

F eye or vision disturbances **A**bdominal pain or cramps **R**eduction in foetal movements

Nausea, vomiting and other flu-like symptoms

Regular contractions

Oedema swelling of hands or face

Backache or pelvic pressure

Leaking fluid from vagina

You are worried, concerned or just don't 'feel right'

"It's probably nothing, but it might be something"

National Premature Birth Awareness Week 24 - 30 November



BORN EARLY

Awareness. Research. Support.

To support this special week, we will be holding an "Orange" Morning Tea

Date:

Bring along a plate to share -

ideas include:

orange cake; fruits such as mango, cantaloupe, mandarins, oranges, peaches, apricots (and anything flavoured with any of these); muffins with any of the orange fruits; orange icing on any type of cake; carrot cake; carrots and dip (maybe capsicum, or something else orange); cheezels/twisties/cheese flavoured snacks; cheese platter - red leicester would look great; orange jelly.

Be inventive and see what interesting orange food you can come up with!

- and an Orange (gold) coin donation!



Solving the puzzle of
premature birth



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