



Fun Facts About the New Desert West Flagship Office!

- Location: Northeast corner of 67th Ave & Thunderbird Rd
- Construction began in April on this 16,000 square foot building which will replace the Eugie location
- Opening: Spring 2020
- In-office laboratory services
- Large ultrasound room to accommodate family members
- Private space for nursing moms
- Separate areas for each physician's care team
- iPhone charging stations and free guest Wi-Fi
- Ample and convenient parking

Our Eugie office has served us well since the early 1990's -- we simply outgrew it. While the site is



much bigger than the Eugie office, our goal is to make it more comfortable and accessible – we are now working with an interior designer to create a homey and welcoming environment. Stay tuned as we continue to provide updates as construction progresses!

Staying Healthy & Safe: Eating for Two

When pregnant, it is important to eat healthy foods because your baby needs nutrients to grow properly. Although mom might be “eating for two,” this does not mean eating twice as much food. It simply means eating foods that will provide the additional iron, calcium, and folic acid that a pregnant woman needs.

Weight Gain

The amount of weight that a woman should gain during pregnancy depends on her pre-pregnancy BMI. The appropriate weight gain should be discussed with your obstetrician, but The Institute of Medicine provides the following guidelines:

- Pre-pregnancy BMI is normal
 - Gain 25-30 pounds
- Pre-pregnancy BMI is underweight
 - Gain 28-40 pounds
- Pre-pregnancy BMI is overweight
 - Gain 15-25 pounds
- Pre-pregnancy BMI is obese
 - Gain 11-20 pounds

Weight gain should be gradual with most of the weight being gained in the third trimester.

Food & Calorie Needs

Most pregnant women need at least an additional 300 calories per day during the last six months of

pregnancy. These additional calories should come from healthy, rather than processed foods, desserts and other high caloric/low nutrient foods.

Although a woman should be careful not to eat more than is needed during pregnancy, it is important she not under eat, because this could lead to stunted growth and an increased risk of mental deficiencies in the baby.

For a customized food plan, visit ChooseMyPlate.gov from the United States Department of Agriculture.