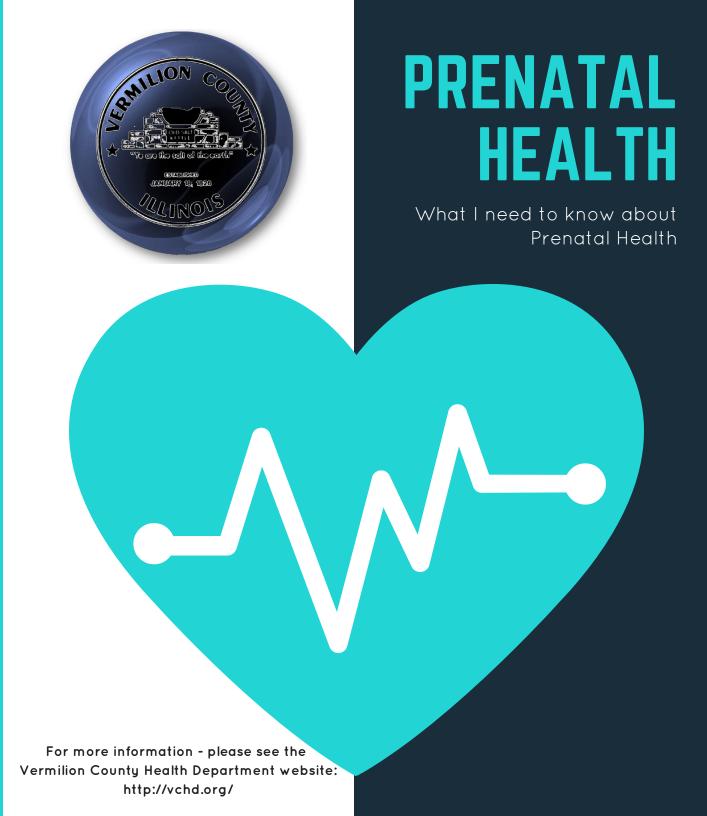
WHAT IS PRENATAL HEALTH?



PRENATAL HEALTH IS...

- the care one receives when they are pregnant or plan to become pregnant.
- care for the mother and child so they remain happy and healthy during the pregnancy
- It is okay to call your doctor and schedule a visit even if you are not yet pregnant. Better safe than sorry!





WHY DO I NEED PRENATAL CARE?

- if not given prenatal care,
 babies are 3x more likely to
 have a low birth weight
 and 5x more likely to die
- It's easier for doctors to address health concerns when women are coming regularly
- Early treatment can prevent and cure problems that could harm the babies.
- It gives mothers a better understanding of what labor and delivery will be like.

Do's and Don'ts

Do's

- Take a multivitamin or prenatal vitamin with folic acid every day. Folic acid is most important in the early stages of pregnancy,
- **Get the flu shot**. The flu kills many people every year.
- Eat as much healthy food as you can!
- Eat lots of foods containing iron. This includes red meat, chicken, fish, beans, peas, and spinach.

DON'TS

- Don't smoke, drink alcohol, or use drugs. These can cause long-term harm or death to your baby. Ask your doctor for help quitting
- Avoid a sedentary lifestyle.
 Get up and be active! We need to lower Blood pressure to reduce risks for preeclampsia.
- Avoid honey and changing cat litter boxes.
- Do not take hot baths or use saunas



WHAT TO EXPECT AT A PRENATAL VISIT

- Ask about your health history including diseases, operations, or prior pregnancies
- Ask about your family's health history
- Do a complete physical exam, including a pelvic exam
- Check your blood pressure, height, and weight
- Calculate your due date
- Answer your questions DON'T
 BE AFRIAD TO ASK QUESTIONS!
 They are encouraged!