

# The Importance of Pre-pregnancy Care

Mother's Day is in the air, and the time is right to talk about pre-pregnancy care. Pre-pregnancy care, you ask? Yes.

"The best first gift a woman can give her baby is a healthy home for the 40 weeks of pregnancy," said Cathy Conner, a nurse practitioner with Virginia Women's Center. "We suggest starting with a thorough check-up that includes a medical history and lifestyle evaluation. And don't forget daily prenatal vitamins.

Of course, once a woman becomes pregnant, care becomes more vigilant.

Conner said, "During pregnancy, our goal is to maintain the woman's and the baby's health. We screen and monitor for any high-risk conditions. We also spend time educating the woman and her family about pregnancy, birth and early parenting."

It's easy to take pregnancy and birth for granted, but there's really a lot that goes into it.

Conner says, "The decision to have a baby is personal and life changing. Whatever path a woman takes, her health is always at the heart of our care at Virginia Women's Center."



Cathy Conner, W.H.N.P.-B.C.