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Preconception



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

GOT A
PLAN?



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
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

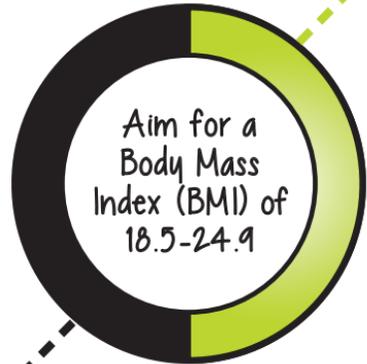
The best time to have sex is around the time of ovulation if you are planning a pregnancy.



Know Your BMI

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

18% of Canadian men are obese (BMI = 30 or more)



Aim for a
Body Mass
Index (BMI) of
18.5-24.9

19% of Canadian women are obese (BMI = 30 or more)

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.

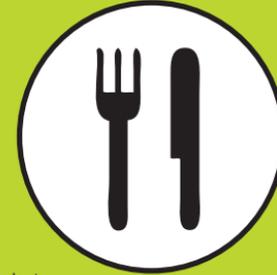
Eat Well

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.

Aim for 30 minutes of exercise 5x/week

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

A Family Affair

Stay Physically Active

Make it Routine

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:

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

Shaping up for the competition:

200 Million Sperm

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

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.



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.



Stop Substances

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

Take Care of YOU.

FOR MORE INFORMATION VISIT: 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.

