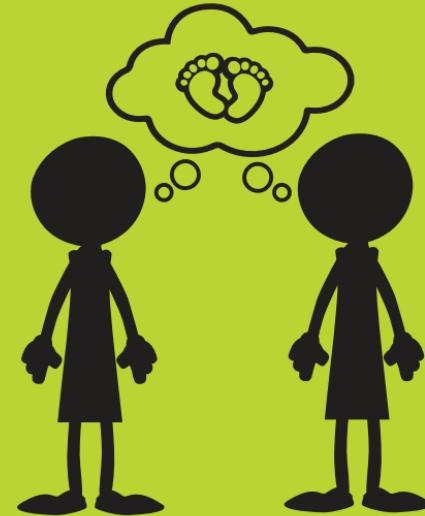


*Preconception*



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## Baby Steps To A Healthy Pregnancy

Brought to you by the Middlesex-London Health Unit

# Did You Know?



Most number of babies ever born to one mother:

**69**

16 pairs of twins,  
7 sets of triplets  
& 4 sets of quadruplets



Average cost to raise a child in Canada:

**\$243,660**



Number of births per year in Middlesex-London:

**4800**



Most popular Canadian birthday month:  
**August**

A woman is born with all of the eggs she will have for life

Sperm can live 3-5 days in a woman's body



You **plan** everything else – your **pregnancy** is no different.  
Get the facts and **make the plan** that's right for you.

Use the **PrePregnancy Planner** on our website to get started.



[healthunit.com/prepregnancy-planner](http://healthunit.com/prepregnancy-planner)  
Health Connection: 519-850-2280



**ML** BUREAU DE SANTÉ DE  
MIDDLESEX-LONDON  
**HEALTH UNIT**

# Planning Your Pregnancy?

## Learn About Your Family History

Some health conditions occur more often in certain families or ethnic groups.



## Book a Preconception Visit

It's important to meet with your primary Healthcare Provider (doctor or nurse practitioner) before you get pregnant to talk about your plan.



## Get Immunized

The right shot at the right time can keep you and your baby healthy. Find out if you are immune to rubella, varicella and hepatitis B.



## Get Checked

Many sexually transmitted infections (STIs) have no symptoms and can affect your ability to get pregnant. Some STIs can get passed to the baby causing illness or birth defects.



## Know Your Cycle

The best time to have sex is around the time of ovulation if you are planning a pregnancy.



# Know Your BMI

Body mass index is a measure of body fat based on your height and your weight.



## Why is a healthy BMI important?

### For Men:

- Improved sperm quality.
- Men who are overweight or obese can have hormone imbalances that make them less interested in sex and more at risk for erectile dysfunction.

### For Women:

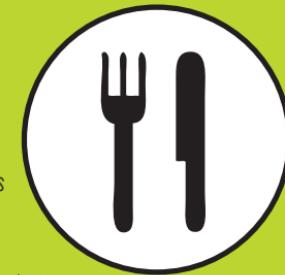
- Reduced stress & improved sleep.
- Being underweight or overweight can cause hormone imbalances which impact ovulation and make it more difficult to get pregnant.

# Eat Well

## Canada's Food Guide

can help you choose the type and amount of food that's right for you.

- Women who are planning a pregnancy need good nutrition.
- Include a variety of dark green and orange vegetables and fruit, whole grains, low-fat milk products, lean meat and meat alternatives daily.
- have at least 150g (5 ounces) of cooked fish each week.
- Health Canada Recommends that all women who could become pregnant do not consume more than 300mg of caffeine per day.



## Multivitamins

In addition to a healthy diet, taking a multivitamin with at least 0.4 mg of folic acid everyday can help to prevent birth defects in baby's brain, skull and spine.

- 50-70% of neural tube defects could be prevented if women take folic acid daily before and during pregnancy.
- It is recommended that women with a healthy BMI gain 25-35 pounds during pregnancy.

Make it a daily activity  
for everyone in your  
home.

A Family  
Affair

Stay  
Physically  
Active

Aim for  
30 minutes  
of exercise  
5x/week

Make it  
Routine

Helps you maintain a  
healthy weight, sleep better,  
relax & reduce stress.

Check out  
Canada's Physical  
Activity  
Guidelines  
to decide what  
type of exercise  
is best for you.

Talk to  
your Health  
Care  
Provider

Boost Your  
Fertility

Increase your chances  
of getting pregnant  
& reduce your  
chances of  
complications  
during labor and birth  
by being active.

## Just For Men

Sperm hate HEAT.

Keep your testicles cool and...

AVOID:

- Hot tubs
- Tight underwear
- Keeping your cell phone in your pocket

Testicles on average are 7 degrees  
cooler than the rest of the body.



**Strength in Numbers:**

Shaping up for the competition:  
**200 Million Sperm**

are released in each ejaculation but only a  
few hundred actually make it to the egg.

Steer clear of infections. Some sexually  
transmitted infections come without  
symptoms but may impact the quality  
of your sperm.

# Avoid Alcohol

## ZERO is BEST

There is NO safe amount, safe kind, or safe time to have alcohol when planning a pregnancy or during a pregnancy.

## KNOW the RISKS

If women consume alcohol during pregnancy, it can cause PERMANENT birth defects and brain damage to the baby. It's NEVER too late to stop.

### FETAL ALCOHOL SPECTRUM DISORDER

Leading cause of preventable developmental disability in Canada.

1% of the Canadian Population.

There is no cure. It is a lifelong disorder.

Learn about Canada's Low Risk Drinking Guidelines.

# Take away Tobacco

## PREGNANT WOMEN WHO SMOKE

are at more risk of having a miscarriage, stillbirth or a baby born with a major defect.

## MEN WHO SMOKE

are at increased risk of erectile dysfunction. Sperm hate the poisons from cigarettes.

Smoking can affect your fertility - both your ability to get pregnant, and the time it takes to get pregnant.

## THIRD HAND SMOKE

What's trapped in hair, on carpet, clothes and toys.

## 4,000 CHEMICALS

Second hand smoke is worse than the smoke from the cigarette itself.

# It's Never Too Late To...

## Butt Out

Men and women who smoke are more likely to have trouble getting pregnant and have complications during pregnancy.



## Avoid Alcohol

There is no safe amount, safe kind or safe time to have alcohol when planning a pregnancy or during a pregnancy. Many women don't know they are pregnant until after they miss a period and the baby has already started developing.



## Eliminate Exposures

Know your risk of exposure where you live, work, and play. Some harmful substances can lead to fertility problems, miscarriage and birth defects.



## Stop Substances

Using street drugs can impact your ability to get pregnant and affect your baby as he or she grows.

## Make a Plan

As men and women get older, health conditions that can cause fertility problems are more likely. It is important to consider your age and how many children you would like to have when you are making your family plan.

# Take Care of YOU.

FOR MORE INFORMATION VISIT: [www.healthunit.com/before-pregnancy](http://www.healthunit.com/before-pregnancy)

## Try to reach your healthy weight

This can help prevent serious pregnancy and birth complications.



## Exercise regularly

Women who are physically active are better prepared for the physical demands of pregnancy.



## Fill your fridge with healthy options

Your body needs vitamins and minerals from a variety of foods to build a healthy baby.



## Mind your medications

Some medications can impact fertility. It is important that you discuss this with your primary Healthcare Provider. It is not recommended that women stop taking prescription medications without first talking to their Healthcare Provider.



## Visit your dentist

Taking care of your teeth and having regular check-ups can help to prevent some serious pregnancy complications.



## Support

Build a circle of support. Ensure you have a collection of positive, healthy and supportive relationships.

