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Understanding **PREMATURE LABOUR**



Early Awareness, Timely Care
for a *Healthier Tomorrow*



COMMON CAUSES:

- Infections
- High blood pressure or diabetes
- Previous preterm birth



WARNING SIGNS:

- Regular contractions
- Change in vaginal discharge
- Pelvic pressure or backache



PREVENTION TIPS:

- Regular prenatal check-ups
- Healthy diet & hydration
- Avoid smoking and stress



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