

HER HEALTH

Helping people lead healthy and happy lives.

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Importance of prenatal care

By NURIA NELKIN, CNM

Pregnancy is a beautiful part of the life cycle and most pregnancies progress healthily and safely during pregnancy and birth. Although this is a normal process, it is also a whole new world of feelings and physical changes. Prenatal care helps educate and guide women and their families through these changes. Some pregnancies will have higher risk issues or develop problems that will best be identified and managed by routine prenatal care. Prenatal screening tests can identify a host of issues and help determine if there needs to be interventions to help maintain the pregnancy and keep the pregnancy healthy for both mom and baby. At every visit we are always screening to make sure that woman have normal symptoms, labs, and vital signs. We evaluate and intervene when there are problems, and we refer to a higher level of care, when necessary, to ensure women get the best and most appropriate care possible.

Even when everything is progressing with no concerns, prenatal care is the best place to learn about safe and healthy recommendations of lifestyle, diet, supplements, medications and ways to help with discomforts of pregnancy. We also are there to help you adjust to the huge transition of growing your family. Pregnancy is not only a great physical change, but also a huge mental and emotional change for a woman and her family, whether preparing for first time parenthood or adding to one's family. Navigating this with a knowledgeable team helps this transition be easier.

Getting to know your team over the course of several months helps you form a relationship of mutual trust with your providers. This helps us know you and your individual needs. Our goal is to work with you as a team to help you take care of yourself and your baby, having the healthiest pregnancy and birth possible.

Modern OBGYN has three convenient office locations. Visit our newest office at Avalon in Alpharetta located at 2710 Old Milton Parkway, Suite 100, Alpharetta, GA 30009. To schedule an appointment call 404-446-2496 or visit us online at www.reyesobgyn.com. ■



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