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**Midwifery-led preconception care ‘prevention is better than the cure’**

Evidence shows that women who do not receive preconception care, have the potential to experience complex pregnancies and/or births, resulting in negative health outcomes. Negative outcomes include gestational diabetes, preterm birth, low birth weight, neural tube defects, maternal complications, and neonatal complications. Pre-conception care in Australia is generally provided by a general practitioner during a short appointment with women. However, the ability to provide a full scope of preconception care is hindered by multiple factors, such as lack of time, PCC programming and knowledge, plus poor coordination of care, and lack of contact during the preconception period. Easily accessible midwifery-led preconception care (MLPCC) can identify and modify biomedical, social, and behavioural risks to women's health, or pregnancy outcomes to optimise a woman's health before conception.

Introducing a new service - MLPCC, similar to childbirth education classes, led by upskilled midwives may benefit women in their future pregnancies and reduce strain in hospitals by reducing comorbidities. Pre-conception care could be recommended or referred to by general practitioners and promoted by pharmacies to inform women of childbearing age, or those who are looking to conceive.

Giving women the ability to attend pre-conception care classes, can equip them with the knowledge to change their lifestyle before conceiving. Reducing pregnancy complications helps women and their babies experience better health outcomes and reduces the human and financial costs on the health care system.

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