

Every mom wants a healthy pregnancy and baby. Early and regular prenatal care enables your medical provider to find issues early in the pregnancy. Most pregnancies progress just fine, but sometimes along the way, a complication can arise. If you receive news that there are complications, it can be a scary or even depressing time, but there are things that you can do to help put your mind at ease.

## Here are some suggestions for managing a medical diagnosis

- **Don't panic.** Many conditions when caught early can be treated and managed.
- **Ask your medical provider lots of questions.** Let them educate you.
- **Follow your provider's instructions.** If they tell you to stay off your feet, to quit any strenuous exercising, or if they put you on bed rest, then do as they suggest.
- **Try to take it easy.** Too much stress is hard on you and your baby, so do what you need to do in order to *relax*.
- **Ask for help** from friends and family, *rest* when you can, and plan to *slow down* a lot.
- **Eat and drink healthy.** Eat *healthy*, well-balanced meals and drink plenty of *fluids*. Try to avoid processed packaged foods that are high in *sugar* and *sodium*. And steer clear of sugary drinks. Faithfully follow any special meal plan your provider gives you.
- **Go to all of your prenatal appointments.** Your medical provider will schedule them as *often* as they feel necessary to track your pregnancy and any *conditions*.
- **Call your medical provider** if you develop symptoms, if symptoms worsen, or if you have concerns about anything about your pregnancy.

Whether you have a health condition before getting pregnant or develop one during your pregnancy, it is important to stay on top of your symptoms. By doing this, you can increase your chances of a healthy pregnancy. While some of the symptoms and risks to these conditions can be frightening, please know that many women go on to deliver healthy babies even when they have these issues.<sup>1,6,7</sup>

### Resources include:

1. "Pregnancy Complications." Pregnancy Complications | Office on Women's Health, U.S. Department of Health and Human Services, 19 Apr. 2019, [www.womenshealth.gov/pregnancy/youre-pregnant-now-what/pregnancy-complications](http://www.womenshealth.gov/pregnancy/youre-pregnant-now-what/pregnancy-complications). Accessed 11-11-21
2. "Glossary." Glossary | Office on Women's Health, U.S. Department of Health and Human Services, 22 Feb. 2021, [www.womenshealth.gov/glossary/#preeclampsia](http://www.womenshealth.gov/glossary/#preeclampsia). Accessed 11-11-21
3. "Sexually Transmitted Infections, Pregnancy, and Breastfeeding." Sexually Transmitted Infections, Pregnancy, and Breastfeeding | Office on Women's Health, U.S. Department of Health and Human Services, 1 Apr. 2019, [www.womenshealth.gov/a-z-topics/stis-pregnancy-and-breastfeeding](http://www.womenshealth.gov/a-z-topics/stis-pregnancy-and-breastfeeding). Accessed 11-11-21
4. "Postpartum Depression." Postpartum Depression | Office on Women's Health, U.S. Department of Health and Human Services, 14 May 2019, [www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression](http://www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression). Accessed 11-11-21
5. Anagnostis, Panagiotis, et al. "Re: 'Guidelines of the American Thyroid Association for the Diagnosis and Management of Thyroid Disease during Pregnancy and the Postpartum' by Alexander Et Al. (Thyroid 2017;27:315–389)." Thyroid, vol. 27, no. 9, 2017, pp. 1209–1210., doi:10.1089/thy.2017.0155. Accessed 11-11-21
6. "About High-Risk Pregnancy." Eunice Kennedy Shriver National Institute of Child Health and Human Development, U.S. Department of Health and Human Services, 11 June 2018, [www.nichd.nih.gov/health/topics/high-risk/conditioninfo](http://www.nichd.nih.gov/health/topics/high-risk/conditioninfo). Accessed 11-11-21
7. "Release: Women with Pregnancy-Related Diabetes May Be at Risk for Chronic Kidney Disease." Eunice Kennedy Shriver National Institute of Child Health and Human Development, U.S. Department of Health and Human Services, 21 May 2018, [www.nichd.nih.gov/news/releases/052118-pregnancy-related-diabetes](http://www.nichd.nih.gov/news/releases/052118-pregnancy-related-diabetes). Accessed 11-11-21
8. "Diabetes." Eunice Kennedy Shriver National Institute of Child Health and Human Development, U.S. Department of Health and Human Services, 1 June 2021, [www.nichd.nih.gov/health/topics/diabetes](http://www.nichd.nih.gov/health/topics/diabetes). Accessed 11-11-21
9. "Did You Have Gestational Diabetes When You Were Pregnant?" HealthyChildren.org, American Academy of Pediatrics, 11 Nov. 2019, [www.healthychildren.org/English/ages-stages/prenatal/delivery-beyond/Pages/Gestational-Diabetes-When-Pregnant.aspx](http://www.healthychildren.org/English/ages-stages/prenatal/delivery-beyond/Pages/Gestational-Diabetes-When-Pregnant.aspx). Accessed 11-11-21
10. "Placenta Previa." What to Expect When You're Expecting, by Heidi Eisenberg Murkoff et al., Workman Publishing, 2016, pp. 554–555. Accessed 09-18-18