OUESTION OF THE WEEK

Q: What healthy steps should I take before becoming pregnant?

Women of childbearing age should develop a reproductive health plan. The major time for organ formation occurs between week three, before a period is missed, and week 10 of gestation. Therefore, planning your pregnancy can help you make wise choices that will benefit both you and your baby. Steps you take today can reduce the occurrence of congenital anomalies, impaired or excessive fetal growth and a variety of pregnancy complications. Start with healthy lifestyle choices such as folic acid supplementation, achieving a normal body mass index, and following a fitness routine such as 30 minutes of moderate activity most days of the week. A preconception visit with your provider allows for additional screening to identify any additional risks and promote a healthy and happy pregnancy.



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