

# Health FORUM

Pacific Healthcare organised Today's New Mums Health Forum 2007 sponsored by Mead Johnson Nutritionals and supported by *Today's Parents* magazine. Attended primarily by expectant mothers, many with husbands in tow, the event saw several of the group's specialists imparting useful tips and pointers. Obstetrician and gynaecologist Dr Ann Tan offered an insight into the various tests required during the different stages of pregnancy, tips on looking after yourself during this time and also preparing yourself for breastfeeding. Readers listened with rapt attention and took the opportunity to enquire about common myths regarding post-natal care. This was followed by Dr Choo Wan Ling's lively talk on regaining your pre-pregnancy weight and fitness where she covered topics on exercise and nutrition. Mothers were keen to know how soon after delivery they could start exercising.

Paediatrician Dr Irene Chan's coverage of immunisation was also educational. She touched on the necessity for the different vaccines and side-effects, if any. Nutritionist Wong Yuefen rounded up the session with information on infant nutrition. Serene Yong who brought her toddler revealed that she found the immunisation talk particularly informative while Mehwish Saed, who was six months pregnant, was eager to know if more such talks would be organised. Participants walked away with a goodie bag each.

## CHECKLIST FOR PREPARATION OF PREGNANCY

1. Health assessment – weight & fitness
2. Supplements
3. Immunisations
4. Medical disorders
5. Genetic disorders
6. Choice of healthcare provider
7. Testing in pregnancy – which ones and when
8. Choice of Delivery and Place of Delivery
9. Breastfeeding
10. Postnatal Recovery



### Who should be immunised?

- All children should be immunised against the preventable childhood diseases.
- The immunisation schedule describes the number of times that a child needs to be given vaccinations and how far apart each visit should be.

RARE EXCEPTIONS



Nurture with N  
Wong Yuefen  
Consultant Nutritionist  
Food and Nutrition Services Pte Ltd