

5 Surprising Things That Can Affect

Your Pregnancy

Alcohol, tobacco, and unhealthy eating are common pregnancy no-nos. But there are other things in everyday life that can affect your pregnancy, too.

**Here are 5
you won't
want to
miss:**



1 *Dental care:* **Don't skip it.**

Routine dental work under local anesthesia is safe during pregnancy and may reduce the number of cavity-causing bacteria you pass along to your baby.



2

Pets:

Know the risks.



Some pets carry viruses in their saliva and droppings that may complicate your pregnancy, so steer clear of:

- Mice
- Hamsters
- Guinea pigs
- Reptiles
- Amphibians
- Cat feces

3

Secondhand and thirdhand smoke:

Avoid it.

Breathing smoke from other people's tobacco products—which can linger on furniture and other surfaces—could compromise your pregnancy and newborn's health.



4 *Canned goods and some plastics:* **Limit them.**

To reduce your exposure to bisphenol A, a chemical that may affect your infant's development, switch to fresh foods and microwave-safe glass containers.



5 Sexually transmitted infections (STIs):

Get tested.

Untreated STIs during pregnancy can cause serious complications for you and your baby. Even if you don't have symptoms, all pregnant women should get screened for STIs.



Pregnancy comes with a lot of do's and don'ts that may feel hard to keep track of. But by following these tips, you can rest assured that you—and your little one—will be well-prepared for this next chapter.

