



Parenthood Awareness before Conception to Enhance Offspring Health – E-learning Addressing Lifestyle to Transform Habits



ENVIRONMENT

Checklist for evaluating hereditary conditions (genetic predisposition) and environmental factors

Hereditary conditions

- Evaluate the need for genetic screening;
- Evaluate which environmental conditions can limit and prevent the occurrence of hereditary diseases;
- Folic acid intake;
- Promoting a healthy lifestyle to prevent the transmission of hereditary diseases by focusing on the following points:
 - Maintaining or adopting a healthy diet.
 - Maintain or achieve an ideal weight by following a healthy diet and constant exercise.
 - Do not smoke,
 - Avoid alcoholic beverages and coffee.
 - Do not use drugs or doping agents of any kind.
 - Adopt healthy sexual behaviour.
 - Stabilise diseases present in either partner, in particular: diabetes, hypertension, thyroid disease, heart problems.

Environmental conditions - Evaluate the quality of the environment

Evaluate air pollution, caused by industrial areas or cities with high levels of smog;

Evaluate environmental pollution, caused by landfills, factories or agricultural practices using synthetic chemicals, such as pesticides, fungicides, herbicides, etc.; and

Evaluate food pollution, resulting from the use of food containing chemical pesticides, or industrially produced food.

Evaluate water pollution, which may contain any kind of contamination.

Evaluate electromagnetic pollution, from cell towers or power stations, but from prolonged exposure to other electromagnetic sources such as mobile phones or wifi units.

Evaluate chemical pollution, from poor quality household cleaning and personal hygiene products.

Evaluate exposure to lead, which is present in many products, such as paints, renovation products, etc.

Evaluate the risks of methylmercury in fish.

Evaluate the risks of using old biomass stoves.



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- Evaluate exposure to lead, which is present in many products, such as paints, renovation products, etc.
- Evaluate the risks of methylmercury in fish.
- Evaluate the risks of using old biomass stoves.