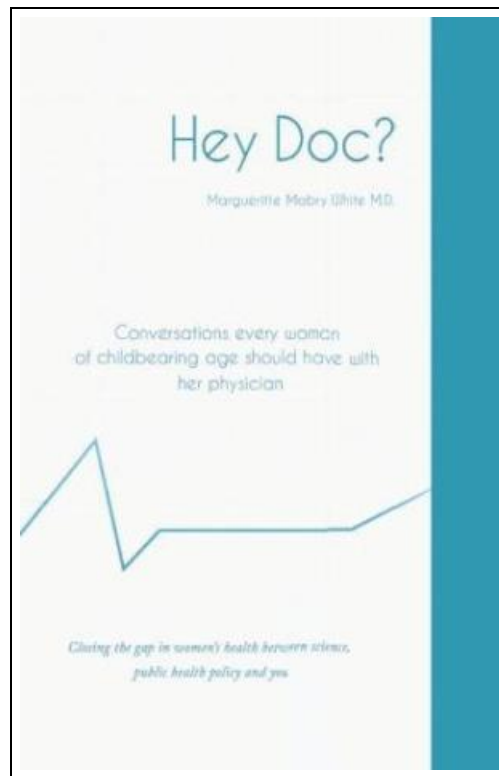


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 118 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. Hey Doc is a call to action to all women of childbearing age to make sure you are getting the best medical care available every time you visit your doctor or healthcare provider. In this first guidebook, Dr. Mabry White uses a clear, easy to follow and straightforward approach towards explaining what counseling before pregnancy is and how it immediately benefits your health. More importantly, she gives you the tools you need to make sure that you receive this critical counseling from your doctor. Hey Doc outlines a unique approach to managing your health, one that empowers you and motivates your doctor to provide the superior comprehensive care you deserve and cannot afford to go without. The Centers for Disease Control and Prevention, American College of Obstetrics and Gynecology, American Academy of Pediatrics and many other medical organizations have made counseling before pregnancy a national priority because science has proven how it can dramatically improve health outcomes for you and your future children. You'll find tips on: How to communicate effectively with your doctor. What questions you need to ask so that your doctor can provide the right counseling. What serious consequences can result for you and your baby if you don't properly manage your health before pregnancy. Included is an action plan flow sheet to help you follow through with the recommendations. This item ships from La Vergne, TN. Paperback.



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