



The ***ABCDE'S*** to Envisioning a Healthy Future

A Guide to Preconception Health



Developing Healthy Lifestyles is Important Because 49% of Pregnancies are Unplanned

**A woman's health and the health of her
infant is impacted**

***BEFORE* pregnancy**

**and determines the future health of
her baby and future generations**



Developing Healthy Lifestyles is Important Because 49% of Pregnancies are Unplanned

Important to address:

- **Contraception:** Allows you to plan your pregnancies
- **Spacing:** Every two years
- **Preventive Services:** ***ABCDE'S***



Los Angeles County

- **4.9 million** women and girls live in Los Angeles County
- **2.5 million** are of reproductive age
- **150,000+** births per year
- **49%** pregnancies are unplanned



2004 American Community Survey, U.S. Census Bureau,
<http://factfinder.census.gov>





The **ABCDE'S** to Envisioning a Healthy Future

A buse

- Alcohol, Cigarettes, Illicit Drugs, Domestic Violence

B ehavioral

- Mental Illness

C hronic Disease

- Overweight/Obesity, HT, Diabetes, Epilepsy, DVT, Asthma

D iet, **D** rugs, & **D** ads

- Nutrition & Exercise, Pharmaceuticals

E nvironmental **E** xposures

- Occupational, Household, Food

S TI's (sexually transmitted infections), **S** hots, **S** creening





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ABUSE

What can go wrong: *Alcohol*

MOTHER	BABY
<ul style="list-style-type: none">• Abuse/Dependence• Accidental Injury• Medication interaction	<p data-bbox="1270 625 1669 763"><u>Fetal Alcohol Syndrome</u></p> <ul style="list-style-type: none">• Baby is born small, with a small & malformed brain• Most have a degree of mental disability



ABUSE

Substance Abuse: *Cigarettes*

In Los Angeles County, 12% of pregnant women smoke cigarettes



ONLY 20% of women who smoke quit during pregnancy



ABUSE

What can go wrong: *Cigarettes*

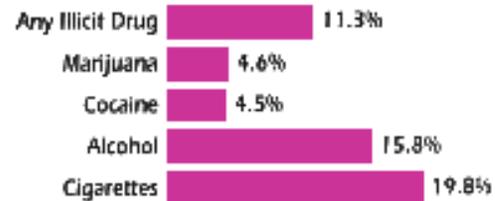
MOTHER	BABY
<ul style="list-style-type: none">•Infertility•Lung & other Cancers•Heart Disease•Emphysema	 <ul style="list-style-type: none">•Stillbirth•Low Birth Weight•Pre-term birth•Adverse perinatal outcomes



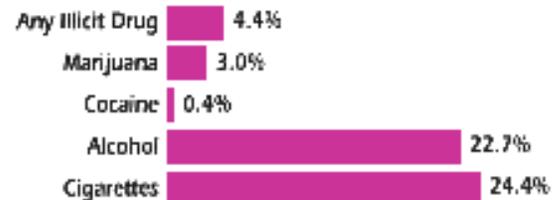
ABUSE

Drug Use During Pregnancy* Among Racial and Ethnic Groups

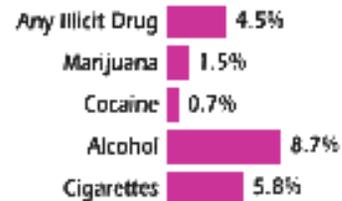
Blacks



Whites



Hispanics



*Percent of American women who gave birth in 1992 and used drugs during pregnancy



http://www.drugabuse.gov/NIDA_Notes/NNVol10N1/Pregnancytable.html



ABUSE

What can go wrong: *Illicit Drugs*

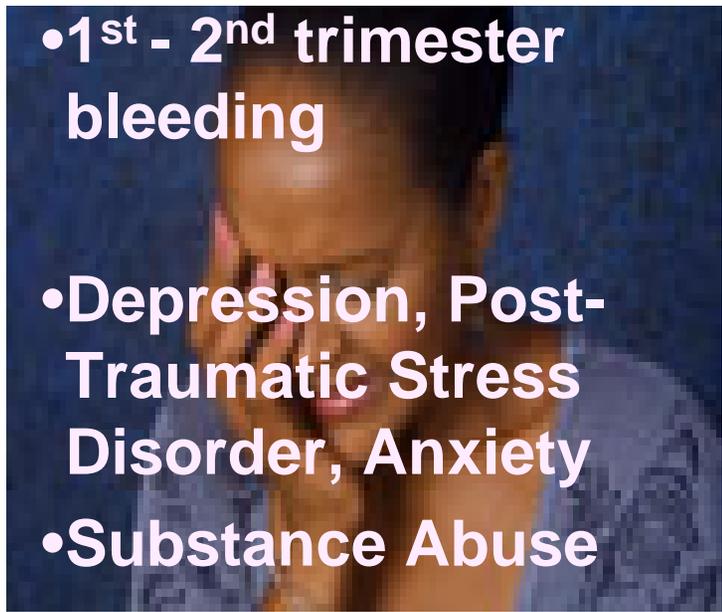
MOTHER	BABY
<ul style="list-style-type: none">• Abuse/Dependency• Mental Health problems• Baby displaced from mother - protective services, to family member	<ul style="list-style-type: none">• Pre-term birth• Fetal death• Brain injury• Developmental problems



ABUSE

DOMESTIC VIOLENCE
HURTS
EVERYONE

Domestic Violence *Pregnancy is the most prevalent time a women will experience domestic violence.*

MOTHER	BABY
 <ul style="list-style-type: none">• 1st - 2nd trimester bleeding• Depression, Post-Traumatic Stress Disorder, Anxiety• Substance Abuse	<ul style="list-style-type: none">• Low Birth Weight• Pregnancy complications• Child abuse





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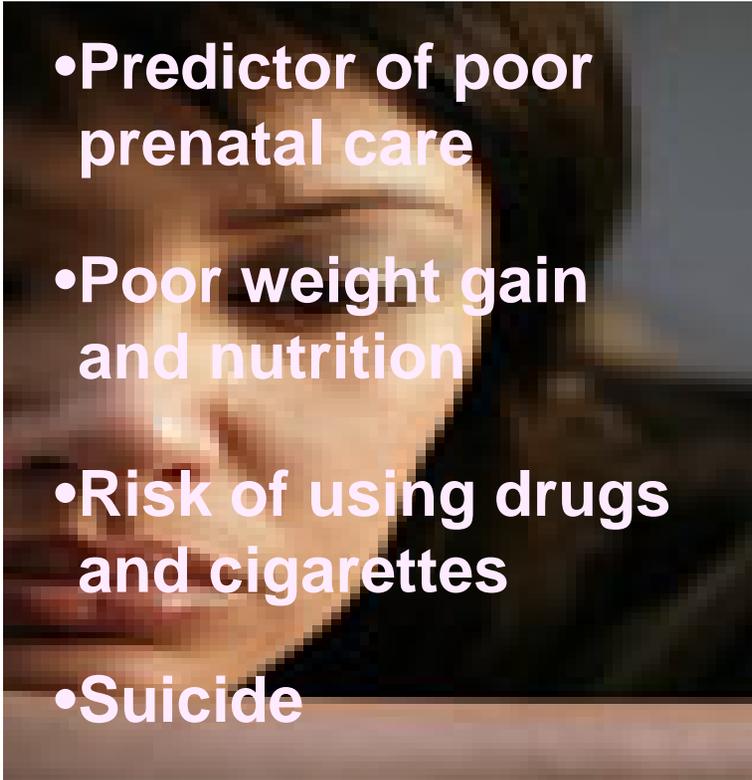
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BEHAVIORAL

What can go wrong: Mental Issues

MOTHER	BABY
 <ul style="list-style-type: none">• Predictor of poor prenatal care• Poor weight gain and nutrition• Risk of using drugs and cigarettes• Suicide	 <ul style="list-style-type: none">• Pre-term Birth• Low Birth Weight





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CHRONIC DISEASE: Diabetes



- 1.85 million women 18-44 years have diabetes
 - 500,000 of them do not know they have the disease
 - Minority women are 2-3 times more likely to have type 2 diabetes
- Women with gestational diabetes have to a 63 percent risk of developing type 2 diabetes later in life



<http://www.cdc.gov/diabetes/pubs/pdf/womenshort.pdf>



CHRONIC DISEASE

What can go wrong: Diabetes

Women with gestational diabetes have to a 63 percent risk of developing type 2 diabetes later in life

MOTHER	BABY
 <ul style="list-style-type: none">•Pre-eclampsia•Maternal & Labor/Delivery Complications•Cesarean Section	 <ul style="list-style-type: none">•Miscarriage/Stillbirth•Pre-term birth•Birth defects•Very Large Baby (Macrosomia)



CHRONIC DISEASE

What can go wrong: *Overweight*

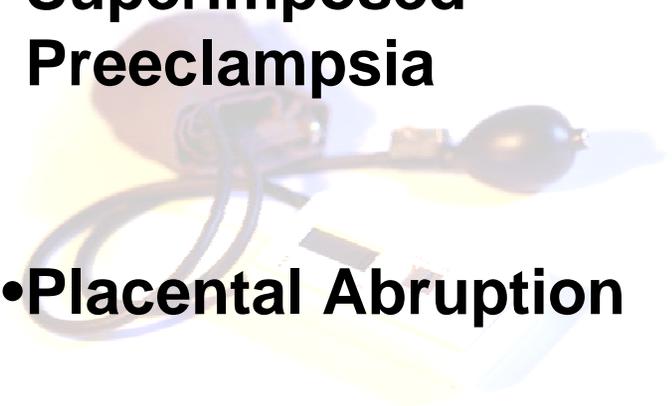
1 in 3 pregnant women are overweight or obese at the onset of pregnancy

MOTHER	BABY
 <ul style="list-style-type: none">•Infertility•Maternal & Labor/Delivery complications•Diabetes	<ul style="list-style-type: none">•Fetal & neonatal death•Birth Defects, especially neural tube defects•Large Baby



CHRONIC DISEASE

What can go wrong: Hypertension

MOTHER	BABY
 <ul style="list-style-type: none">• Superimposed Preeclampsia• Placental Abruption	<ul style="list-style-type: none">• Pre-term Birth• Placental abnormalities• Birth defects from prescriptions• Low Birth Weight



CHRONIC DISEASE

What can go wrong: Asthma

MOTHER	BABY
<ul style="list-style-type: none">•Worsening of Asthma•Cesarean Delivery•High blood pressure or pre-eclampsia	<ul style="list-style-type: none">•Pre-term Birth•Low Birth Weight•Baby that is small for its age





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DIET, DRUGS & DAD'S

Nutrition & Exercise

50% of women 18-44 y.o. did not meet the standard for physical activity



18.3% of adult women consume ≥ 5 servings of fruits and vegetables a day



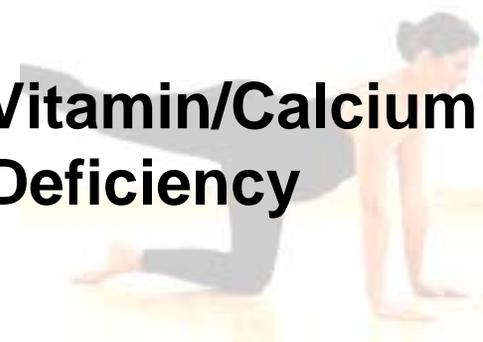
Health Indicators for women in LA County 2005



DIET, DRUGS & DAD'S

What can go wrong:

Nutrition & Exercise

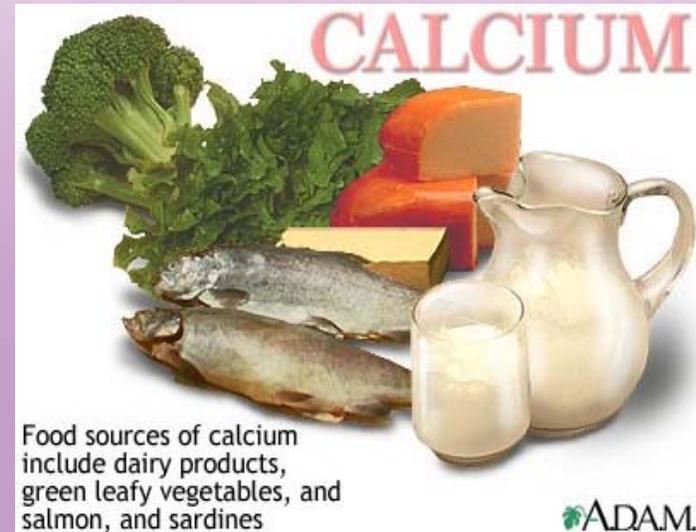
MOTHER	BABY
<ul style="list-style-type: none">•Obesity•Vitamin/Calcium Deficiency•Difficult Delivery 	<ul style="list-style-type: none">•Macrosomia•Infant complications during delivery



DIET, DRUGS & DAD'S

Nutrition & Exercise

3 in 4 women do not ingest adequate levels of calcium



60% pregnant women do not take multivitamins



DIET, DRUGS & DAD'S

What can go wrong: Folic Acid Deficiency

MOTHER	BABY
<ul style="list-style-type: none">•Anemia•Progressive fatigue•Shortness of breath•Fainting•Forgetfulness	 <p data-bbox="1096 1219 1373 1271">Spina bifida</p>  <p data-bbox="1478 1008 1776 1060">Anencephaly</p>



DIET, DRUGS & DAD'S

What can go wrong: Prescription Drugs

MOTHER	BABY
 <ul style="list-style-type: none">• Miscarriage	<ul style="list-style-type: none">• Congenital anomalies• Small-for gestational age• Pre-term birth• Low Birth Weight



DIET, DRUGS & DAD'S

MOTHER

- More likely to get prenatal care in the first trimester



BABY

- Likely to do well in school
- Have healthy self-esteem
- Exhibit empathy and pro-social behavior
- Avoid high-risk behaviors such as drug use, truancy, and criminal activity

National Fatherhood Initiative
2004





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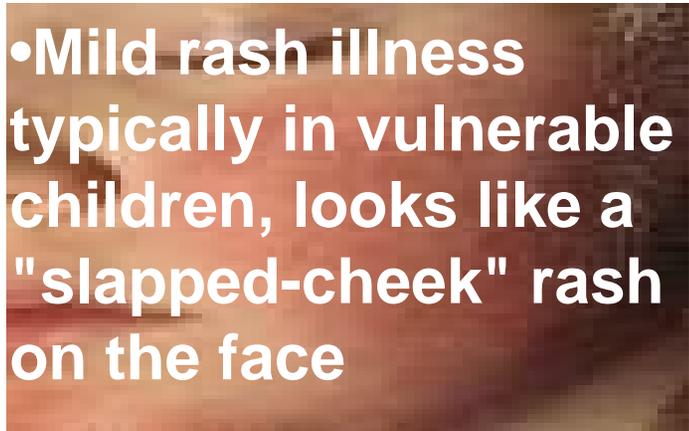
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ENVIRONMENTAL EXPOSURES

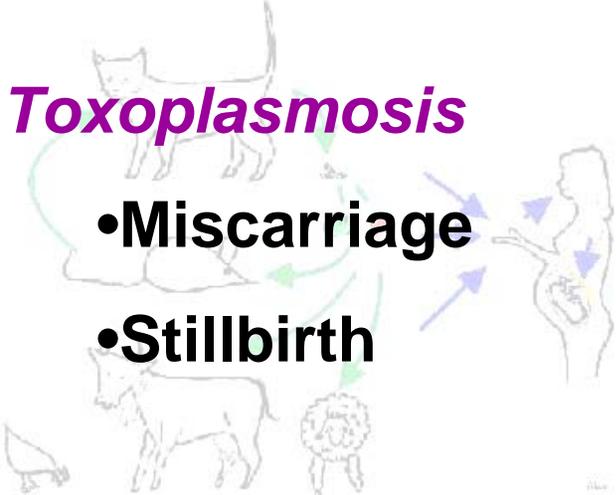
What can go wrong: Occupational Hazardous materials, lead, mercury

MOTHER	BABY
<p><i>Parvovirus B19</i></p> <ul style="list-style-type: none">• Miscarriage• Anemia <p><i>Lead Poisoning:</i> anorexia, constipation, irritability, and anemia, or may be asymptomatic</p>	 <ul style="list-style-type: none">• Mild rash illness typically in vulnerable children, looks like a "slapped-cheek" rash on the face• Fetal neurodevelopment problems



ENVIRONMENTAL EXPOSURES

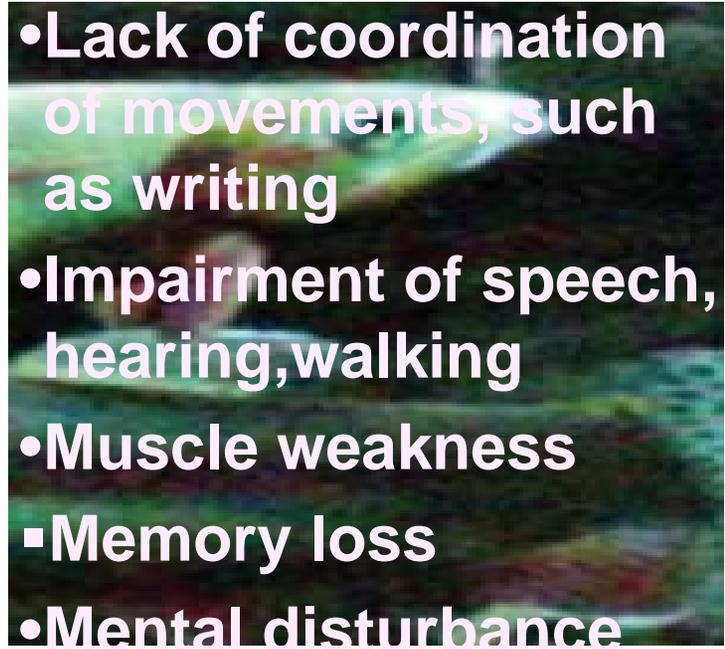
What can go wrong: Household: paint thinners, solvents, pesticides, bleach, lye, cat litter, garden soil

MOTHER	BABY
<p data-bbox="359 784 821 846"><i>Toxoplasmosis</i></p>  <ul data-bbox="447 898 827 1068" style="list-style-type: none">• Miscarriage• Stillbirth <p data-bbox="352 1240 1014 1302"><i>Reptile Salmonellosis</i></p>	 <ul data-bbox="1146 781 1719 1159" style="list-style-type: none">• Mental retardation• Blindness• Epilepsy• Fetal Infection



ENVIRONMENTAL EXPOSURES

What can go wrong: Mercury in Fish-
Swordfish, Shark, King Mackerel, Tilefish

MOTHER	BABY
 <ul style="list-style-type: none">•Lack of coordination of movements, such as writing•Impairment of speech, hearing, walking•Muscle weakness•Memory loss•Mental disturbance	<ul style="list-style-type: none">•Slower development•Problems learning•Motor skills impairment



ENVIRONMENTAL EXPOSURES

What can go wrong:

MOTHER	BABY
<p>Listeria: nonspecific flu-like illness is the most common symptom</p> <ul style="list-style-type: none">•acquired via infected food (raw milk products, soft cheese, deli meats)	<ul style="list-style-type: none">•Fetal death•Pre-term birth•Newborn infection



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Sexually Transmitted Infections

What can go wrong:

MOTHER	BABY
<ul style="list-style-type: none">•Cervical cancers•Chronic hepatitis•Pelvic inflammatory Disease•Infertility	<ul style="list-style-type: none">•Stillbirth•Low birth weight•Pneumonia•Neonatal sepsis•Neurologic damage•Blindness, deafness,•Conjunctivitis 



Shots: Immunizations

MOTHER	BABY
<p data-bbox="331 656 1031 792">Immunizations Needed Prior to Pregnancy:</p> <ul data-bbox="331 846 936 1252" style="list-style-type: none">•Rubella•Hepatitis B•Influenza•Tetanus/Diphtheria 	<p data-bbox="1129 639 1675 699">Diseases in Baby:</p>  <ul data-bbox="1129 850 1730 1317" style="list-style-type: none">•Rubella Syndrome•Hepatitis B•Possible increased abortion rate•Neonatal tetanus, 60% mortality



Screening (Genetic)

MOTHER

Carrier Screening

- Tay Sach's Disease
- Cystic Fibrosis
- PKU (phenylketonuria)

Dental Screening:
Dental Infections

BABY

Diseases in Baby

- Tay Sach's Disease
- Cystic Fibrosis
- PKU (phenylketonuria)

- Pre-term delivery
- Fetal infection



Resources in Los Angeles for the ABCDE'S

211



The **ABCDE'S** to Envisioning a Healthy Future

BEFORE becoming pregnant is the best time to prepare

- **Contraception** Allows you to plan your pregnancies
- **Spacing:** Every two years
- **Preventive Services:** **ABCDE'S**

Ask your health provider to help you prepare





Remember Your ABCDE'S !

