

April 7, 2025

On April 7, we celebrate World Health Day, a time to reflect on global health priorities and reaffirm our commitment to the well-being of our communities. This year's theme, *Healthy Beginnings, Hopeful Futures*, highlights the critical importance of maternal and newborn health—an area where naturopathic doctors in British Columbia play a meaningful role.

NDs contribute to maternal and newborn health by providing patient-centered, evidence-informed care that supports women through pregnancy, birth preparation, and postpartum recovery. NDs offer guidance on prenatal nutrition, lifestyle modifications, and safe, regulated therapies to optimize maternal health and fetal development. They support patients with concerns such as nausea, digestive health, hormonal optimization, and stress management while collaborating with other healthcare providers to ensure comprehensive care. In the postpartum period, NDs assist with recovery, energy levels, lactation support, and overall well-being, helping new parents navigate this critical stage with individualized care. With prescribing authority and the ability to administer treatments, naturopathic doctors contribute to safer, well-rounded care for mothers and newborns, ensuring a strong foundation for lifelong health.

In addition to maternal and newborn health, NDs provide essential care across all stages of life, supporting individuals with chronic disease management, preventive health strategies, primary care, and more with integrative approaches that address the root causes of illness. Whether it is helping patients manage stress, improve digestion, optimize hormones, or maximize their overall well-being, naturopathic doctors play a vital role in empowering people to take charge of their health.

From cardiovascular health and metabolic conditions to hormonal imbalances, autoimmune disease, and chronic pain, NDs provide ongoing support to prevent illness, manage complex health concerns, and optimize long-term wellness. Whether supporting individuals with diabetes, high blood pressure, or high cholesterol in reducing long-term risks, helping patients navigate hormonal shifts, menopause, and reproductive health concerns, or working alongside those recovering from illness or injury, naturopathic doctors play a key role in improving patient outcomes.

NDs also provide adjunctive support in cancer care, mental health, addictions, and digestive health, ensuring patients receive comprehensive, individualized care. Through prevention-focused strategies, evidence-informed treatments, and collaborative care, naturopathic doctors help British Columbians achieve better health outcomes and an improved quality of life.

As we mark this World Health Day, let's reaffirm our dedication to improving access to care, fostering collaborative health solutions, and advocating for a healthcare system that values prevention, whole-person care, and patient empowerment. Through education, advocacy, and clinical care, BC's naturopathic doctors continue to make a meaningful difference in the lives of British Columbians at every stage of their health journey.

Thank you for your commitment to the health of our communities.

Dr. Vanessa Lindsay
President, British Columbia Naturopathic Doctors (BCND)