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Prenatal Care: The Dynamic Thread that Weaves Health, Knowledge, and Vigilance

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Abstract:

It is vital that pregnant women understand the critical role that prenatal care plays in safeguarding the health and wellbeing of both mothers and their unborn children. Information and advice on subjects including healthy eating, safe exercise throughout pregnancy, preparing for childbirth, nursing, and postpartum care should be given to pregnant women. In this issue, Alkhatib et al. (2023) report that regular prenatal care can help identify and address any potential problems and improve the health of both the mother and the unborn child. It is possible for women to increase their odds of a healthy pregnancy and delivery, which will benefit the mother and the unborn child, by putting prenatal care first, treating malnourishment, and being proactive in their journey.



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