

A Healthier You For A Healthier Baby

Why is your health important before you get pregnant?

The healthier you are when you get pregnant, the better your chance is of having a healthy baby. Living well, being healthy, and feeling good about your life are important to you and your future babies! If you have a medical condition, like a sexually transmitted infection, diabetes, thyroid disease, PKU, a seizure disorder, high blood pressure, arthritis, an eating disorder, or a chronic disease, it is important to get the condition treated and under control before you get pregnant.

What is a preconception care check-up?

Having a preconception care check-up with your doctor helps you find out what could affect your pregnancy and allows you to take steps to increase the chances of having a healthy baby. Your doctor can help you make a plan and take action.

What are some healthy steps to take before getting pregnant?

Getting and staying healthy before pregnancy are important for both women and men. Your doctor will help you decide which steps are most important to take. Examples are:

- Getting treatment for a medical condition
- Losing weight
- Eating healthy foods, including plenty of fruits and vegetables
- Getting regular physical activity each week
- Stopping alcohol and street drug use
- Quitting smoking
- Making sure immunizations are up-to-date
- Taking at least 400 mcg of folic acid every day
- Learning about what medicines and supplements are okay to take



For more information go to: www.cdc.gov/preconception



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