

Pre-Pregnancy Assessment for Women and Men



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Pre-pregnancy care is critical

All women and couples thinking about starting, or expanding, their family want to minimize the chances of adverse health effects for both baby and mother.

To achieve this goal, optimizing the woman's health and knowledge before planning and conceiving a pregnancy is key. Because pregnancy involves both partners, men's health is important too, but under-recognised.

Fortunately, most pregnancies have a good outcome for baby and mother. However, this is not always the case - some pregnancies may result in adverse health effects that can be life-long for both mother and baby.

While some adverse outcomes cannot be prevented, by doing everything possible to optimize a woman's health and knowledge before conception it can be possible to reduce or manage these risks. This is especially important as women become older.

The components of high-quality pre-pregnancy care include assessment of, and attention to, issues such as:

- Family history and genetic risk in both women and men
- Undiagnosed, untreated, or poorly-controlled medical conditions and problems, such as ovarian cysts, uterine problems, and previous conditions such as endometriosis
- Immunizations and preventive measures
- Exposures in early pregnancy
- Good quality nutritional advice
- Occupational and environmental exposures
- Social preparedness
- Attention to mental health issues

Capital Genomic provides all of this with comprehensive and ongoing clinical services tailored to the individual needs of you and your partner.



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