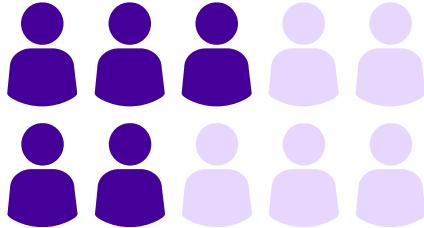


Chronic Conditions and the Preconception Period

Did you know...?



45-50% of women of reproductive age have been diagnosed with at least one chronic condition.

A chronic health condition is one that **lasts for one year or more, limits** an individual's **daily life**, and **requires ongoing medical care**.

Birthing people with chronic conditions may need extra help from a healthcare provider to manage treatment before pregnancy, as some chronic conditions can increase the risk of some pregnancy complications.

Chronic Conditions Include:

- Hypertension
- Diabetes
- PCOS (polycystic ovary syndrome)
- Asthma
- Seizure Disorders
- Depression and Anxiety
- Chronic Pain
- Autoimmune Conditions (Lupus, IBD, etc.)
- HIV
- Sickle Cell Disease
- Hypo/Hyperthyroidism

Managing Chronic Conditions Prior to Pregnancy

Attend a Preconception Checkup

Talk with your provider about when to get pregnant. Providers can help with planning pregnancy by considering chronic condition management and relevant treatment plans.

Work With Providers to Get Conditions Under Control

Discussing and managing chronic conditions with providers within 3 to 6 months before pregnancy can decrease pregnancy complications. Consider developing a provider team that address your unique healthcare needs.

Ensure that Current Treatment is Safe to Continue into Pregnancy

If receiving treatment for chronic conditions prior to pregnancy, talk with your provider team about pregnancy planning to determine that medications are safe to continue if you become pregnant.



Birthing people with chronic conditions can and do have healthy pregnancies. Addressing these conditions during the preconception period can increase positive maternal and fetal outcomes.