

Pre-Conception Nutritional Planning



Did You Know?

- Approximately one half of women of childbearing age are overweight or obese.
- Women who are obese are more likely to encounter issues with subfertility or infertility.
- Pregnant women who are obese are more likely to suffer complications during pregnancy including: stillbirth, gestational diabetes, preeclampsia, thromboembolism and death.
- Obese pregnant women are also more likely to have cesarean sections, post-partum hemorrhage and poor wound healing.
- Children born to mothers with obesity are more inclined to become obese themselves. *Patients with obesity contemplating or having had BARIATRIC SURGERY need consultation both before conception, (to correct nutritional deficiencies), as well as throughout the pregnancy Ideally by a specialist in Obesity Medicine.

How We Can Help

During the visit the doctor will review your pertinent weight related history and determine the appropriate testing and treatment options. The goal is to facilitate the optimum moment to start attempts at conception and assure your nutritional plan is well in place.

For those who have the fore planning to lose weight, the doctor will explain the bariatric program offered by our practice. Our holistic approach combines balanced nutrition, physical activity recommendations, behavior modification modules and review of all medications.

Most importantly, comorbid conditions such as diabetes, hypertension, thyroid disorders, fatty liver disease, obstructive sleep apnea and underlying heart disease can be treated and controlled.

Schedule a Nutritional Preconception Consult with Dr. Richard S. Duff for a review of your present status. This consultation is covered by most insurance carriers.

Dr. Richard S. Duff is board certified in Obstetrics and Gynecology as well as Obesity Medicine, and has built a very successful bariatric program within the practice.

Make an appointment today and let our practice enhance your pre-conception and pregnancy care by a specialist trained in Obesity Medicine.