

beyond to ensure our little one was healthy, growing well and wouldn't come early again."

"With regular scans and appointments, as well as access to incredible midwives and even a psychologist, it was exactly the care we needed to help get us through."

Christine and her husband are now proud parents to a gorgeous little boy, Joel Russell Botha, who was born on Australia Day earlier this year.

"The more research that goes into this, the more we can prevent preterm birth happening to other mums," she said.

"It's something that you'll never ever want to go through. We were so happy to help and be part of any research they needed at the clinic."

"When Joel was finally placed on my chest almost four years later, his cry made everything worth it. It was literally the sweetest sound."

"This clinic and the support I received made it possible for me to hear that sound and I will be forever grateful."



The pre-pregnancy checklist

A woman's health and lifestyle prior to falling pregnant is critical to the outcome of the pregnancy and may have a lifelong impact on your baby's health.

Although a significant number of pregnancies are unintended, it is strongly recommended that women seek appropriate pre-conception care and advice from their family doctor, two to three months before falling pregnant.

Many risk factors for preterm birth have been identified over the years.

These factors include any personal or family history of preterm birth, previous surgeries to the cervix, medical conditions, chronic stress and anxiety and smoking.

Identification of these risk factors before pregnancy can help your doctor start preventative measures.

Preconception counselling includes: strategies to achieve an ideal body weight, screening for diabetes, minimising exposure to cigarette smoking, avoidance of alcohol and other recreational drugs, screening and treatment of sexually transmitted diseases, ensuring all vaccinations are up to date, and ensuring folate

supplementation has started three months before conception.

Women with pre-existing medical and psychological conditions that can potentially affect the outcome of their pregnancy should seek pre-pregnancy advice from their relevant specialists to discuss the potential risks and impact their disease might have on their future pregnancy.

It is also important to consider any impact the pregnancy may have on the medical condition.

Management should include stabilisation of the medical condition with the fewest medications at the lowest dose and to only include those medications that are safe for use in pregnancy.

Taking a proactive approach before pregnancy will help to achieve a good pregnancy outcome and consequently, a healthy mum and baby.

Dr Shin Lee

Maternal Fetal Medicine Fellow
King Edward Memorial Hospital



Dr Shin Lee

A new life deserves the most special welcome.

At HBF, we understand more than most what a profound experience it is to welcome a new baby. We've helped more West Australians take the life-changing step into parenthood than any other insurer. So we know that choosing the right maternity health partner ensures you've done the best you can to make your baby's arrival as wonderful as it should be.

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