

A Lifetime of Care

Ask Dr. Bonar



Kimberly Bonar, MD

I am 35 and hoping to become pregnant soon. What are my risks at my age?

Start healthy! Entering pregnancy at a healthy weight and avoiding tobacco, alcohol and drugs can greatly reduce your risks and improve your baby's health.

As women enter their 30s, getting pregnant often takes longer. I recommend trying to conceive as soon as you are ready. If your periods are irregular, medication may help you conceive.

See your doctor before you conceive to address health issues that may affect your pregnancy, check your medications for safety, and review family history for genetic diseases. Start taking a prenatal vitamin at least one month before becoming pregnant to reduce the risk of birth defects.

Plan on regular prenatal care. Complications such as gestational diabetes, preeclampsia and placenta abnormalities are more common as a woman ages, as are cesarean sections and stillborns. With careful monitoring, your doctor can help prevent or treat problems that arise.

With age, your chance of miscarriage increases. At 35, your risk is about 20 percent, rising to 40 percent at age 40. The risk of Down syndrome (the most common gene abnormality) also increases with age. For moms at 35, one in 350 babies will have Down syndrome. At age 40, the rate is one in 85. Genetic testing during pregnancy can reveal if a baby carries a genetic abnormality.

If you are considering a pregnancy, at any age, we welcome you to our practice. Call 513-221-3800 for an appointment with our experienced physicians and midwives. 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.

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Two convenient locations!

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