

Medical Edge Radio from Mayo Clinic

Preparing for Pregnancy

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	THERE'S NOTHING LIKE IT. HAVING A BABY IS ONE OF THOSE MOMENTS WHERE EVERYTHING IN YOUR LIFE TAKES ON NEW MEANING. BUT MAKING THE DECISION TO GET PREGNANT CAN BE FILLED WITH QUESTIONS. WHAT SHOULD I BE DOING? WILL MY BABY BE HEALTHY? THE TIME TO DEAL WITH MANY QUESTIONS IS BEFORE YOU GET PREGNANT.
Roger Harms, M.D.	"THOSE THINGS THAT PREPARE YOU FOR PREGNANCY ARE GENERALLY GOOD HEALTH HABITS OVER ALL.

	<p>DR. ROGER HARMS, EDITOR OF THE MAYO CLINIC GUIDE TO A HEALTHY PREGNANCY, SAYS THAT MEANS WATCHING YOUR WEIGHT, EATING RIGHT AND EXERCISING. IT'S ALSO A TIME TO GET RID OF THOSE UN-HEALTHY HABITS, LIKE DRINKING TOO MUCH OR SMOKING.</p>
Dr. Harms	<p>"GENERALLY THEY'RE POTENTIALLY HARMFUL TO THE PERSON AS WELL AS THEIR BABY."</p>
	<p>AND IF YOU HAVE ANY PRE-EXISTING MEDICAL CONDITION, SUCH AS DIABETES OR HIGH BLOOD PRESSURE. A TRIP TO YOUR PHYSICIAN WOULD BE IN ORDER.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
