

PRESCRIPTION FOR A HEALTHY FUTURE



- Take a multivitamin with 400 mcg of folic acid every day to prevent birth defects and reduce the risk of certain cancers. Foods that contain folic acid are beans, leafy green vegetables, orange juice and fortified/enriched breads and cereals.
- Eat a variety of nutritious foods every day; avoid foods high in fat and sugar; cut back on caffeine.
- Talk with your health care provider to learn your healthy weight and ways to reach it.
- See your health care provider and dentist before becoming pregnant.
- Wash your hands often. Some infections harm a growing baby.
- Find out if you have a sexually transmitted disease (STD).
- Ask your health care provider about screenings for STDs and Human Immunodeficiency Virus (HIV).
- Stop smoking and the use of other tobacco products (including e-cigarettes and vapor products). Tobacco use while pregnant puts your baby at greater risk for being born prematurely or too small.
- Stop using drugs and alcohol. Beer, liquor, wine and wine coolers can cause your baby to have lifelong problems such as Fetal Alcohol Spectrum Disorders (FASD), which may include physical, mental, behavioral and learning problems. Using or abusing legal and illegal drugs may also



result in physical, mental, behavioral and learning problems in babies.

- Talk with your family members about their health conditions or those that run in your family.
- Have a healthy relationship with your partner. Talk to your health care provider if you are in an abusive relationship.
- Manage stress. Stress can increase the risk of preterm labor and low birthweight.



PRESCRIPTION FOR A HEALTHY FUTURE

- FEMALES -

- ___ Take a multivitamin with at least 400 mcg of folic acid daily
- ___ Eat right and maintain a healthy weight
- ___ Engage in physical activity on most days of the week
- ___ Quit smoking and the use of other tobacco products (including e-cigarettes and vapor products) and avoid secondhand smoke
- ___ Explore tobacco cessation options by contacting the Oklahoma Tobacco Helpline at 1-800-QUIT NOW (1-800-784-8669) or visiting OKhelpline.com
- ___ Get help for alcohol and/or drug problems
- ___ Schedule regular health and dental check-ups
- ___ Schedule pap smear, mammogram, colon and other screenings as recommended by your doctor
- ___ Get any health problems under control
- ___ Practice abstinence or, if sexually active, use birth control
- ___ Use latex condoms to reduce the risk of sexually transmitted diseases
- ___ Limit exposure to hazardous chemicals at home and at work
- ___ Talk with your family members about their health history
- ___ Reduce stress in your life
- ___ Learn to recognize signs of an abusive or violent relationship and talk with someone you trust
- ___ Plan for a healthy pregnancy when and if you want a baby

- MALES -

- ___ Take a multivitamin with at least 400 mcg of folic acid daily
- ___ Eat right and maintain a healthy weight
- ___ Engage in physical activity on most days of the week
- ___ Quit smoking and the use of other tobacco products (including e-cigarettes and vapor products) and avoid secondhand smoke
- ___ Explore tobacco cessation options by contacting the Oklahoma Tobacco Helpline at 1-800-QUIT NOW (1-800-784-8669) or visiting OKhelpline.com
- ___ Get help for alcohol and/or drug problems
- ___ Schedule regular health and dental check-ups
- ___ Schedule testicular, prostate, colon and other screenings as recommended by your doctor
- ___ Get any health problems under control
- ___ Practice abstinence or, if sexually active, use condoms
- ___ Use latex condoms to reduce the risk of sexually transmitted diseases
- ___ Limit exposure to hazardous chemicals at home and at work
- ___ Talk with your family members about their family health history
- ___ Reduce stress in your life
- ___ Learn to recognize signs of an abusive or violent relationship and talk with someone you trust
- ___ Plan with your partner for a healthy pregnancy when and if you want a baby