



www.juhithadithyahospital.com

Pregnancy
MOST IMPORTANT TIMINGS
TO BE CAREFULL

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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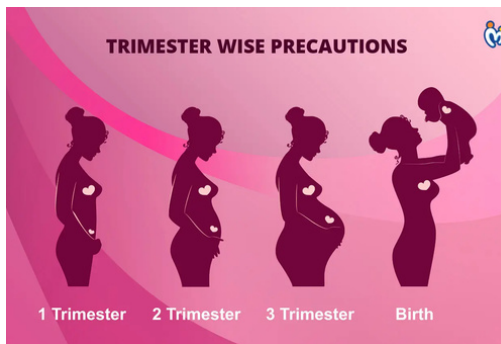
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PREGNANCY

- ✓ The first 12 weeks matter most — this is when miscarriage risk is highest, so avoid heavy lifting, overexertion, and unnecessary stress.
- ✓ By week 4-6, once pregnancy is confirmed, start prenatal vitamins right away, especially folic acid.
- ✓ Around week 11-13, there's usually a first scan (called the NT scan) to check the baby's early development.



AS SEEN IN

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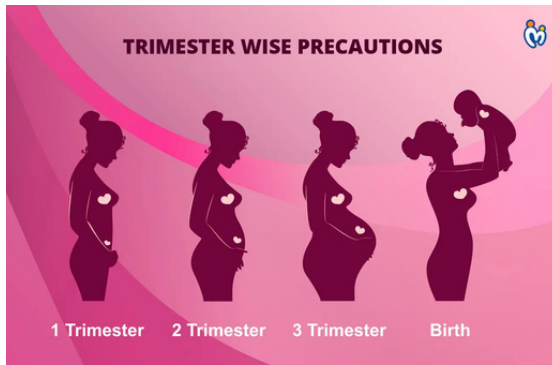
**Motherhood
& Wellness**

**OSMANIA
UNIVERSITY**

Journey to Parenthood

“Every appointment was informative and reassuring. I truly appreciate Dr. Habitha's compassionate approach and professional care.

“Choosing Dr. Padala Habitha for my maternity care was one of the best decisions. I highly recommend her to every expecting mother.



PREGNANCY

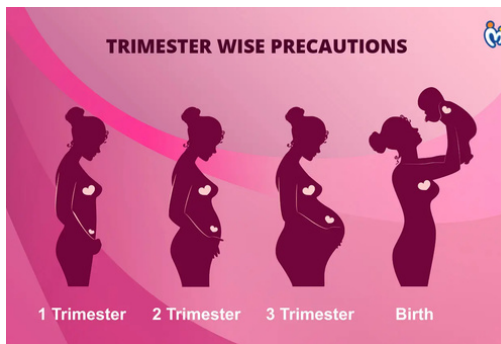
- ✓ Week 18 to 20 brings the anomaly scan — this is when we take a closer look to make sure your baby's organs are forming well.
- ✓ From week 28 onwards, start paying gentle attention to your baby's movements each day. If you notice a sudden drop, it's always worth mentioning to us.



Journey to Parenthood

“From my first visit to delivery, I felt safe and well cared for. Thank you, Dr. Padala Habitha, for making this journey so special.

“The hospital staff were kind and supportive, and Dr. Habitha's expertise gave me peace of mind throughout my pregnancy.



PREGNANCY

- ✓ From week 28 onwards, start paying gentle attention to your baby's movements each day. If you notice a sudden drop, it's always worth mentioning to us.
- ✓ By week 36 to 37, your baby is nearly full term, so it helps to know the early signs of labor.
- ✓ No matter what week it is — heavy bleeding, severe pain, or a stretch of little to no movement should never be a wait-and-see situation. Reach out to us right away.
- ✓ The six weeks after delivery matter just as much as the pregnancy itself. This is your recovery window, so don't skip your follow-up checkups.

Journey to Parenthood

“Dr. Padala Habitha explained every stage of my pregnancy with patience and care. Her guidance gave me confidence throughout my journey.

“The care and support I received during my pregnancy were exceptional. Dr. Habitha always listened to my concerns and made me feel comfortable.



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.



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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.

P. Habitha