



WELLNESS CENTRE FOR WOMEN

Inspiring better health



Antenatal care

SEE INSIDE

1. Know our Doctors.
2. Tests to Screen the Down's Syndrome by Dr. Priyanka Desai.
3. Importance of Antenatal Exercises by Dr. Bijal Gandhi.
4. Balanced Diet during Pregnancy by Mrs. Khushbu Choksi & Mrs. Surbhi Kabra.



IMPORTANCE OF ANTENATAL CARE

Prenatal care, also known as antenatal care, is a type of preventive healthcare. Its goal is to provide regular check-ups that allow doctors or midwives to treat and prevent potential health problems throughout the course of the pregnancy and to promote healthy lifestyles that benefit both mother and child.

FUN CORNER



MEET VAMA OBSTETRICIANS TEAM



DR. RUPAL SHAH
M.D., D.G.O., Obstetrician,
Gynaecologist & Fertility Specialist
Mon to Fri (03:30pm - 06:30pm)
Sat (10:30am - 01:30pm)



DR. VAIBHAVI CHOKSI
M.B., DGO
Consultant Obstetrician & Gynecologist
Mon to Sat (10:30am - 01:30 pm,
04:00pm - 06:00pm)



DR. PRIYANKA GHEVARIYA
M.B., DGO
Consultant Obstetrician & Gynecologist
Mon to Sat (10:30am - 01:30 pm,
04:00pm - 06:00pm)

OUR SUPPORT SERVICES



Pre-pregnancy health check up and counselling.



Diet counselling for mom to be.



Antenatal exercises & yoga



Fetal medicine & prenatal genetic counselling



WELLNESS CENTRE FOR WOMEN

Inspiring better health



WHY TO GET YOUR ANTENATAL CHECK UPS AT REGULAR INTERVAL?

These appointments will allow your Obstetrician and delivery expert to help both you and your baby stay healthy. Even if your pregnancy is going well and you're feeling well, it's important for you to attend your antenatal visits at regular interval, so that any potential risks can be identified and prevented, or reduced. It's also a great opportunity to ask any questions you have about your pregnancy such as what's happening during each trimester, physical pregnancy symptoms and the birth itself.

You can also get support to help you with your lifestyle, including mental health or dietary advice and physiotherapist's help for your minor physical problems like back pain etc.

STAGES OF ANTENATAL SONOGRAPHY

Dating Scan - Early Pregnancy Ultrasound

Nuchal Translucency Scan (11-13 Weeks)

Anatomical Survey 3D-4D Sonography (18-24 Weeks)

Growth Scan & Doppler Fetal Monitoring - 3rd Trimester

HOW FREQUENT WILL BE YOUR ANTENATAL VISITS?

In 1st And 2nd Trimester - Every 3 Weeks

In 3rd Trimester - Every 2 Weeks

Tests to screen for Down Syndrome in baby during pregnancy

About 1 in 500 babies are born with Down syndrome and 80 per cent of them are from young mothers. Dr Priyanka Desai, consultant fetal medicine expert from VAMA Wellness Centre for Women talks about everything you need to know about prenatal screening.

What is prenatal screening?

Prenatal screening identifies women with an increased risk of having a pregnancy with trisomies -the most common being Down Syndrome so that they can be offered a diagnostic test. It is a routine test recommended for all pregnant women.

What is trisomy?

It is a condition in which an extra copy of chromosome is present in the cell which may result in severe mental retardation and physical disabilities. The most common trisomies are Down Syndrome



DR. PRIYANKA DESAI

M.B.B.S; D.M.R.D, fellow in fetal medicine
Sonography, Mammography & Fetal
Medicine Expert
(Mon to Sat : 11:00am to 01:00pm)

(Trisomy 21), Edward's Syndrome (Trisomy 18), and Patau's Syndrome (Trisomy 13).

When can I do the prenatal screening test?

'It can be done either in the first or second trimester, however it is recommended to be done in first

trimester since it offers better detection and earlier information.

- First trimester screening : involves taking a sample of your blood between 11 and 13 weeks of pregnancy which is combined with an ultrasound measurement called NT which is Nuchal Translucency.

- For those who have missed the opportunity of first trimester screening should undergo second trimester screening in the form of quadruple test. It is also a simple blood test which also requires an ultrasound examination.

- The results of prenatal screening are categorised as low, intermediate and high risk. If your screening test reports you to be at high risk for having Down syndrome, you may be advised to: undergo direct testing in the form of amniocentesis or chorionic villus sampling.



For further queries or help. Call: 0261-2205550 /7096999555; Email: vamawellness@gmail.com

Visit - Vama Wellness Centre for Women, Golden Square, Besides Sargam Shopping, Centre, Park Point, 395007

***Emergency visits as and when required**

We advise you not to take any consultations or advice on phone/message/whatsapp even for your minor medical problems. It is advisable to visit doctor personally to get appropriate diagnosis and treatment.



WELLNESS CENTRE FOR WOMEN

Inspiring better health



ANTENATAL CLASSES WITH DR. BIJAL GANDHI



DR. BIJAL GANDHI

B.P.T, M.I.A.P

Physiotherapist & Fitness Expert

Mon to Sat (10:00am - 02:00pm,
04:00pm - 06:00pm)

KNOW THE BENEFITS OF **EXERCISING** WHILE YOU'RE **PREGNANT**

- EASES BACK AND PELVIC PAIN
- LOWERS BLOOD PRESSURE
- PREVENTS EXCESS WEIGHT GAIN
- RELIEVES CONSTIPATION
- IMPROVES MOOD
- PREVENTS GESTATIONAL DIABETES



WHY ANTENATAL CLASSES?



1. You come to know importance of exercises but when to implement and which kind of exercises are there to do in pregnancy- are guided by physiotherapist.
2. A physiotherapist can take care of all your pain related to pregnancy.
3. Which kind of exercises are contraindicated or strictly not do - guidelines will be provided by physiotherapist.
4. Different trimesters compose different level of exercises which will help you to lead towards normal delivery and healthy body.
5. During delivery what kind of posture and breathing pattern will guide by physiotherapist.
6. How to maintain your body tone throughout pregnancy and after delivery even - women who are feeling low with stretch marks - guide by physiotherapist.

Every year there are an estimated 200 million pregnancies in the world. Each of these pregnancies is at risk for an adverse outcome for the woman and her infant. While risks cannot be totally eliminated, they can be reduced through effective and acceptable maternity care, which should begin early in pregnancy and continue at regular intervals.



WELLNESS CENTRE FOR WOMEN

Inspiring better health



ROLE OF BALANCED DIET DURING PREGNANCY



1. Eating a nutritious diet during pregnancy is linked to good fetal brain development, a healthy birth weight, and it reduces the risk of many birth defects.
2. A balanced diet will also reduce the risks of anaemia, as well as other unpleasant pregnancy symptoms such as constipation and morning sickness.
3. Good nutrition is thought to help balance mood swings and it may improve labor and delivery as well.
4. Good nutrition during pregnancy can help to keep you and your developing baby healthy. Your need for certain nutrients, such as iron, iodine and folate, increases when you are pregnant.
5. Steady weight gain during pregnancy is normal and important for the health of the mother and baby. And so a good balanced diet is required.

MEET VAMA DIETICIANS



MRS. KHUSHBU CHOKSI

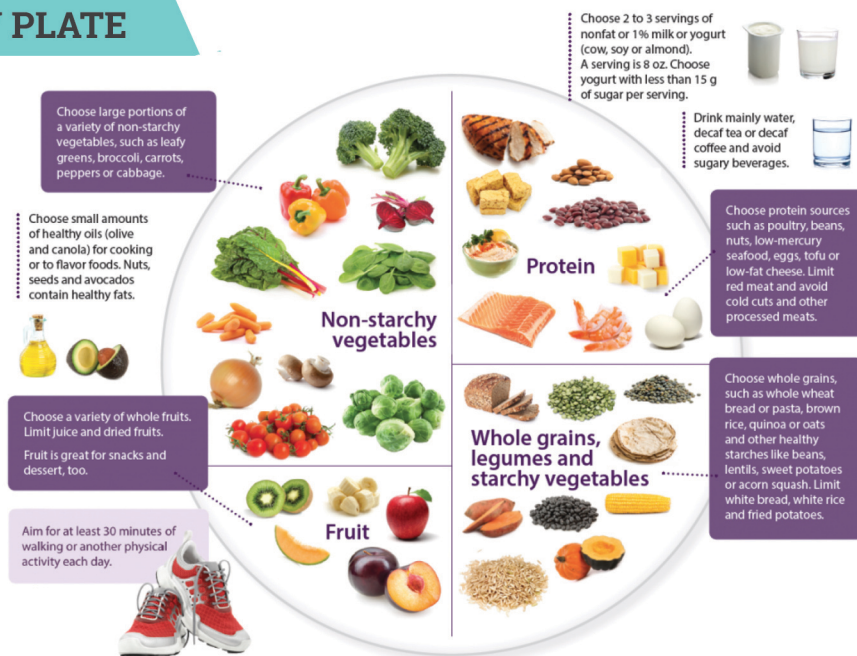
MS in Nutritional Science (USA)
Clinical Dietician
Mon to Fri (10:00am - 01:00pm)
Sat (11:00am - 02:00pm)



MRS. SURBHI KABRA

Post Graduation Diploma in dietetics
Clinical Dietician
Mon to Sat (03:30pm - 06:30pm)

MY PREGNANCY PLATE



Golden Square, Beside Sargam Shopping centre, Parle point, Surat.

Land Line
0261-2700000



Plot no 6, Vijay Sales Lane, Behind Kataria Automobiles, Nr. Iscon Mall, Gaurav Path, Piplod, Surat - 395007
Ph. 0261 - 2205550/51

Help Line
70969 99555