



Choices Women's Medical Center

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What's New at Choices August 2015

Give Your Baby a Healthy Start - PLAN Your Pregnancy

When you want to have children, of course you want them to be healthy and you want to have a positive pregnancy and childbirth experience. But how can you ensure it will happen? There are many components to this, but one thing is guaranteed to make a real difference: *planning your pregnancy* so that you give birth to a child at a time that's right for you psychologically, emotionally, physically and financially.

Studies show that unplanned pregnancies carry the potential for problems that planned pregnancies do not.



What does planning your pregnancy mean?



Planning your pregnancy means using birth control until you want to become pregnant. Yes, sometimes accidents happen - and if that is the case, [Choices Women's Medical Center](#) offers a full range of reproductive choices. (See box below, "You Have Choices.")

Planning your pregnancy means **you decide** when you are ready to be a parent, emotionally, economically and health-wise.

For both you and your pregnancy, **early prenatal care is essential**, and a woman who plans to become pregnant is more likely to suspect when she *is* pregnant and seek prenatal care. This is important to ensure both your and your baby's health. Early pre-natal visits can identify any potential problems that may develop and help you develop a plan for proper nutrition and exercise.

In addition, a woman who plans her pregnancy can consider in advance the **financial and social support** she may need and be prepared by arranging for assistance if necessary. Planning your pregnancy gives you a chance to decide how close together you want your children, according to your wishes and health considerations. In other words, for **YOUR** overall health and well-being, as well as your baby's.

Choices Women's Medical Center can help you plan your pregnancy and have the healthiest baby possible. That's what "family planning" and birth control are all about. As soon as you start trying to become pregnant - that is, when you stop using birth control - that's the time to

start healthy habits and stop harmful ones. Alcohol, smoking, drugs, junk food can harm your developing baby. This is absolutely better for YOUR health, too!

If you think you might be pregnant, come to Choices to confirm your pregnancy and join our prenatal program. (Pregnancy tests are free for teens 19 and under.) Individual sessions with one of our counselors (a trained social worker) will help you develop a plan for a healthy pregnancy, and your Choices Medical Team will monitor your pregnancy and ensure it develops normally. Our Choices nutritionist can talk with you about a healthy diet, and you can participate in special pregnancy and childbirth classes, and, as your due date approaches, parenting classes. (For more details about our [prenatal program](http://www.choicesmedical.com/prenatal-care-choices), go to our website: <http://www.choicesmedical.com/prenatal-care-choices>)



Do you need financial assistance? Choices Women's Medical Center is committed to helping you find financial assistance for all reproductive services: [Emergency Medicaid](#) for pregnancy-related needs (including for undocumented women) and [Family Planning Benefit Program](#) for all methods of birth control. You can apply right at Choices at the time of your first appointment. We can also help you apply for regular Medicaid. We accept all insurances. When you call for an appointment, ask us how we can help.

Choices – Our Specialty is YOU!

Call 718-534-3800 for an appointment today

OF SPECIAL CONCERN

Many things can interfere with a healthy pregnancy. A prenatal visit at Choices identifies potential risk factors, and a Choices Medical Team will work with you to minimize their impact on you and your baby.

Potential risk factors include:

- **Diabetes, obesity, and substance abuse** – all can interfere with the development of a healthy pregnancy and delivery. We work with high-risk pregnancy specialists at Jamaica Hospital to assess, monitor and treat your condition throughout your pregnancy.
- **Cardiovascular disease** – You can get tested for heart health beginning in September at Choices and referred for treatment if necessary. Cardiovascular disease can interfere with having a healthy pregnancy.

YOU HAVE CHOICES

Our professional counseling staff will give you the information you need to make informed decisions about reproductive health based on your lifestyle, needs and preferences - what is best for YOU.

- If you don't want to become pregnant, you should abstain from sex or use effective birth control. Choices counselors will discuss with you the [many forms of birth control so you can decide on one that's right for you.](#)
- If you become pregnant and do not want to continue the pregnancy, Choices offers [medical abortion](#) (the "abortion pill") to 9 weeks of pregnancy and [surgical abortion](#) to 24 weeks.
- Choices also offers adoption alternatives through an independent and well-respected adoption agency.