

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.^{1,6,7}

Resources include:

1. U.S Department of Health and Human Services – Office on Women's Health. Pregnancy Complications. Found at <https://www.womenshealth.gov/pregnancy/youre-pregnant-now-what/pregnancy-complications>, accessed 9/18/2018, updated June 6, 2018.
2. U.S Department of Health and Human Services – Office on Women's Health. Glossary. Preeclampsia. Found at <https://www.womenshealth.gov/glossary/#preeclampsia>, accessed 9/18/2018, updated March 2, 2018.
3. U.S Department of Health and Human Services – Office on Women's Health. Sexually Transmitted Infections, Pregnancy, and Breastfeeding. Found at <https://www.womenshealth.gov/files/documents/fact-sheet-sti-pregnancy-breastfeeding.pdf>, accessed 9/18/2018, updated August 31, 2015.
4. U.S Department of Health and Human Services – Office on Women's Health. Postpartum Depression. Found at <https://www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression>, accessed 9/18/2018, updated August 28, 2018.
5. The American Thyroid Association Taskforce on Thyroid Disease During Pregnancy and Postpartum et al. Guidelines of the American Thyroid Association for the Diagnosis and Management of Thyroid Disease During Pregnancy and Postpartum. *Thyroid* 21.10 (2011): 1081–1125. PMC. Web. 18 Sept. 2018.
6. National Institute of Child Health and Human Development. How many people are at risk of having a high-risk pregnancy? Found at <https://www.nichd.nih.gov/health/topics/high-risk/conditioninfo/risk>, accessed 9/18/2018, reviewed September 1, 2017.
7. National Institute of Child Health and Human Development. Release: Women with pregnancy-related diabetes maybe at risk for chronic kidney disease. Found at <https://www.nichd.nih.gov/news/releases/052118-pregnancy-related-diabetes>, accessed 9/18/2018, reviewed May 21, 2018.
8. National Institute of Child Health and Human Development. Diabetes. Found at <https://www.nichd.nih.gov/health/topics/diabetes>. Accessed 9/18/2018, updated December 1, 2016.
9. American Academy of Pediatrics. Did You Have Gestational Diabetes When You Were Pregnant? Found at <https://www.healthychildren.org/English/ages-stages/prenatal/delivery-beyond/Pages/Gestational-Diabetes-When-Pregnant.aspx>. Accessed 9/1/2018, updated December 30, 2015.
10. Murkoff, H. What to Expect When You're Expecting. Placenta Previa. pp. 554-555. Workman Publishing, 2016.