



Meet Kelly A. Goad, DO, FACOG

Before the full-time effort of medical school, internship and residency, Dr. Goad earned a 2nd degree black belt in Taekwondo, a physical discipline that trains the body and mind. After a 25-year hiatus, she introduced her two boys to Taekwondo and the instructor convinced her to rejoin. She returned to classes three years ago and just earned her 3rd degree black belt last summer. Dr. Goad has also participated in multiple tournaments earning medals in Forms, Sparring, and Combat Sparring – becoming District Champion in Forms and Sparring in her first year back.

If that isn't enough, she's also a baseball mom, wife and runner. In fact, she completed her first Ragnar Trail run in November and her seventh consecutive Hot Chocolate 15K.

"I love taking care of women in all walks of life from adolescents through menopause," she said. "Each phase has its own unique challenges and I love guiding women through each passage."

Premature labor prevention and symptoms

While a normal pregnancy results in a full-term birth between 37 and 42 weeks, approximately two per cent of women carrying one baby will experience premature labor. More common in women who've experienced previous preterm labor or birth and in those carrying twins, triplets or other multiples, it can also be caused by problems with the uterus, cervix or placenta.

Warning signs of preterm labor can include:

- Abdominal cramping or regular contractions.
- Low back discomfort.
- Pelvic pressure.
- Vaginal spotting, bleeding or discharge
- Flu-like symptoms such as nausea, vomiting, or diarrhea.
- Fluid leakage (may be a sign that your water broke early)

Because there are many causes of preterm labor and causes may be complex, it is difficult to outline prevention strategies. The following recommendations are provided to reduce the risk of premature labor:

- Wait at least 18 months between pregnancies
- Do not smoke, drink alcohol and take non-prescribed drugs
- Get prenatal care as soon as you think you may be pregnant
- Seek medical attention for any warning signs or symptoms of preterm labor
- Let your doctor know if you've had a previous preterm birth as the use of progesterone treatment may be discussed

If you think you are experiencing preterm labor, see your obstetrician right away and they may be able to give you medicine so that the baby will be healthier at birth.

Keys to Family Planning

The use of Long Acting Reversible Contraception (LARC) has been steadily gaining in popularity during the past 15 years. These reversible birth control methods, which provide long-lasting pregnancy prevention, include intrauterine devices (IUDs) and implants. They are a good option for women desiring highly effective pregnancy prevention without taking a daily pill.

Learn more at desertwestobgyn.com/services.