



Health Tips For Women's Wellness

ISSUE: JUNE 2024



CareNine is a pregnancy support program structured to educate, guide and reassure 'mothers-to-be' with the help of counselling from specialists; all under one roof.



Women's Health: Why are regular health check-ups important?

Every woman has to juggle with multiple responsibilities. Regular health check-ups are essential to make sure they look after their fitness. What tests and checkups should you consider? Find out here!



Preconception Care: Your checklist of pre-pregnancy planning

The planning for pregnancy begins long before conception. Here's a long checklist to make sure you're prepared to welcome a new one in your life, both physically and mentally.



CareNine: Septate uterus: how does it impact pregnancy?

Most women who have a septate uterus don't know they have it. What is it exactly and why should you care about it while trying to conceive? Read on to find out.



CareNine Beyond: Tips for new parents to balance parenthood and profession

Balancing parenthood and profession can be challenging. Read on to find out our suggestions to strike a healthy balance between the two.



CareNine: Why is your baby not sleeping at night?



New parents struggle to get used to the sleeping pattern of their baby. This pattern keeps changing and can force you to have long sleepless nights. This is your ultimate guide to understand how baby's sleep and what you can do.



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Women's Health: Why are regular health check-ups important?

Women play multiple roles in their life and it's challenging to deal with health issues at the same time. Regular health check-ups are important for every woman for the following reasons:

Early detection of diseases

- **Breast cancer:** Regular mammograms can help detect breast cancer early. Early detection increases the chances of successful treatment.
- **Cervical cancer:** Pap smears and HPV tests are vital for detecting cervical cancer in its early stages.
- **Osteoporosis:** Bone density tests can identify osteoporosis early, allowing for preventive measures to avoid fractures.

Monitoring chronic conditions

- **Diabetes:** Regular blood sugar tests can help monitor and manage diabetes. Blood tests can also help check your cholesterol levels.
- **Hypertension:** Blood pressure checks are essential to detect and manage hypertension, reducing the risk of heart disease and stroke.
- **Thyroid disorders:** Regular thyroid function tests can help in managing conditions like hypothyroidism and hyperthyroidism.

Reproductive health

- **Menstrual irregularities:** Regular check-ups can help identify the causes of menstrual irregularities and provide appropriate treatment.
- **Pregnancy health:** Prenatal visits ensure the health of both mother and baby during pregnancy. Postnatal check-ups help in recovering from childbirth and addressing any complications.
- **Menopause:** Regular visits can help manage symptoms of menopause and monitor bone health.

Mental health

- **Depression and anxiety:** Regular health check-ups can include mental health screenings, which are crucial to diagnosed and treat conditions like depression and anxiety.
- **Stress management:** Your healthcare provider can guide you to manage stress, which is vital for mental and physical health.

Preventive care

- **Vaccinations:** Regular check-ups ensure that women receive necessary vaccinations, such as the HPV vaccine, which can prevent cervical cancer.
- **Lifestyle advice:** After check-ups, women can get advice on diet, exercise and lifestyle changes to prevent various health issues.
- **STD tests:** Sexually active women should get tested for chlamydia as it can impact your fertility. You can also get tests done for HIV, Hepatitis B, Syphilis, Gonorrhoea and Trichomoniasis.

Personalised health advice

- **Family history:** Your healthcare provider can provide personalised advice based on family history. This can include recommendations for genetic testing and preventive measures for hereditary conditions.
- **Age-specific needs:** Different age groups have different health needs such as eye and dental health checks, bone density tests, cardiac health check-ups, vitamin deficiencies, etc. Regular check-ups help in addressing these age-specific health concerns effectively.

How can you take charge of your health?

Now that you're convinced that routine health check-ups are vital to women's health, here are some things you can do to take charge of your health.

- Find a healthcare provider you feel comfortable with and can share personal details with.
- Always gather all information about your family history to have a detailed conversation with a medical professional.
- Make a note of all the questions you want to ask your healthcare provider.
- Keep scheduling follow-up visits to your doctor and also take suggestions on diet and exercise to stay fit.

Routine health check-up is not a formality. It's essential for your well-being. So remember, prevention is better than cure and these tests can empower you to stay fit and healthy.

Sources:

- Manavati Hospital
- Care Health Insurance
- Apollo Spectra Hospitals



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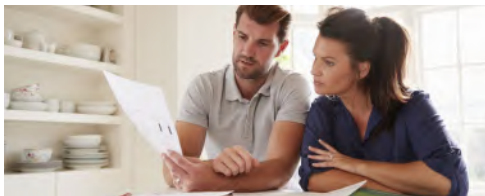
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Preconception Care: Your checklist of pre-pregnancy planning

Now that you've decided to start a family, you need to prepare your body for it. Pre-pregnancy planning is essential for a healthy pregnancy and a positive outcome. Following this checklist will help you prepare physically, emotionally and mentally.

1. Start by reading

- Do preliminary research on ovulation and conception basics.
- Try to map your menstrual cycle and figure out when you're ovulating.
- Make sure your insurance and medical documents are all in place.

2. Consult with a healthcare provider

- Schedule a preconception visit with your doctor or gynaecologist.
- Discuss your medical history, any existing health conditions and medications.
- Ensure all your vaccinations are up-to-date, especially hepatitis B and rubella.
- Get a preliminary health check-up.

3. Lifestyle modifications

- **Quit smoking and alcohol:** Both can harm your baby's development.
- **Reduce caffeine intake:** Keep your daily caffeine intake limited to 2 cups of coffee or lower.
- **Maintain a healthy weight:** Being underweight or overweight affects fertility. If you're overweight, try to lose a small amount of weight (3-5 kgs) and even that can create a big difference.
- **Exercise regularly:** Aim for moderate exercise to improve overall health. If you want some beginner-friendly activity, start with brisk walking, jogging and running. You can also introduce swimming in your daily routine.
- **Balanced diet:** You have to maintain a balanced diet that includes all kinds of vitamins, nutrients and minerals. Include folic acid-rich foods (green leafy vegetables, lentils, citrus fruits) to prevent birth defects. Cut back on junk food with empty calories.

4. Supplements

- Start taking folic acid (400-800 mcg/day) at least one month before conception. Visit your healthcare provider before introducing any supplements to your routine.
- Consider other prenatal vitamins like iron, calcium and vitamin D as per medical guidance.

5. Manage chronic conditions

- If you have diabetes, hypertension or thyroid issues, keep them under control.
- Consult your doctor about adjusting medications if needed.

6. Screen for infections

- Get tested for sexually transmitted infections (STIs) like chlamydia and gonorrhoea.
- Treat any existing infections promptly.

7. Review medications

- Some medications are unsafe during pregnancy. Get all your medications reviewed by your healthcare provider.
- Avoid self-medication.

8. Preconception care

- Oral health impacts pregnancy. Get a dental check-up to treat any issues.
- Stop using birth control methods. Understand how long it may take for fertility to return to normal.

9. Emotional well-being

- Address stress, anxiety and mental health concerns.
- Seek support if needed from family, friends and professionals.

10. Financial planning

- Factor in prenatal care, delivery costs, baby essentials and potential childcare expenses. Consider starting a savings plan or discussing financial planning with an advisor.
- Check your health insurance coverage.

11. Prepare your relationship

- Discuss expectations, anxieties and joys of parenthood with your partner. Talk openly about finances, childcare responsibilities and emotional support.
- Spend quality time together, nurture your relationship and build a strong foundation for your growing family.

12. Get ready for the baby

- Baby-proof your home to ensure a safe environment. This includes anchoring furniture, covering electrical outlets and removing choking hazards.
- Discuss parental leave options with your employer and explore childcare options if needed.
- Make sure your family and other support systems are all in place.

Pre-pregnancy planning sets the foundation for a healthy pregnancy. By following this checklist, you'll be better prepared physically and emotionally for the exciting journey ahead. Remember to consult your healthcare provider for personalised advice and professional guidance.

Sources:

- WebMD
- Your Fertility
- Cleveland Ob-Gyn



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CareNine: Why is your baby not sleeping at night?

An average infant sleeps for 9-12 hours during the night and again for 2-5 hours in the daytime. However several external factors can lead to your baby spending sleepless nights. Sleep is crucial for a baby's development and for parents' well-being. Here are some common reasons why your baby isn't taking enough rest:

1. Newborns (0 to 3 months old)

Issue: Newborns are still adjusting to a regular sleep pattern, often sleeping for short durations.

Solution:

- Be patient; it's normal for newborns to wake up frequently for feedings.
- Always place your baby on their back to sleep to reduce the risk of sudden infant death syndrome (SIDS).
- As newborns are adjusting to life outside the womb, they can take up to 11 weeks to develop a 24-hour sleep-wake cycle.

2. Babies (3 to 6 months old)

Issue: Sleep regression may occur around this age, disrupting your baby's previously established sleep routine. They can start to sleep much later.

Solution:

- Maintain a consistent bedtime routine.
- Avoid overstimulation before bedtime.
- Consider sleep training techniques if necessary.
- You can also try swaddling them to sleep but take necessary precautions in case they try to roll.

3. Infants (6 months and older)

Issue: Teething pain, developmental milestones and changes in routine can affect sleep. Infants need a total of 14 hours of sleep at this stage and can sleep for longer than 10 hours at night.

Solution:

- Offer comfort during teething.
- Create a soothing bedtime environment.
- Establish a consistent sleep schedule.
- If your baby is gassy or constipated, make sure to give them proper medication under professional guidance.

4. Other sleep problems at any age

Issue: Environmental disturbances, illness or hunger can disrupt sleep.

Solution:

- Address hunger by ensuring regular feedings. Also, make sure your baby isn't thirsty.
- Keep the sleep environment quiet and comfortable.
- Monitor room temperature and adjust as needed.
- Try having a bedtime routine that calms the newborn, such as keeping the lights out, having a short bath before sleeping, etc.

5. Sleep problems after illness

Issue: Ill health can disrupt sleep patterns.

Solution:

- Be patient; your baby's sleep will improve as they recover.
- Comfort your baby during any illness-related troubles. You can also consult your healthcare provider for better guidance in case of diseases.

6. Day-night confusion

Issue: Babies do not yet understand the difference between day and night.

Solution:

- During the day, expose your baby to natural light.
- Try to keep them awake for a little longer during the day so they naturally feel more sleepy at night.
- Change the daytime environment such that they don't feel sleepy at all. If they sleep in a cold, dark environment, keep your mornings warm and lit up.
- At night, keep the environment calm and dimly lit which induces sleep.

Besides these tips, you can also focus on learning your baby's signs of being sleepy. Some babies get fussy while some can start rubbing their eyes or even stare into the distance. When you notice this behaviour, immediately create an environment conducive to their sleeping.

Remember that slight sleep disruptions are quite normal in babies. You can consult your healthcare provider for further guidance on this and calm your dose of peaceful sleep too.

Sources:

- Nationwide Children's
- Healthline
- Medical News Today



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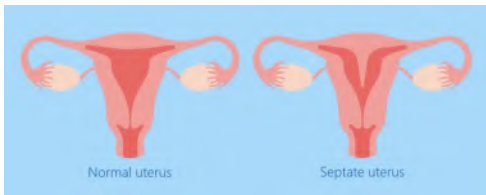
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CareNine: Septate uterus: how does it impact pregnancy?

A septate uterus is a congenital uterine deformity that occurs during foetal development. In this condition, a membrane called the septum divides the inner portion of the uterus, creating two separate chambers. Some women may not realise they have a septate uterus, even while giving birth.

A septate uterus doesn't require immediate treatment unless there is a repetitive miscarriage pattern. Treating this can improve pregnancy rates. It is one of the most common uterine anomalies and there is no definite cause for it.

Symptoms of septate uterus

- **Recurrent miscarriages:** Multiple miscarriages may indicate a septate uterus.
- **Painful periods:** Some women experience severe menstrual cramps.
- **Pelvic pain:** Frequent pelvic pain can also indicate septate uterus.
- **No symptoms:** Many women have no symptoms and get diagnosed only when facing pregnancy issues.

Impact on pregnancy

- **Fertility:** A septate uterus usually doesn't affect fertility and many women conceive without difficulty.
- **Miscarriage:** Studies suggest a higher risk of miscarriage in women with a septate uterus, possibly due to the septum affecting implantation or blood flow.
- **Preterm birth:** The septum might limit space for the baby to grow, potentially leading to earlier delivery.
- **Intrauterine Growth Restriction (IUGR):** A divided cavity could restrict nutrient and oxygen supply to the baby, impacting growth.
- **Abnormal foetal position:** The septum might influence the baby's position in the uterus, increasing the likelihood of breech presentation (feet first).
- **Caesarean delivery:** Breech presentation or other complications might necessitate a C-section delivery.

Diagnosis and management

- A septate uterus is often diagnosed during routine prenatal scans like ultrasounds. An MRI can further accurately identify the problems of the uterus.
- If detected, your healthcare provider will discuss the potential risks and likely recommend regular monitoring throughout your pregnancy.
- Depending on the septum's location and size, additional scans or specialised care might be needed.

- To confirm the diagnosis, you may also have to go for a hysteroscopy.

Who needs treatment for a septate uterus?

- Not all women with a septate uterus require treatment.
- If you have a history of recurrent miscarriages (two or more), your doctor might recommend a surgical procedure called hysteroscopic metroplasty.
- This minimally invasive procedure removes the septum to create a single uterine cavity.

What can be the complications of treating a septate uterus?

There are some issues involved with removing the septum from a uterus, such as:

- Infection
- Perforation of the uterus
- Abnormal bleeding
- Cervical damage

Managing pregnancy with a septate uterus

- Frequent prenatal visits help monitor the pregnancy closely.
- Go for high-risk pregnancy care for complete care till delivery.
- Opt for regular ultrasounds to monitor the baby's growth and position.
- A planned caesarean section may be recommended to avoid complications during labour.

Living with a septate uterus

- Many women with a septate uterus have healthy pregnancies with proper monitoring and care.
- Maintaining a healthy lifestyle with a balanced diet, regular exercise and folic acid intake is crucial.
- Open communication with your healthcare provider about any concerns is essential.

A septate uterus doesn't have to be a barrier to a healthy pregnancy. With early diagnosis, proper prenatal care and potential treatment options, women with this condition can experience successful pregnancies and childbirth.

Sources:

- Boston Children's Hospital
- Cleveland Clinic
- Healthline



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As a new parent, you're navigating uncharted territory. While Indian families form a solid support system, parents can still find it unnerving to separate from the baby and pursue their careers. However, with some effective strategies, you can create a healthy balance between your personal and professional life.

Common challenges faced by new parents

Here are some of the common challenges all new parents face and you shouldn't be feeling alone.

- 1. Sleep deprivation:** Caring for a newborn often leads to severe sleep deprivation. Frequent nighttime wake-ups for feeding, diaper changes and soothing can take a toll on your physical and mental health.
- 2. Balancing work and family:** Juggling work commitments alongside childcare demands can be overwhelming.
- 3. Financial strain:** Raising a child comes with expenses related to healthcare, diapers, clothing and childcare. Managing finances effectively is essential.
- 4. Relationship changes:** Parenthood can impact your relationship with your partner. It's crucial to maintain effective communication and ensure mutual support.
- 5. Lack of personal time:** New parents often struggle to find time for themselves amidst their responsibilities.

Tips for balancing parenthood and profession

While you struggle with the challenges stated above, here are some major tips to help you ease into the professional world alongside healthy parenthood.

- 1. Prioritize tasks:** Identify the most crucial tasks at work and home. Streamline your efforts by focusing on what truly matters. Have open communication with the leadership to make sure you benefit all new parenthood facilities.
- 2. Efficient time management:** Refine your time management skills. Create a schedule that allocates time for both work and family. Don't underestimate the value of maintaining a calendar and tracking all your important tasks.
- 3. Shared goals:** Work together with your partner to set shared goals. Discuss childcare responsibilities, work schedules and household

chores. You can even keep switching tasks to avoid feeling like you're missing out on anything related to the baby.

- 4. Self-care:** Take care of yourself. A healthy and rested parent is better equipped to handle both parenting and work responsibilities. It's important to take healthy breaks and set boundaries. Even if it's just 30 minutes a day, find time for activities you enjoy, whether it's reading, meditation or a phone call with a friend. Don't overlook your mental health.
- 5. Embrace the early bird strategy:** Wake up a little earlier to squeeze in some work or "me-time" before the baby wakes up.
- 6. Flexible work arrangements:** If you're concerned about leaving your baby at home, you can explore flexible work options, such as remote work or flexible hours, to ease the burden of balancing both roles. There are hybrid roles available too. You can also work on streamlining your tasks and automating certain repetitive duties to make some spare time.
- 7. Prepare in advance:** Lay out work clothes and pack diaper bags the night before. Meal prep healthy, easy-to-reheat options for the week to avoid last-minute scrambling. Pack healthy snacks and quick nutritious meals for work.
- 8. Seek support:** You don't have to be a superperson to be a parent. Don't hesitate to seek help from family, friends or healthcare professionals. Also, feel free to say no to anything that's not worth your time and patience.

Getting back to work with a baby can be tough but like every other challenge, this is a short-lived one. Work with your partner and communicate your needs well. It certainly takes a village to raise a kid and once you let go of perfectionism, it gets easier to balance your profession and personal life.

Sources:

- Healthline
- Byram Healthcare
- American Academy of Ophthalmology