



**Your Health, Your Wellness, Your Way.**



# **Preconception Health: Preparing for Pregnancy**

Patient's Educational Guidance



**Holistic Origin Her Wellness**  
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**Disclaimer:** This material is for educational purposes only and does not replace medical advice, diagnosis, or treatment.

## Introduction

Preparing your body before pregnancy supports a healthier outcome for you and your baby.

## What to Know

- Health optimization should begin before pregnancy
- Chronic conditions impact fertility and outcomes
- Early planning improves success

## Key Focus Area

- Cycle tracking – understand ovulation patterns
- Nutrition – folic acid and balanced diet
- Medical conditions – optimize before pregnancy
- Medications – review for safety



## When To Pay Attention

- Irregular cycles
- Difficulty conceiving

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- Chronic health conditions
  - History of pregnancy complications
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## **Cultural Sensitivity in Care**

### **Why This Matters**

- Fertility outcomes differ across populations
- Access and awareness vary

### **Key Considerations**

- African American / Black Women – higher infertility and maternal risk
- Caribbean Women – similar risk patterns with lifestyle factors
- Latina / Hispanic Women – delayed access to fertility care
- Asian Women – later maternal age trends
- Native American Women – limited access to specialty care

### **Important Takeaway**

- Early planning improves outcomes
  - Personalized care matters
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## **Simple Preparation**

- Start prenatal vitamins (folic acid)
  - Maintain healthy weight
  - Avoid tobacco/alcohol
  - Track menstrual cycles
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## **Closing**

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If you are planning pregnancy, reach out to **Holistic Origin Her Wellness**.

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## Sources

ACOG, CDC Preconception Health

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