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Univerza v Ljubljani



HCMC 2020 February

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Hội thảo dự án 4Steps

Chăm sóc sức khỏe phụ nữ trước khi mang thai và khi mang thai

Địa điểm: Giảng đường 4B2, tòa nhà 15 tầng,
Đại học Y Dược Thành phố Hồ Chí Minh, 217 Hồng Bàng, Quận 5
Thời gian: 19 - 21/2/2020











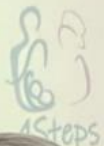




Pregnancy Care

Optimizing healthy pregnancy

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Senior Lecturer in Midwifery
Tampere University of Applied Sciences, Finland



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2020
INTERNATIONAL YEAR
OF THE NURSE AND
THE MIDWIFE

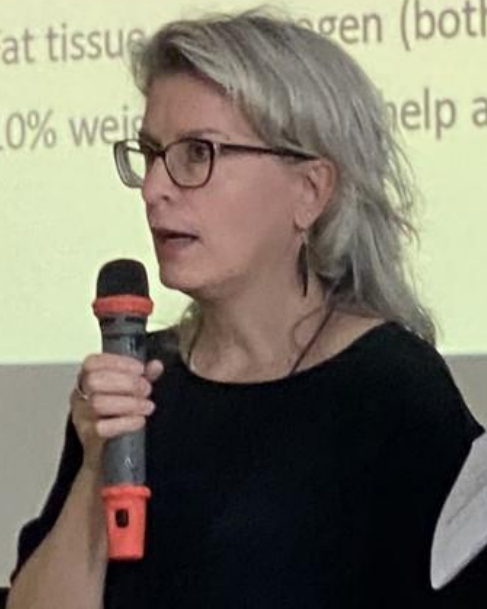


teams microsoft

Overweight



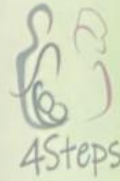
- Causes menstruation irregularities, anovulation, problems in getting pregnant, increases miscarriages
- Lowers sperm quality (motility, count, dna), affects also health of pregnancy (fetus)
- Fat tissue produces estrogen (both)
- 10% weight loss can help and fix



tea

4 Steps for Healthy babies, Healthy families, Healthy nations

2019-2022 in Vietnam and Cambodia



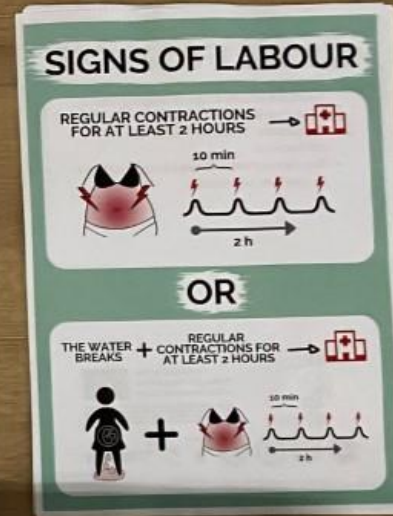
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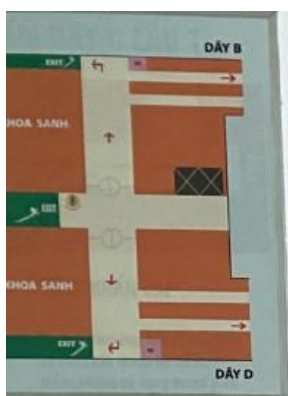












KHOA SANH

Delivery Department

KHÔNG PHÂN SỰ
MIỄN VÀO
Authorized only, do not enter

