

# Healthy Beginnings, 4th Edition

## Giving your baby the best start, from preconception to birth.

Dr. Nan Schuurmans, MD, FRCSC, FSOGC; Dr. Vyta Senikas, BSc, MDCM, FRCSC, FSOGC, CSPQ and  
Dr. André B. Lalonde MD, MSc, FRCSC, FRCOG, FSOGC, FACS

"The Best Start Resource Centre is pleased to partner with the Society of Obstetricians and Gynaecologists of Canada to offer this prenatal resource. This book provides credible information and links to key programs, services and sources of information. It highlights many things that men and women can do before, during and after pregnancy, to help their children have the healthiest start possible."

—Barb Willet

Best Start: Ontario's Maternal, Newborn and Early Child Development Resource Centre by Health Nexus

#### The 4th edition:

- ✓ has updated content and graphics
- ✓ reflects a plain language review by CPHA
- ✓ has stronger breastfeeding content
- ✓ complies with the International Code of Marketing of Breastmilk Substitutes and it meets Baby-Friendly Initiative criteria

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April 2009.  
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PAPER 978-0-470-16024-4 \$16.95

### A leading Canadian Resource. A must have for mothers-to-be.

Having a baby is demanding enough without having to sort through an over-abundance of pregnancy books. Fortunately, the Society of Obstetricians and Gynaecologists of Canada (SOGC), a very credible and highly reputable health organization, has produced *Healthy Beginnings*, now in its **fourth** edition. An indispensable resource for women who are planning to be or are pregnant, it contains many updates and revisions, from travel during pregnancy, to multiple births, to exercise during pregnancy, all carefully laid out in an easy-to-follow format. There is no other more comprehensive guide available that is user-friendly, clinically accurate and completely for the Canadian market.

- ✓ Produced by the highly recognized SOGC, composed of over 3,000 health-care professional members
- ✓ The SOGC develops national clinical practice guidelines to promote excellence in the practice of obstetrics and gynaecology
- ✓ The SOGC is also committed to public education on women's health issues to ensure Canadians have a credible and reliable source of information to make informed decisions
- ✓ Very attractive package, with 4-colour illustrations throughout as well as photographs, charts, tables, checklists, journaling pages and more

**Dr. Nan Schuurmans** (Edmonton, Alberta) is an obstetrician gynecologist who has been delivering babies in the Edmonton area since 1983. She is currently the Clinical Director of the Women's Health Program for Capital Health, Alberta Health Services and is also Clinical Professor in the Department of Obstetrics and Gynaecology at the University of Alberta. She also served a term as president of the SOGC.

**Dr. Vyta Senikas** (Ottawa, Ontario) former practitioner and director of obstetrics in hospitals and birthing centers between 1974 and 2003, is currently the Associate Executive Vice-President of the SOGC in charge of continuing professional learning. She also served a term as president of the Association des obstétriciens et gynécologues du Québec (AOGQ).

**Dr. André B. Lalonde** (Ottawa, Ontario) experience is extensive in maternity care in Canada and abroad. He has been the Executive Vice-President of the SOGC since 1990 and he is currently the Federation of International Gynecologists & Obstetricians (FIGO) representative on many international partnerships for mothers, newborn, and child health.