients to keep you and your baby healthy. It's best to get these nutrients mostly from foods and drinks, but it may be hard to get enough. That's why most doctors also recommend a **daily prenatal supplement** (also known as a prenatal vitamin). Ask your doctor which one is right for you.

You may also need a daily supplement when you're breastfeeding, but prenatal vitamins may not be the right choice for breastfeeding. Ask your doctor if you need a supplement — and if so, which one is right for you.

Focus on 4 key nutrients



Folic acid (a type of **folate** added to foods and supplements) is key for preventing serious problems with your baby's brain and spine. Doctors recommend that you start taking folic acid before you get pregnant. Before and during pregnancy, take a daily supplement with 400 to 800 micrograms of folic acid — check the label on your prenatal supplement to make sure it has enough. It's also important to get enough folate from foods like:

- Dark green veggies — like spinach and broccoli
- Beans, peas, and lentils — like black-eyed peas and kidney beans



Iron helps your baby grow and develop normally. Eat these foods to get enough iron:

- Lean meats, poultry, and some seafood — like sirloin steak and sardines
- Dark green veggies — like spinach and swiss chard
- Beans, peas, and lentils — like soybeans and lima beans



Iodine is important for your baby's brain development — and prenatal supplements may not have enough. If you add salt to your food, make sure it's iodized salt (salt with added iodine). Eat these foods to get enough iodine:

- Seafood — like cod, tuna, and shrimp
- Low-fat or fat-free dairy — like milk, yogurt, and cheese



Choline is a nutrient that helps your baby's brain and spine develop — and prenatal supplements may not have enough. Eat these foods to get enough choline:

- Eggs
- Lean meats, poultry, and seafood — like beef, chicken breast, and cod

You can also get some key nutrients from fortified and enriched foods. For example, if you eat refined grains like white bread or pasta, choose **enriched** options with added iron and folic acid.

Is it safe to eat seafood?

Many types of seafood are safe to eat while you're pregnant or breastfeeding — and seafood is good for your baby's brain development. Aim to **eat 8 to 12 ounces of seafood a week**. Just make sure to choose fish and shellfish that are low in mercury. And always cook seafood to 145 degrees Fahrenheit (°F) when you're pregnant.

Learn how to choose safe seafood at [fda.gov/food/consumers/advice-about-eating-fish](https://www.fda.gov/food/consumers/advice-about-eating-fish).



Cut down on added sugars, saturated fat, and sodium

Check the Nutrition Facts label to choose foods with less of these 3 things:



Added sugars include sugars that are added to foods and drinks, foods packaged as sweeteners (such as table sugar), and sugars from syrups and honey. Choose water instead of sugary drinks and limit sweet treats like cake, cookies, and candy.



Saturated fat is higher in foods from animal sources like butter, cheese, whole milk, and fatty meats like ribs and sausage. It's also in some plant foods like coconut oil and palm oil. Choose foods with unsaturated fats instead

like seafood, avocados, nuts and seeds, and olive oil.



Sodium comes from salt — and most of the sodium we eat comes from packaged foods and restaurant meals. Try cooking more at home and flavoring foods with herbs and spices instead of salt.



What about alcohol?

If you're pregnant or trying to get pregnant, **don't drink alcohol at all** — it's not safe for your baby.

When you're breastfeeding, it's still safer not to drink because alcohol can pass to your baby in breast milk. Having 1 drink or less in a day isn't known to be harmful, especially if you wait at least 2 hours to breast-feed or pump. If you're thinking about drinking while breastfeeding, talk with your doctor first.

Find out how many calories you need

You need to eat more during the second and third trimesters of pregnancy and while you're breastfeeding. After all, you're giving your baby the nutrition they need to grow! And of course you'll gain weight when you're pregnant – but keeping your weight gain in a healthy range can help keep you and your baby healthy.

To find out how many calories you need at each stage of pregnancy and breastfeeding, use the MyPlate Plan tool at [MyPlate.gov/MyPlate-Plan](https://www.myplate.gov/myplate-plan). Then work with your doctor to find a healthy eating routine that works for you.

Learn more about healthy weight gain during pregnancy at [cdc.gov/ReproductiveHealth/MaternalInfantHealth/Pregnancy-Weight-Gain.htm](https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm).



Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Check the label

The Nutrition Facts label can help you make healthier choices. Look for this key info:

- Serving size – if you eat more than 1 serving, you'll get more of everything on the label
- Calories – keep in mind how many calories you need each day, and how many are in 1 serving

Then look at the % Daily Values:

- 5% or less is **low** – try to choose foods low in added sugars, saturated fat, and sodium
- 20% or more is **high** – try to choose foods high in fiber, calcium, potassium, iron, and vitamin D

Follow food safety tips during pregnancy

When you're pregnant, you and your baby are at higher risk for getting sick from germs that may be in certain foods. Follow these food safety tips to keep you and your baby healthy:

- Make sure milk and juice say "pasteurized" on the label — never drink raw (unpasteurized) milk or juice
- If you eat soft cheeses like brie and feta, make sure the label says they're made with pasteurized milk
- Don't eat raw sprouts, which can have germs that are hard to wash off
- Cook seafood, meat, poultry, and eggs to safe temperatures — you can find safe cooking temperatures at [FoodSafety.gov/food-safety-charts/safe-minimumcooking-temperature](https://www.foodsafety.gov/food-safety-charts/safe-minimumcooking-temperature)
- If you eat deli meat or hot dogs, heat them to steaming hot (165 °F)



What about caffeine?

Ask your doctor if caffeine is safe for you. When you're breastfeeding, it's usually safe to have up to 300 milligrams of caffeine a day (the amount in about 3 cups of coffee) — but your doctor may recommend less. And remember that tea and energy drinks usually have caffeine in them, too. Talk to your doctor about caffeine during pregnancy.

Remember, small changes make a big difference

Small changes like adding seafood to your plate can add up to big health benefits for you and your baby. So **start simple** — make a small change in your eating routine today.

- Learn about the Dietary Guidelines for Americans and get more resources to help you eat healthy at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)
- Find more healthy eating tips and recipes at [MyPlate.gov](https://www.myplate.gov)
- If you can't afford enough healthy food, check out programs that can help at [USA.gov/Food-Help](https://www.usa.gov/Food-Help)



9

Pregnancy Stretches

FOR THE

WHOLE BODY

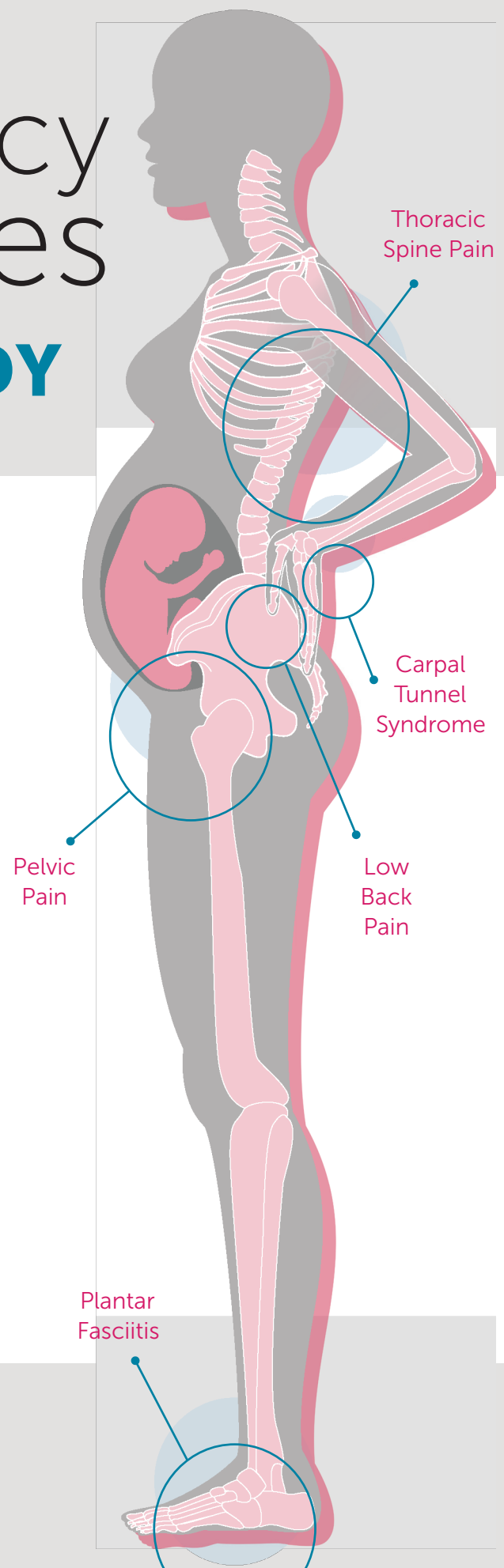
Many women expect to experience **low back pain** at some point in their pregnancy, but some of the other musculoskeletal (MSK) conditions associated with pregnancy can come as more of a surprise.

The hormonal changes that can affect your joints, as well as the additional weight being carried in pregnancy can lead to aches, pains or discomfort. These changes can affect other areas of the body including the **pelvic area, hands, wrists, feet** and the **thoracic (midto-upper) spine** as well. There are a number of simple stretches that can easily be performed at home and which can help provide relief from these painful or uncomfortable conditions.

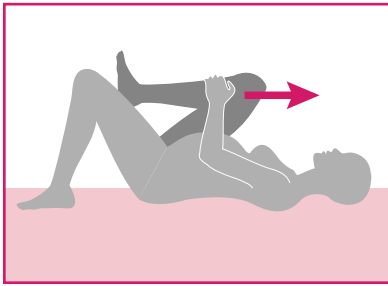
To help alleviate this pain and discomfort, consider including a chiropractor as part of your prenatal care team. Chiropractors can provide safe, effective, and drug free conservative care to relieve pain by decreasing the pressure on the joints, muscles, and nerves of the spine and pelvis.

Please read on for nine easy stretches.

Consult your healthcare provider if you have any questions or concerns about safe levels of exercise during pregnancy.



LOW BACK PAIN

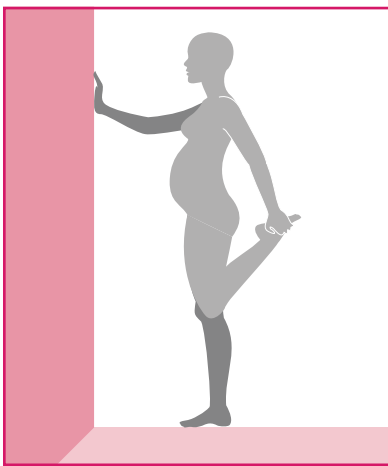


1 KNEES TO CHEST

Note: Stretches or exercises performed while laying on your back should be limited beyond the fourth month of pregnancy. Instead, modify the movements by performing them while lying on your side or

Try this stretch to relieve tightness and tension in your lower back.

- Pull knee to chest until a comfortable stretch is felt in hip and lower back.
- Hold 15 seconds.
- Repeat with opposite leg.
- Repeat 5-10 times each leg.
- You should feel the stretch in your low back and buttocks.

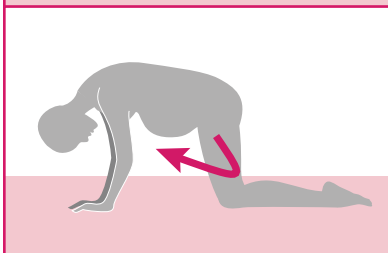
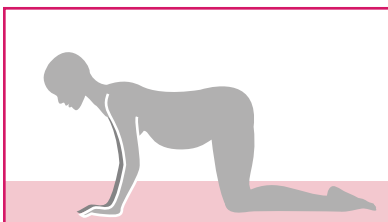


2 QUAD STRETCH

If you have tight quadriceps, they will affect the tilt of your pelvis and therefore your lower back.

- Stand next to a chair, bed or table.
- Keep your thighs together and your knee pointing toward the ground.
- Pull your abdominal muscles in and maintain a straight back.
- Grab your left foot with your left hand and pull toward your seat.
- Do your best to keep your chest upright, and don't worry about how close your foot is to your seat.
- Keep your focus on getting a good stretch in your quad.
- Hold for 30 seconds, then repeat on other leg.

PELVIC PAIN

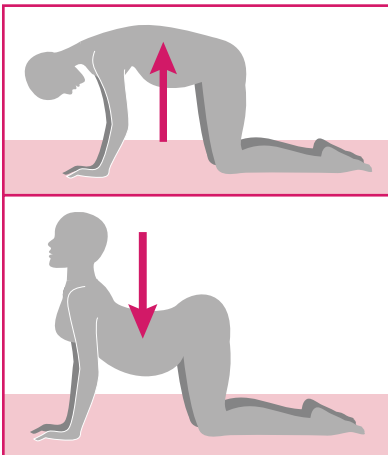


3 PELVIC TILT

In preparation for birth, ligaments in your pelvis soften during pregnancy, allowing more movement in the pelvic joints, and potentially causing pain and discomfort. Pelvic tilts can help to strengthen the core muscles and improve pelvic stability.

- While sitting, standing, lying on your back or all fours, use abdominal muscles to slowly bring pubic bone forward while tucking in buttocks in a "scooping" type motion.
- Then rock pelvis the opposite direction to create an arch in the low back, working within the range of motion that is comfortable and pain-free for you.
- Do 1-3 sets of 3-10 repetitions each.

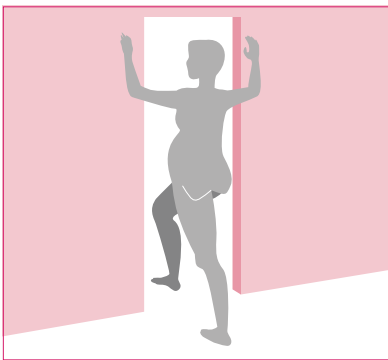
THORACIC SPINE PAIN



4 CAT/CAMEL STRETCH

This stretch increases flexibility and mobility in the spine, while strengthening the back muscles, helping to prevent further aches and pains.

- On all fours, let head relax down and maintain an abdominal brace as you raise your spine up between the shoulder blades.
- Let spine relax slowly down through the shoulder blades.
- Do 1-3 sets of 3-10 repetitions each.



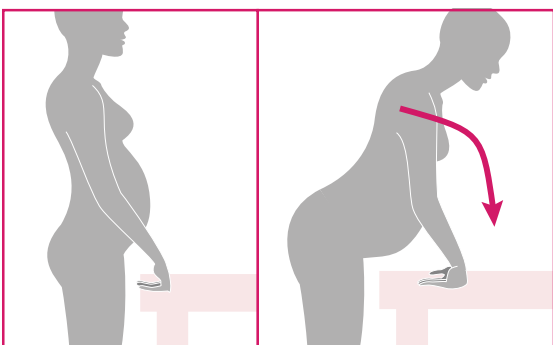
5 DOORWAY PECTORAL STRETCH

When the muscles of the chest are tight, they can cause the muscles of the upper back to overcompensate. Release chest tension with this stretch.

- Stand just in front of an open doorway and place one hand on each wall at shoulder height.
- Slowly lean chest forward into doorway, keeping upper body tall, to feel a stretch in the front of the chest.
- Hold up to 60 seconds.

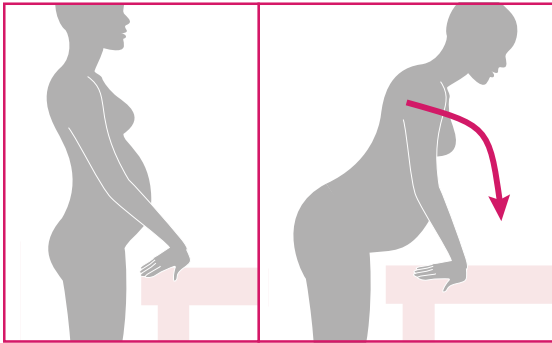
WRIST/HAND PAIN (e.g. Carpal Tunnel Syndrome)

Fluid retention and swelling associated with pregnancy can increase pressure on the carpal tunnel, compressing the median nerve that runs through it. Since carpal tunnel syndrome reduces mobility in the wrist, these stretches can help increase mobility and rebuild your range of motion. Tight forearm muscles can also contribute to these kinds of symptoms, so doing these stretches will help decrease muscle tension and maintain mobility in the wrist.



6 FOREARM EXTENSORS

- Stand facing a table that is lower than hip height
- Place the backs of your hands on the table with the fingers pointed straight back towards your legs
- If you do not feel a stretch yet, create a comfortable stretch in the forearms by slowly bending and leaning your body away from your hands while keeping the backs of the hands as flat on the table as possible
- Hold for 30 seconds

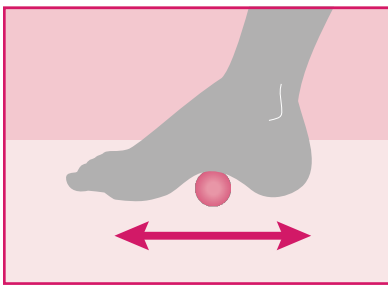


7 WRIST AND FOREARM STRETCH

This stretch is similar to #6, but the palms face downwards in this variation.

- Stand facing a table that is lower than hip height
- Place hands palms down on the table with the fingers pointed straight back towards your legs
- If you do not feel a stretch yet, create a comfortable stretch in the forearms and wrists by slowly bending and leaning your body away from your hands while keeping the palms as flat on the table as possible
- Hold for 30 seconds

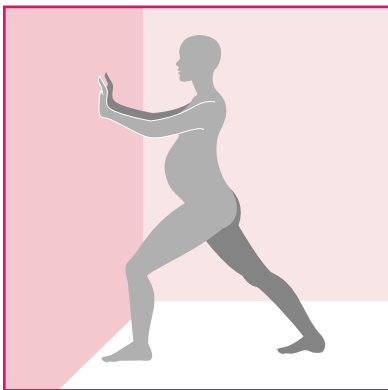
FOOT PAIN (e.g. Plantar Fasciitis)



8 ROLLING A BALL UNDER YOUR FOOT

Weight gained in pregnancy can cause your feet to pronate, meaning that your arch flattens out when you take a step. This places strain on the plantar fascia ligament running the length of the bottom of your foot, causing pain.

- Massage the bottoms of your feet by rolling them over a firm ball, such as a golf ball, taking care not to press too hard on the injured area.
- It is also useful to ice the area. To do this, try rolling the foot over a frozen water bottle.



9 CALF STRETCH

Tight muscles in your calves can also aggravate plantar fasciitis, so stretches targeting the calves can help alleviate symptoms.

- Stand with your left leg back and straight with the heel
- Bend your right leg and place your hands against a wall.
- Move your hips forward until you feel a stretch in your calf.
- Switch legs and repeat.
- Hold each stretch for at least 30 seconds and do one or two repetitions two to three times a day.

For additional pregnancy resources, more information on chiropractic care, or to find a chiropractor, please visit www.chiropractic.on.ca.



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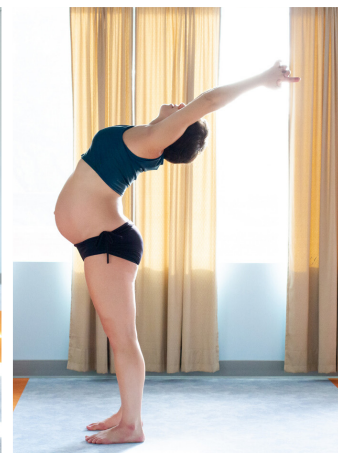
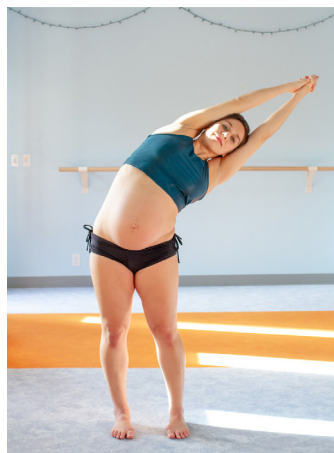
PREGNANCY YOGA

Standing Series



Pranayama Deep Breathing

Open feet 6 inches.



Half Moon & Backbend

Open feet 6 inches.



Hands to Feet

Open feet 1 foot/ as needed & grab heels from outside.



Awkward 1



Awkward 2



Awkward 3



Eagle



Standing Head to Knee

Skip this pose entirely, rest in a comfortable position.



Standing Bow Pulling



Balancing Stick



Standing Separate Leg Stretching

Bend forward & put hands on floor first, then grab heels.



Triangle



Standing Separate Leg Head to Knee

Skip this pose entirely, rest in a comfortable position.



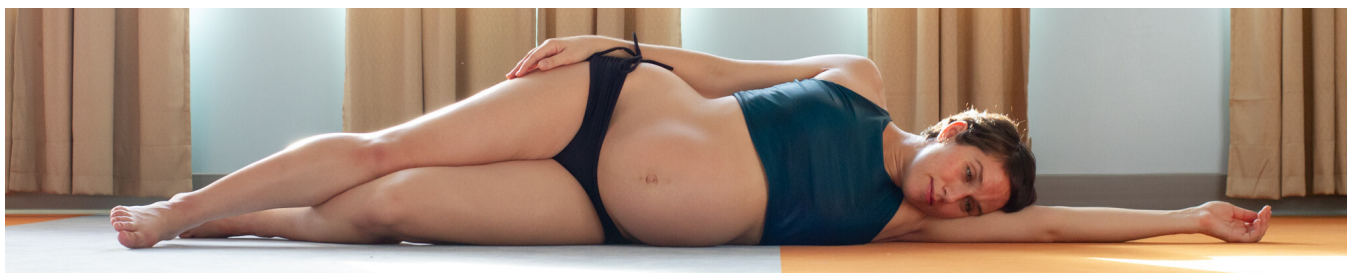
Tree



Toe Stand

Repeat Tree pose.

Floor Series



Savasana

Relax on your left side with left arm under your head and one leg bent. It is also ok to lie on the right side if it feels more comfortable.



Wind Removing (1)

Pull right and left leg to the side away to avoid compressing abdomen.



Wind Removing (2)

First set of both legs, grab knees and open legs wide to the side, avoiding abdomen.



Wind Removing (3)

In 2nd set of both legs, grab soles of feet together with both hands and pull feet toward the pelvis, opening the knees wide.

Sit-Up

Avoid the sit-up. Roll to the side to change from one posture to the next.

No Spine Strengthening Series

Replace with Half Fish, Bridge and Kneeling Locust.



Half Fish

Lay on your back and lift chest with the help of the elbows or by pushing with hands on the floor beside the ears. Place top of the head on the floor with chest lifted, and legs straight out and together. Hands down side, palms facing down. Hold for 20 seconds. Savasana 20 seconds. Repeat.



Bridge

While the class does Locust, do Bridge. Bend knees, bring feet as close to the hips as possible, hip width apart. Grab heels or keep hands on floor, palms facing down. With feet flat on the floor, lift hips up and hold for 20 seconds. Savasana 20 seconds. Repeat.

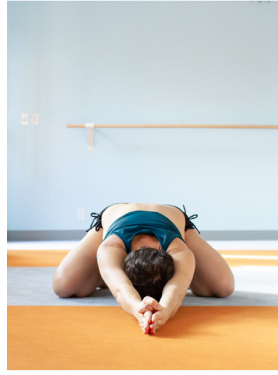


Kneeling Locust

While the class does Full Locust and Bow, do Kneeling Locust. On all fours, hands under shoulders. Stretch right leg back, hold 20 seconds. Repeat with left leg for 20 seconds. Rest kneeling for 20 seconds, savasana 20 seconds. Repeat.



Fixed Firm



Half Tortoise
Open knees wide, feet together.



Camel



Skip this pose entirely, rest.



Head to Knee

Keep abdomen facing center to avoid pressure when grabbing the foot.



Stretching 1

First set of Stretching, legs apart in a wide split. Grab toes and pull body down, or place hands on the floor in front.



Stretching 2

Bring soles of the feet together and hands on knees to push knees down. Shrug shoulders to the ears. (Or grab soles of feet.)



Half Spine Twist

Bottom leg straight out and hug the bent knee. Place back hand on floor for support.



Blowing in Firm

Photo credit to Elizabella Portrait. Photos taken of Kay Dover (with son Ithaka) at Home Hot Yoga in November 2018. For more information on Rajashree's Pregnancy Yoga, read the book Pregnancy Yoga, by Rajashree Choudhury.

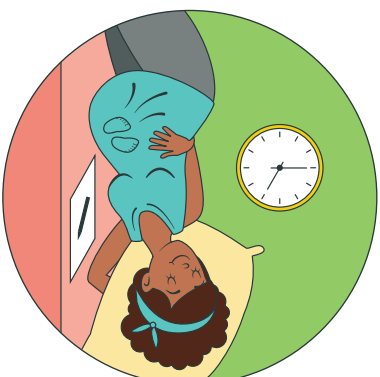
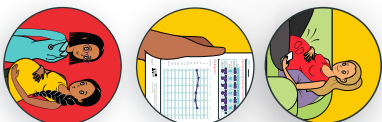
How Big is The Baby?

Follow along each week to the the body size/length!

 Poppy Seed 4 weeks	 Apple Seed 5 weeks	 Sweet Pea 6 weeks	 Blueberry 7 weeks	 Raspberry 8 weeks	 Green Olive 9 weeks
 Prune 10 weeks	 Lime 11 weeks	 Plum 12 weeks	 Peach 13 weeks	 Lemon 14 weeks	 Navel Orange 15 weeks
 Avocado 16 weeks	 Onion 17 weeks	 Sweet Potato 18 weeks	 Mango 19 weeks	 Banana 20 weeks	 Pomegranate 21 weeks
 Papaya 22 weeks	 Grapefruit 23 weeks	 Cantaloupe 24 weeks	 Cauliflower 25 weeks	 Lettuce 26 weeks	 Rutabaga 27 weeks
 Acorn Squash 28 weeks	 Cucumber 30 weeks	 Pineapple 31 weeks	 Squash 32 weeks	 Durian 33 weeks	 Butter Squash 34 weeks
 Coconut 35 weeks	 Honeydew 36 weeks	 Winter Melon 37 weeks	 Pumpkin 38 weeks	 Watermelon 39 weeks	 Jackfruit 40 weeks

Start at 28 weeks!

- 1 Count baby's movements every day, once a day, near the same time each day.
- 2 Time how long it takes your baby to get to 10 movements. After a few days, you will know what is normal for your baby.
- 3 Call your provider right away if there is a change in what is normal for your baby.



- Make sure to have a clock or watch near you.
- Have a pencil or pen near you, too.
- Lie on your side or sit with your feet up.
- Have your chart ready to mark.

Get ready to count!

Counting kicks is easy

Use one chart each week

1. Write the week of your pregnancy and the date at the start of the week at the top.
2. When you feel your baby move one time, write down the time.
3. Kicks, rolls and jabs count. Hiccups do not count.
4. Tick each time you feel your baby move.
5. Write down the time at the 10th movement.
6. Write how many minutes it took for your baby to move 10 times.
7. Put an X on the number of minutes it took for baby to move 10 times.
8. Draw a line between each X to help you see a pattern.
9. If the line changes, call your healthcare provider. **Call right away!**

Week #: 28 Start Date: 12/10/19

How long does it take for baby to move 10 times?

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start time	8:15						
Count the Kicks							
End time							
Minutes							

Find the pattern

Minutes 0 10 20

How long does it take for baby to move 10 times?

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start time	8:15						
Count the Kicks							
End time	8:45						
Minutes	30						

Find the pattern

Minutes 0 10 20

How long does it take for baby to move 10 times?

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Start time	8:15	8:18	8:13	8:16			
Count the Kicks							
End time	8:45	8:43	8:40	8:48			
Minutes	30	25	27	32			

Find the pattern

Minutes 0 10 20 30 40 50

Find the pattern

Minutes 0 10 20 30 40 50 1 hour 1:10 1:20 1:30 1:40 1:50 2 hours

