

### *Signs of a healthy pregnancy*

Keeping a tab on your health on a day-to-day basis and being aware of your general health goes a long way in ensuring that your pregnancy stays on the right track. Listen to your body and catch the signs so that you may pander to the needs it indicates.

Find the information necessary to make the best choices for your baby and you

SCAN ME



[www.drkhanadehospital.com](http://www.drkhanadehospital.com)

## Facilities offered

Management of normal and instrumental  
(Caesarean) delivery

Laparoscopic surgeries-Diagnostic and  
therapeutic

Hysterectomy and oophorectomy

Laparoscopic sterilization

Treatment of ovarian cyst

Treatment of fibroids (myomectomy)

Treatment of adhesiolysis

Diagnosis and treatment for endometriosis

Hysteroscopy-Diagnostic and therapeutic

Treatment of ectopic pregnancy

Polycystic Ovaries Disease and Treatment  
(PCOS)

Menopause symptoms and treatment

Contraception

Prolapse treatment

Premenstrual syndrome treatment

Breast abscess, fibroadenoma

Pelvic inflammatory disease and treatment

Medical Termination of Pregnancy (MTP)



## Pregnancy Care

### Dr. Khanade Hospital

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## Dr. Khanade Hospital

# Towards a healthy pregnancy

*Everyone focuses on achieving a balanced and healthy lifestyle today. The focus on good health and more evident when it comes to your baby and you. A healthy mother and a healthy pregnancy follow each other. A healthy pregnancy for the mother includes various factors such as healthy weight, balanced diet, nutritious food, regular exercises, adequate rest, along with emotional well-being. This is in addition to maintaining normal blood pressure, blood glucose, with a complete no to alcohol and smoking.*



## Health during pregnancy

*You can increase the chances of a healthy pregnancy if you take good care of your health. Not only does a healthy lifestyle ensure a smooth pregnancy, but it also adds to your overall well-being. The first trimester is crucial for you as you are taking baby steps into the journey of pregnancy.*

## 20 tips for healthy and safe pregnancy

1. Organize early prenatal care with your doctor (ultrasonic scans, tests, etc.)
2. Eat wholesome and nutritious food
3. Drink plenty of water
4. Exercise regularly
5. Reduce caffeine and recharge with fruits
6. Watch your emotional health
7. Strengthening pelvic floor muscles
8. Take prenatal supplements
9. Get some rest
10. Avoid alcohol and smoking
11. Eliminate environmental dangers (pesticides, radioactive elements, lead and mercury, etc.)
12. See your dentist
13. Track your weight gain
14. Wear appropriate clothing
15. Wear appropriate footwear
16. Take care of your skin
17. Educate yourself
18. Manage your stress
19. Talk to your baby
20. Pamper yourself