

# EXTRA CARE TO TAKE WHEN YOU ARE PREGNANT AFTER 50



Pregnancy brings a lot of stress and worry to expecting mothers, especially when they conceive after 50. So, extra care is required to improve the odds of a healthy pregnancy.



Frequent prenatal visits

Post-conception counseling to discuss the risks



Treatment management of any existing conditions

Testing and treatment for gestational diabetes and hypertension



Ongoing monitoring of the baby's progress

Genetic screening, testing and counseling for congenital anomalies



Careful planning of delivery

Joining a support group online or seeking help from a counselor

