



HFNY Safety Tips

Maternal Health and Prenatal Care

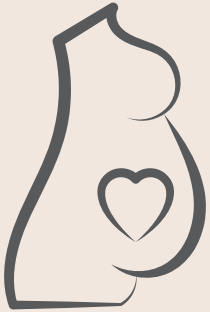


Maternal health and prenatal care are crucial for ensuring a safe and healthy pregnancy for both the mother and the developing fetus. Prenatal care can help identify and manage potential health risks, while promoting healthy behaviors. Early detection and management of any health issues can significantly reduce the risk of complications during pregnancy and childbirth, leading to better outcomes for both the mother and baby.

1

What is prenatal care, and why is it important for maternal health?

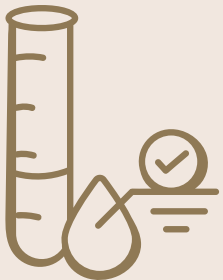
- Prenatal care refers to medical care provided to a pregnant person throughout their pregnancy to ensure a healthy pregnancy outcome.
- Prenatal care is crucial for maternal health as it helps to identify and manage any potential health problems that may arise during pregnancy, reducing the risk of complications and improving pregnancy outcomes.



2

What are some common prenatal tests and screenings to expect during pregnancy?

- Some common prenatal tests and screenings include:
 - blood tests – to check for anemia and infections;
 - urine tests – to monitor kidney function and detect signs of gestational diabetes or preeclampsia;
 - ultrasounds – to track fetal growth and development; and
 - genetic testing – to identify any potential genetic disorders or chromosomal abnormalities.



Sources: *New York State Department of Health. Pregnancy.* (2022, August). Retrieved March 8, 2023 *Centers for Disease Control and Prevention.* (2022, January 27). *Maternal and infant health.* Centers for Disease Control and Prevention. Retrieved March 8, 2023 *Centers for Disease Control and Prevention.* (2023, February 8). *Pregnancy complications.* Centers for Disease Control and Prevention. Retrieved March 8, 2023 *Office of Disease Prevention and Health Promotion .* (n.d.). *Pregnancy and childbirth.* Pregnancy and Childbirth - Healthy People 2030. Retrieved March 8, 2023

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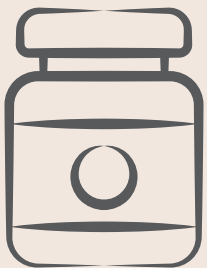


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3



What are some recommended healthy behaviors during pregnancy?

- Taking prenatal vitamins and following healthcare provider's recommendations for any necessary medications and supplements.
- They should also aim to:
 - eat a healthy and balanced diet.
 - exercise regularly.
 - avoid alcohol and tobacco.
 - get enough rest.

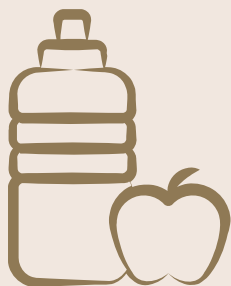
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What are some warning signs during pregnancy that require immediate medical attention?

- Warning signs during pregnancy that require immediate medical attention include:
 - vaginal bleeding.
 - severe abdominal pain.
 - contractions that occur before 37 weeks.
 - reduced fetal movement.
 - fluid leaking from the vagina.
 - signs of preeclampsia such as high blood pressure, headaches, and vision changes.

5



What are some common discomforts during pregnancy, and how can they be managed?

- Common discomforts during pregnancy include:
 - nausea and vomiting – can be managed with small, frequent meals and avoiding triggers;
 - back pain – can be managed with exercise, proper posture, and massage;
 - fatigue – can be managed by getting enough rest and prioritizing self-care; and
 - constipation – can be managed with a high-fiber diet and staying hydrated.

Sources: *New York State Department of Health. Pregnancy.* (2022, August). Retrieved March 8, 2023
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