preparing your health history
Knowing about a genetic problem or a pregnancy disorder that runs in your family can inform you and your doctor that you might need to be monitored extra-closely once you get pregnant, or it might make you decide to get special genetic testing to ensure baby is doing okay. Before you head to the doctor, know the answers to these questions:
Has either of our moms had a history of preeclampsia, any premature babies, or babies with malformations?
Were any babies in my extended family ever born premature or with a birth defect?
 Has anyone in my family had genetic disorders like cystic fibrosis, Tay-Sachs disease, or sickle-cell anemia?
What is my ethnicity? (Certain conditions run in specific cultural lineages. For example, Tay-Sachs disease is more common in Ashkenazi Jewish backgrounds and sickle-cell anemia is more common in African Americans than in some other populations.)
How old am I? (Obviously you know the answer. Your doctor will want to know, too, since the chance of certain genetic issues, like Down syndrome, increases with maternal age.)
BRING YOUR PARTNER
It's okay to go to obstetrician appointments solo, but your partner should definitely come along to the first one, where you will likely be asked a ton of questions. His family's history can affect your baby as much as yours does.
CONSIDER GENETIC TESTING Armed with your health histories, your doctor can explain the different genetic tests available to you and your partner, so you can decide together what tests you might want to get.

Не	re are the questions you car	n expect:	
	Will you be age 35 or older	on your due date?	
	Do any of these conditions	Do any of these conditions run in your families?	
	Thalassemia (a	Cystic fibrosis	
	blood disorder that leads to anemia)	Familial dysauto- nomia (a disorder	
	 Neural tube defect 	that affects the	
	Congenital heart defect	nervous system) Sickle-cell anemia	
	Down syndrome	or trait	
	Tay-Sachs disease	Hemophilia or other blood	
	Canavan disease	disorders	
	(a neurological disorder)	 Mental retardation 	
	Muscular	Fragile X syndrome	
	dystrophy	Other inherited	
	Huntington's	genetic or chromosomal	
	uisease	disorders	
Do you have a maternal metabolic disorder (e.g., type 1 diabetes, phenylketonuria [PKU])?			
	Have you or the baby's father had a child with birth defects not listed above? Have you had recurrent pregnancy loss or a stillbirth?		
	Have you taken any medica vitamins, herbs, alcohol, or menstrual period? If yes, w		