

# Things That Will Minimize The Risk Of Miscarriage

Focus on these things to have a healthy eighth week of pregnancy.



Take folic acid supplements.

Take prenatal vitamins.



Attend all your prenatal visits.

Eat a balanced diet.



Refrain from the use of alcohol, tobacco, and narcotics.

Educate yourself about the unusual symptoms of early pregnancy.



## References

1. 12 Ways to Stay Healthy During Pregnancy; Brigham Health Club.
2. Miscarriage; March of Dimes.

