## Are you planning a pregnancy

Continued from page 1B at work and at home. Ask your health care provider about substances you work with if you suspect they may affect a pregnancy. Avoiding hot tubs, saunas, tanning beds, and jacuzzis is suggested because elevated body temperatures in the first trimester of pregnancy can increase the risk of neural tube defects.

3. Get a pre-pregnancy health checkup. This checkup should include a dental checkup, because oral health is an important contributor to overall health. Here are some topics to discuss with your health care

cuss with your health care

provider:

• Family planning Talk Family planning Talk with your health care provider about your family planning method and what to do if you want to become pregnant. Having babies at least two years apart can reduce the risk of pre-term delivery and low birth weight births.
 Immunizations and medications Make sure you are up to date with immunizations, especially measles and rubella. Check with your healthcare

provider about any medica-tions you are taking, includ-ing over-the-counter drugs.

• Health screenings You should be screened for infections, sexually trans-mitted diseases (STDs) or other health concerns.

other health concerns.
STDs can affect your ability to conceive and can be transferred to the baby.

• Preexisting medical conditions • Diabetes, high blood pressure, asthma, epilepsy and other conditions may affect your ability to conceive and may have an impact on your pregnancy.

• Review your personal and family medical bility.

cy,

Review your personal
and family medical history.
Your health care provider
will address any questions
you might have about previous pregnancies, family
medical conditions, and
related items. If you have

referred for generating if appropriate.

4. Dad's health It is important for your partner to take care of himself as well. Exercising, eating tight, stopping smoking liminating right, stopping smoking and drinking, eliminating

Program Coordinator.

For more information about the Maya Angelou Research Center on Minority www.wfubmc.edu/mino.health. Or call (§ 713.7578.

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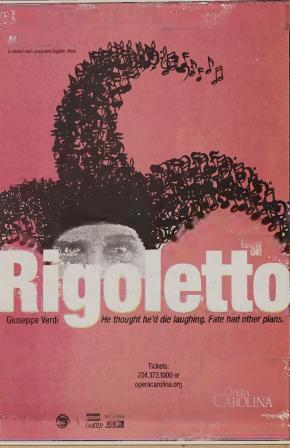
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