

# Your Healthy Pregnancy

10:32 p.m. A family is born.  
10:41 p.m. A future is protected.



LEARN HOW SAVING  
**CORD BLOOD**  
MAY HELP **PROTECT**  
YOUR FAMILY

Although your loved ones will never be immune to accidents or illness, you want to know you've done everything possible to protect them. It begins with banking your baby's cord blood stem cells.

Today, cord blood is used to treat many life-threatening diseases, including certain cancers such as leukemia. It is also being used in groundbreaking clinical trials to evaluate its ability to treat brain injury and hearing loss.

Save your baby's cord blood with CBR® the largest, most experienced stem cell bank and preferred choice of Ob/Gyns.

Call CBR today for a free information kit:  
**1-888-CORD BLOOD**



CBR<sup>®</sup> cord blood registry<sup>™</sup>  
cordblood.com

Women of childbearing age can take actions to help promote a healthy pregnancy even when they are not pregnant or planning to get pregnant.

### These can include:

- Getting 400 micrograms of folic acid every day through foods or supplements
- Keeping immunizations up to date
- Adopting healthy behaviors, such as:
- Avoid alcohol, illicit drugs, and smoking
- Maintain a healthy weight and, if needed, lose weight
- Eat a varied, healthy diet
- Exercise regularly
- Take a vitamin B12 supplement if you eat little or no animal products
- Have a physical checkup
- Have a dental checkup

Controlling any existing health conditions, such as diabetes, epilepsy, or depression.



- Always place an infant on his or her back to sleep, for naps and at night. Infants who sleep on their backs have a lower risk of SIDS than do infants placed on their stomachs or sides. Infants who usually sleep on their backs face an even greater risk of SIDS if placed on their stomachs.



- Place infants for sleep on a firm sleep surface, such as a safety approved crib mattress with a fitted sheet. Infants should never be placed on a soft surface, such as a pillow, quilt, or sheepskin.
- Keep pillows, cushioned crib bumpers, toys, loose bedding, and other soft objects out of an infant's sleep area. All items should be kept away from an infant's face.

## Prenatal Care Is Important

Getting early and regular prenatal care is important for both you and the developing baby. Your health care professional may discuss many issues, such as nutrition and physical activity, what to expect during the birth process, and basic skills for caring for your newborn.

You will be given a schedule for your prenatal visits. You can expect to see your health care provider more often as your due date gets closer.

A typical schedule includes visiting your provider:

- about once each month during your first six months of pregnancy
- every two weeks during the seventh and eighth month of pregnancy
- weekly in the ninth month of pregnancy
- if you are over 35 years old or your pregnancy is high risk because you have certain health problems like diabetes or high blood pressure, your doctor will probably want to see you more often. Your health care professional may also suggest prenatal testing.



## PRENATAL TESTING

Prenatal testing provides information about your baby's health before he or she is born. Testing is available to pregnant women...

- who are aged 35 or older, because they are at higher risk for having a child with abnormal chromosomes;
- who have a family history of an inherited condition, such as Duchenne muscular dystrophy;
- when their ancestry or ethnic background means that they might have a higher chance of an inherited disorder, such as sickle cell anemia, thalassemia, or Tay-Sachs disease;
- to screen for common genetic disorders, such as spina bifida and Down syndrome.

**ONE DAY**

**Smarty Pants**  
(but without the pants)

**ONE DAY**

One Day Women's Prenatal, a multivitamin plus DHA — available over the counter.

One Day Women's Prenatal, a complete multivitamin with more folic acid, plus a DHA/EPA liquid gel for baby's healthy brain and eye development.\*

Just one of the many things your life during pregnancy will thank you for later.

More of what matters to you. And your baby.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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