

## Han-Ying Chen



### • Current position:

- Attending Physician, Department of Obstetrics and Gynecology, National Taiwan University Hospital.

### • Specialty:

- Maternal-Fetal Medicine
- Fetal Ultrasound, Obstetric and Gynecologic Ultrasound.
- International Board-Certified Lactation Consultants

## • **Education:**

- MD, School of Medicine, China Medical University

## • **Career and certification:**

- Fellow, Department of Obstetrics and Gynecology, National Taiwan University Hospital
- Resident, Department of Obstetrics and Gynecology, National Taiwan University Hospital

## • **Reminder from Dr. Chen:**

During this special time filled with anticipation and excitement, as a maternal-fetal medicine specialist, I would like to offer you a few tips to help keep you and your baby healthy and happy.

First and foremost, a balanced diet is crucial. Ensure your meals include a variety of vegetables, fruits,

whole grains, proteins, and healthy fats. Avoid high-sugar and high-fat foods, and make sure to get enough folic acid, iron, and calcium. Secondly, regular prenatal check-ups are essential for the health of both mother and baby. Follow your doctor's recommendations and attend all scheduled appointments to detect and address any potential health issues early.

Moderate exercise is also highly beneficial for your physical and mental well-being during pregnancy. Engage in light to moderate activities daily, such as walking, prenatal yoga, or swimming. These can help improve your stamina and alleviate discomfort. However, choose exercises that suit your condition and avoid strenuous activities.

Adequate rest and good quality sleep are equally

important. As pregnancy progresses, you may experience sleep difficulties. Try sleeping on your left side and use pillows to support your abdomen and back to improve sleep quality.

Lastly, do not overlook the importance of mental health. Share your feelings and concerns with family and friends, and seek professional psychological support if needed.

Wishing you and your baby health and happiness on this wonderful journey!