



Healthy
Pregnancy
SUMMIT



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Recommendations on A Healthy Pregnancy from An OB/GYN

What does she do?

- She is an OBI-GYN and an assistant clinical professor.
- She is the founder and director of the Perinatal Loss Clinic.

What is her background and her experience with pregnancy care?

- She has been a generalist OB/GYN since 2002.
- She sees patients, does deliveries and surgeries.
- She has a special clinic for women who have experienced stillbirth, called Perinatal Loss Clinic.

What general recommendations does she have for women to be as healthy as possible prior conception?

- A preconception visit is like the annual exam.
- During a preconception visit, she has a robust conversation about the patient's lifestyle and medical history.
- They talk about the medications the patient is taking.
- They also talk about the patient's cervical history, pregnancy history and the social history.
- Social history encompasses items like digestion of substances (alcohol, tobacco, illegal substances), life environment, work environment, exposures, family history, and genetic diseases.



Does she have any advice for couples who want to conceive?

- She recommends people get to a healthy weight.
- Obesity is a big risk factor for a lot of pregnancy complications.
- She also discusses lifestyle, substance use and decreasing the consumption of caffeine.

What are some typical concerns women have during the first trimester and what recommendations does she have for them?

- Many women feel excitement and anxiety of being unsure of what is ahead.
- Many women are concerned about losing their pregnancy.
- Some experience discomfort, nausea, and fatigue.
- It is important to take rest and decrease anxiety.

What are her recommendations for nausea or morning sickness?

- She encourages people to take small meals.
- Eat high carbohydrate items when you wake up.
- Vitamin B6, a half tablet of Unisom Sleep Tabs and pyridoxine help with nausea.
- Ginger is great for nausea as well.

What typical concerns women have during their second trimester and what are her recommendations?

- The second trimester is the fun trimester.
- Nausea and fatigue go away.
- There is still a concern of having a second trimester loss.
- Women experience fetal movement in the second trimester.
- Some women feel lower abdominal cramping.
- Women should start planning for the third trimester and the postpartum period.

What typical issues women ask about in the third trimester and what are her recommendations?

- Some women start to see the development of preeclampsia, hypertension, and diabetes.
- Guidance changes toward looking for symptoms of the potentially serious conditions, like headaches, sudden nausea, or vomiting.
- They talk about how the baby is growing and developing and how the birthing person is experiencing those changes.
- They talk about comfort measures.
- Some people have trouble with heartburn during this period.
- There is a greater risk of iron deficiency at that time, so they check the woman's hemoglobin again.



What recommendations does she have for preparing for childbirth?

- You should plan your birthing process because it is a beautiful process.
- The better prepared the birthing person is, the better experience she will have.
- You need to think about what you will get for pain control; how will you manage that process.
- Think about who your support person is.
- She is fond of doulas who help carry women through the birthing process.
- She recommends taking a birthing class.

What are her general recommendations after childbirth?

- When anxiety kicks in, remember it is enjoyable anxiety.
- It is important to rest and have a support system.
- A birthing person cannot do it all and it is okay to ask for help.
- Think about what your feeding plans are.
- Sleep when the baby sleeps, even though it is sometimes difficult to accomplish.

What are her recommendations for women of color?

- Maternal death and pregnancy complication rates are higher than for the general population.
- See your provider early and be vocal about what is happening with you during the pregnancy.
- People with darker skin are more likely to be vitamin D deficient.
- She recommends a healthy exposure to sunlight, vitamin D supplementation and calcium for women of color.

What does she think about the prenatal rater app?

- She believes it is vital.
- Not all prenatal vitamins are created equal.

What does she think about the NHF (Neurological Health Foundation) Healthy Child Guide?

- She believes all birthing people should watch and read about The NHF Healthy Child Guide.

What are her final comments?

- Pregnancy is a joyful time.
- Your providers are here to help guide you through the process, your thoughts and planning.

