

# Pointers For Mothers-To-Be

## OB/GYNs Offer Expert Tips For Expectant Moms

(NAPSA)—Today, expectant mothers are often given a long list of do's and don'ts to follow—and that list seems to change almost daily.

Fortunately, some well-chosen expert advice can help reassure mothers-to-be that they are doing everything they can to plan a healthy pregnancy.

Drs. Alane Park, Yvonne Bohn and Allison Hill are expert OB/GYNs who deal with all types of pregnancies and deliveries at their practice in Los Angeles.

Their everyday experiences with pregnant women have earned them a television series called "Deliver Me," which airs Tuesdays at 10 p.m. ET/PT.

The three doctors, who are also moms themselves, have compiled 10 simple but essential tips to help keep expectant moms and their babies happy and healthy:

1. Wait at least nine months before getting pregnant after each pregnancy.

2. Talk to your doctor about your recommended pregnancy weight gain. It may differ for each body type and each pregnancy.

3. Ask your doctor about treatment of existing conditions, such as thyroid disease, hypertension and diabetes, during pregnancy.

4. Wash hands properly and regularly to avoid germs and infections.

5. Eat healthy. Avoid raw foods, specifically beef, as well as unpasteurized cheeses and fish high in mercury such as shark, tilefish, swordfish and albacore tuna. You only need an extra 300 calories per day.

6. Don't smoke, drink alcohol or use illegal drugs. Only use prescription drugs that have been preapproved by your doctor.



**Three female OB/GYNs offer expert advice about pregnancies and deliveries on "Deliver Me," a new television series on Discovery Health.**

7. Keep active. Exercise—walking, dancing, swimming—not only makes you feel good but can help prevent gestational diabetes. And it can even relieve stress and build the stamina needed in the delivery room.

8. Drink plenty of water. The usual daily recommendation for water is 64 ounces a day, so try to drink slightly more while pregnant since you're drinking for two.

9. Limit stress! Ask for help from others or take short naps during the day.

10. Stay away from chemicals that could harm your baby, such as paint, paint thinner, weed killer, bug spray or pesticides. If you must be in a situation where these substances are present, limit your exposure.

For more helpful information and expert advice during pregnancy and after the baby is born, go to [discoveryhealth.com](http://discoveryhealth.com) and click on "Pregnancy & Parenting."