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Pre-Pregnancy Planning

KNOW HOW PLANNING A
PREGNANCY PRIORILY SAVES MOTHER & BABY
LIFE

Dr.Padala Haabitha

Gyneacologist

Hi. I'm Dr. Padala Habitha!

OBSTETRICIAN & GYNAECOLOGIST

Hi, I'm Dr. Padala Habitha, an Obstetrician & Gynecologist, Infertility Specialist, Laparoscopic Surgeon, and Colposcopy Specialist.

I am passionate about providing compassionate, evidence-based care for women at every stage of life. Through this health blog, I share trusted medical insights, practical health tips, and reliable guidance to help women make informed decisions for a healthier and happier future.

My goal is to empower every woman with the knowledge and confidence to take charge of her health.



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PRE- PREGNANCY PLANNING

- Start folic acid at least 3 months before conception — it significantly lowers the risk of neural tube defects like spina bifida, and by the time most women confirm pregnancy, that critical window has often already passed.
- ✓ Get a pre-conception checkup — this is when you screen for anemia, thyroid issues, diabetes, and blood pressure, so any condition can be stabilized before pregnancy places extra demand on the body.
- ✓ Review your vaccination status — being immune to rubella and up to date on other vaccines protects both you and your baby from infections that can cause serious complications in early pregnancy.

AS SEEN IN

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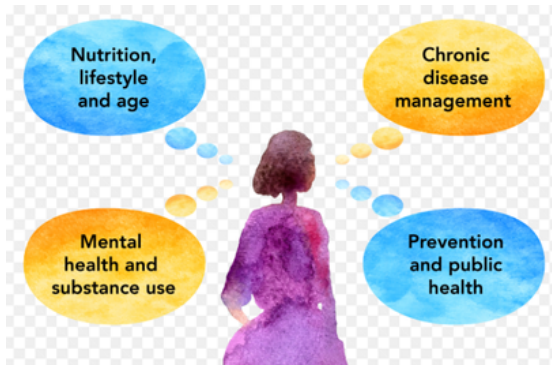
**Motherhood
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Journey to Parenthood

“Before planning our pregnancy, Dr. Padala Habitha guided us with the right tests and lifestyle advice. We felt confident and well-prepared.

“Dr. Habitha explained everything in a simple and reassuring way. Her pre-pregnancy counseling gave us peace of mind.



PRE- PREGNANCY PLANNING

- ✓ Manage existing health conditions first — diabetes, thyroid disorders, and high blood pressure are far easier and safer to control before conception than to manage alongside a growing pregnancy.
- ✓ Reach a healthy weight where possible — both being underweight and overweight raise the risk of complications like gestational diabetes, preeclampsia, and preterm birth, so this is worth addressing early.
- ✓ Cut out alcohol, smoking, and unnecessary medications — these carry risks from the very first weeks of pregnancy, often before a woman even realizes she's pregnant.



Journey to Parenthood

“The consultation helped us understand how to prepare for a healthy pregnancy. We truly appreciate Dr. Habitha's expert guidance.

“From nutrition advice to health screenings, Dr. Habitha covered every aspect of pre-pregnancy planning. Highly recommended!



PRE- PREGANCY PLANNING

- ✓ Space pregnancies with enough gap — waiting at least 18-24 months between pregnancies gives the body time to recover and lowers the risk of preterm birth and low birth weight.
- ✓ Understand your family and genetic history — knowing this in advance allows for genetic counseling and early screening if there's a hereditary condition to watch for.
- ✓ Address mental health before conceiving — untreated anxiety or depression can affect pregnancy outcomes, so getting support early sets a stronger foundation for the months ahead.
- ✓ Talk to your doctor about your specific risk factors — every woman's history is different, and a personalized pre-pregnancy plan catches things a generic checklist never will.



Journey to Parenthood

“We received personalized advice that helped us feel ready to start our parenthood journey. Thank you, Dr. Padala Habitha!”

“The preconception consultation answered all our questions and gave us the confidence to plan for a healthy pregnancy.”



WHO I WORK WITH

I work with women of all ages, providing expert care in pregnancy, fertility, gynecology, PCOS management, preventive health, and menopause. My goal is to offer compassionate, personalized care for every stage of a woman's life.

WHAT YOU CAN EXPECT

At Juhith Adithya Hospital, you can expect compassionate care, expert medical guidance, personalized treatment, and a patient-first approach. We are committed to supporting you with trusted healthcare at every stage of your journey.



GET IN TOUCH

Dr. Padala Habitha and Juhith Adithya Hospital – Maternity & Fertility Center, Eluru are committed to providing compassionate, personalized, and evidence-based healthcare for women. From fertility and pregnancy to gynecological care, we are here to support every woman with trusted medical expertise and care at every stage of life.

juhithadithyahospital@gmail.com
www.drpadalahabitha.com



P. Habitha