Preconception Health

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- Address contraception annually including immediate post partum
  - Condoms if at risk for STI
    - Assess risk annually

- Section on preconception / interconception care
  - RLP including risk assessment
  - Postpartum address risk of chronic disease
    - E.g GDM, pre-eclampsia
    - Assess lifestyle / behavioral / mental health that were addressed in pregnancy

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RECOMMENDATIONS: CV DISEASE RISK IN WOMEN

Cardiovascular risk reduction should be addressed annually through blood pressure monitoring, body mass index calculation, and lifestyle modification involving exercise and dietary instruction. Lipid and glucose measurements should be measured every five years.

**PARITY**
- For women with more than five pregnancies, the CVD increases by 60%.

**BIRTHWEIGHT**
- Low birthweight doubles the risk of cardiovascular disease.

**PRETERM DELIVERY**
- Preterm delivery doubles the risk of cardiovascular disease.

**OBESITY**
- Two fold risk of cardiovascular disease.

**GESTATIONAL DIABETES**
- Seven-fold risk of diabetes later in life and seventy percent increased risk of cardiovascular disease.
- Recommend: Repeat screening for diabetes, at a minimum interval of every three years and more frequently if pregnancy is considered.

**HYPERTENSION**
- Twice the risk of cardiovascular disease.
- Recommend: yearly assessment of blood pressure, lipids, blood glucose, and body mass index. Medications to consider while breastfeeding: Methydopa, Labetalol, Captopril, and calcium channel blocker.
How can I do this?

- Reproductive life plan.
- Ask reproductive age women (and men)
  - Do you plan on a pregnancy in the next year?
    - Desires
    - At risk / unsure
    - Does not desire

- Now what?
  - http://beforeandbeyond.org/toolkit/
EVERY WOMAN, EVERY TIME