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PREGNANCY

BREASTFEEDING

A Handy and Useful Guide for Women and Healthcare professionals

The Pregnancy and Breastfeeding Pocket Guide is intended to women planning pregnancy, pregnant and breastfeeding. Editorial directors Ema Ferreira, Brigitte Martin and Caroline Morin work as pharmacists at CHU Sainte-Justine's Chaire pharmaceutique Famille Louis-Boivin and at l'Université de Montréal.

A neat and visually appealing presentation and a relevant content divided into two main sections – Pregnancy and Breastfeeding, with distinct header and text colors for easy reading.

Treatment of Symptoms Associated to Pregnancy and Breastfeeding

The Pregnancy and Breastfeeding Pocket Guide offers information on common symptoms associated to pregnancy and breastfeeding and to other common discomforts, such as:

- Nausea
- Heartburn and Gastric reflux
- Constipation
- Gastroenteritis
- Allergies
- Fever

Medications and Commonly Used Products

The Pocket Guide also provides advices on the use of medications and other commonly used products, such as:

- Vitamins
- Natural Health Products
- Caffeine
- Tobacco
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In addition to being useful for pregnant or breastfeeding women, this booklet may also guide healthcare professionals in advising their patients.

The Pregnancy and Breastfeeding Pocket Guide is available in PFD and downloadable ePUB formats from the web site www.pregnancy-breastfeeding-ste-justine.com.

Women's health organizations and media are invited to promote this handy pocket guide and add the link on their web sites.

