



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

المدينة الطبية الأكاديمية | AMC . IAU

مستشفى الملك فهد الجامعي
King Fahd University Hospital

World Prematurity Day

November 17, 2025

Take care of
your comfort
and health

Your stability
means your
child's safety



For more information,
please click on



Health Awareness Unit



Causes of premature birth



Diabetes:

High blood sugar affects the growth of the placenta and fetus.



High blood pressure:

High blood pressure reduces blood flow to the placenta.



Weight gain:

Obesity

increases the risk of developing diabetes and high blood pressure during pregnancy, which doubles the likelihood of premature birth.

Prevention methods

- Monitor your blood sugar levels regularly.
- Follow a healthy diet as prescribed by your doctor.
- Engage in light physical activity after consulting your doctor.

- Monitor your blood pressure regularly.
- Reduce your salt and stress levels.
- Take your prescribed medications as directed.

- Maintain a healthy weight before and during pregnancy.
- Eat balanced meals rich in fruits and vegetables.
- Eat pregnancy-appropriate physical activity.