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M E D I C A L G R O U P

PREGNANCY CARE



INFORMATIONAL BROCHURE



# HIGH RISK PREGNANCY

## What is High Risk Pregnancy?

A pregnancy is considered high-risk when there are potential complications that could affect the mother, the baby, or both. Complications can arise before or during pregnancy. High risk pregnancy requires some advice, safety and management to help ensure the best outcome for the mother and baby.

## Factors for High Risk Pregnancy

Complications of pregnancy are health problems that occur during pregnancy. They can involve the mother's health, the baby's health, or both. Some women have health problems that arise during pregnancy, and other women have health problems before they become pregnant that could lead to complications.

## Common Factors for High Risk Pregnancy

*Diabetes or gestational diabetes,*

*Cancer,*

*Kidney disease such as CKD, pyelonephritis,*

*Heart problems such as high blood pressure, heart valve problems,*

*Blood disorders such as sickle cell disease,*

*Lung disease such as asthma,*

*Autoimmune disease such as lupus, rheumatoid arthritis,*

*Problematic previous pregnancies such as preterm labour, previous C-section, stillbirth, multifetal pregnancy, post term delivery,*

*Epilepsy,*

*Preeclampsia or Seizures ( Eclampsia),*

*Genetic problem such as Down Syndrome,*

*Use of alcohol or illegal drugs,*

*STD such as HIV( human immune deficiency virus) AIDS, Syphilis,*

*Infection such as Cytomegalovirus, Chickenpox, Rubella, Toxoplasmosis,*

*Certain medication such as Lithium, Phenytoin, Valporic acid or Carbamazepine,*

*Overweight or Underweight,*

*Height shorter than 5 feet,*

*Having had fertility problems,*

*Under age 17 or over age 35,*

*Placenta previa,*

*HELLP syndrome,*

*Fetal abnormal position such as breech position,*

*Polyhydramnios or Oligohydramnios,*





## Common Complication of High Risk Pregnancy

Pregnancy is a period that has mixed feelings, emotions and anxieties involved. The women want to avoid all possible things that can add complications during pregnancy. There are few advice and activities that can help to avoid complications in pregnancy. These include

*Take at least 400 micrograms of folic acid, vitamin B, E, C. Beginning before and continuing through pregnancy that prevents fetal birth defects.*

*Take light and frequent meals.*

*Take in at least 2,400 calories every day.*

*Eat a healthy diet that include protein, milk and milk products, fruit, vegetables and maintain proper weight.*

*Eat a well-balanced diet that includes lots of calcium and magnesium.*

*Drink lots of fluid.*

*Avoid eating refrigerated or leftover food items.*

*Take a high-fibre diet that's low in sugars.*

*Get proper immunization against infectious disease.*

*Maintain an active lifestyle with regular exercise such as walking, swimming, riding a stationary bike and yoga.*

*Perform regular physical activity, unless advised otherwise by doctor.*

*Avoid cigarettes, alcohol and drugs.*

*Stay away from people who have colds and other infections.*

*Avoid taking any medicine without consulting doctor.*

*Take all safety measures while working or roaming about at home or workplace. Avoid rush areas, standing or sitting for very long hours, heavy lifting and so on.*

*Get plenty of rest and sleep whenever possible.*

*Avoid lifting heavy weights, wearing high-heeled shoes.*



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