

## Why Are Antenatal Visits Important?

Regular antenatal visits are essential to keep both you and your baby healthy throughout pregnancy. These check-ups help track your progress and catch any potential issues early. Here's what to expect and why these visits are so important!

- **Track Baby's Growth:** Regular ultrasounds and check-ups ensure your baby is developing as expected
  - **Ultrasounds:** Regular ultrasounds assess fetal development, checking parameters such as size, heartbeat, and overall well-being. This can also help detect any abnormalities.
  - **Fetal Monitoring:** Non-stress tests and biophysical profiles may be conducted to monitor the baby's movements, heart rate, and muscle tone, ensuring they are healthy and active.
- **Monitor Your Health:** Keep an eye on your blood pressure, weight, and other vital signs.
- **Catch Potential Issues Early:** Detect conditions like gestational diabetes and hypertension early for timely management.
  - **Early Detection:** Conditions such as gestational diabetes, hypertension, and preeclampsia can be detected during antenatal visits, allowing for timely management to reduce risks for both mother and baby.
  - **Referral Services:** If complications arise, your healthcare provider can refer you to specialists, ensuring you receive the appropriate care.
- **Get Expert Advice:** Receive guidance on nutrition, exercise, and mental health throughout pregnancy.
  - **Nutrition Guidance:** Healthcare professionals provide personalized dietary recommendations to ensure you meet your nutritional needs for a healthy pregnancy.
  - **Exercise Recommendations:** Advice on safe physical activities can help manage weight gain and promote overall well-being during pregnancy.



- **Mental Health Support:** Regular check-ins allow healthcare providers to address any mental health concerns, offering resources for support and counselling as needed.

