Healthy Women Community Talks:
Planning for a Healthy Pregnancy

PARKING
The Healthy Women Community Talks take place at the Health Sciences Learning Center (HSLC) in room 1345. Parking is available for a fee in the adjacent UW Hospital and Clinics (UWHC) patient parking ramp at 600 Highland Avenue. The HSLC is the white building to the north of the ramp. The UWHC parking ramp and the HSLC are shown in red on the map at left.

OB-39715-14
The mission of the Department of Obstetrics and Gynecology is to improve the quality of life for all women in Wisconsin and beyond.

Our Healthy Women Community Talks are a community education series dedicated to helping all women stay healthy throughout their lives.

A woman’s health care needs change over her lifetime; our team of world-class physicians and clinicians is committed to providing women with the most compassionate state-of-the-art health care available. We believe you deserve the latest evidence-based information so you can make the health care choices that are best for you.

Ideally, all pregnancies would be planned. However, in reality life happens and a majority of pregnancies are unplanned. Unplanned does not mean unwanted or that you do not want the best for your unborn child. Additionally, women who are newly pregnant are often taking medications that may be detrimental to pregnancy, or they are dealing with uncontrolled medical complications. Both these circumstances can be avoided or mitigated to help you have a healthy pregnancy and baby. Whether you are planning to become pregnant, are pregnant, or care about someone who is, please join us.

Dr. Stewart, UW Health obstetrician gynecologist, will address lifestyle changes you can make before you become pregnant as well as how to manage chronic health issues during pregnancy.

Topics will include:
- Preconceptual counseling
  - The benefits of having this type of appointment
- Medication concerns
  - Over-the-counter medication and supplements
  - Prescriptions, i.e. thyroid (hyper and hypo), blood pressure
- Optimizing pre-existing conditions (why these conditions increase pregnancy risk and how to reduce the risk):
  - Obesity
  - Hypertension
  - Diabetes
  - Among other health issues

PLANNING FOR A HEALTHY PREGNANCY

THURSDAY, NOVEMBER 20, 2014
6–7:15 pm

Health Sciences Learning Center, Room 1345
750 Highland Ave, Madison, WI

Parking is available for a fee in the adjacent UW Hospital and Clinics patient parking ramp.

RSVP by Tuesday, November 2, 2014
(608) 417-4228 or HWCT@obgyn.wisc.edu

This Department of Obstetrics and Gynecology event is open to the public.
Everyone is welcome to attend.