

A Lifetime of Care

Ask

Dr. Johnson



Larry Johnson, MD

I am considering getting pregnant within the next few months. Is there anything I should be doing now?

You're smart to be thinking about your health before you conceive. There are many things you can do to help ensure a healthy birth. Every prospective mom can – and should – follow good nutrition practices, get moderate exercise, take vitamins (especially 0.4 mg of folic acid daily), limit alcohol intake, and decrease or stop smoking.

Some special steps are in order for women with chronic medical conditions such as diabetes, seizures, hypertension, and many others. If this is your case, you'll want to look at how to optimize your condition so you can go into your pregnancy as healthy as possible. It's also important to assess any medications you're taking for their impact on your developing baby. Talking with your doctor before you conceive will be time well spent!

Our practice cares for women of every age, and all of our doctors welcome new patients. We invite you to call (513) 221-3800 for a preconception appointment to talk about what you can do now to give yourself and your baby the healthiest pregnancy possible. We look forward to helping you to better health.

Depend on us for the finest obstetric and gynecologic care to support you at every age.

Sarah Bartlett, MD	Julia Lee, MD
Kimberly Bonar, MD	Mamata Narendran, MD
Irina Fennimore, MD	Lori Packard, MD
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Two convenient locations!

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Suite 375

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