

Maternity and Pregnancy

Pregnancy is an exciting time in a woman's life, but it can also be one filled with uncertainty and anxiety. Maternity care from a professional, caring medical staff makes all the difference. Maternity and pregnancy care encompasses a wide range of services at the Complete Women's Healthcare Center, from monitoring of the mother and baby to guidelines for the healthiest pregnancy possible.

Pregnancy Education

When will morning sickness end and your belly begin to grow? What should you eat to ensure a healthy baby? What about exercise? These common questions are just a sampling of those heard at the Complete Women's Healthcare Center, which is why we provide information and education opportunities throughout the entire pregnancy term.

Fetal Monitoring

That growing life needs regular checks to ensure everything is progressing just right. Pregnancy care typically involves monthly checks early in the pregnancy, followed by more frequent physician visits as the due date draws closer. If concerns arise, additional appointments may be needed as well. Regular monitoring does more than ensure a healthy baby; it gives the new mother peace of mind so she can relax and enjoy her special pregnancy months.

Genetic Testing

Genetic testing helps expectant parents weigh the risks for certain concerns they might have about their unborn child. There are many types of genetic testing that can be performed, including:

- **Ultrasound** – offered to monitor fetal growth, anatomy and to detect some birth defects
- **Amniocentesis** – evaluates the chromosomes of the fetus to detect abnormalities and chromosomal disorders
- **Quad Screen Test** – to detect the possibility of neural tube defects and Fetal Downs Syndrome
- **First Trimester Nuchal Translucency Testing** – used to evaluate risk for Downs Syndrome, Trisome 13, Trisomy 18 and Turner's Syndrome
- **Cystic Fibrosis Testing** – used to determine if the mother is a carrier for Cystic Fibrosis, a fibrotic lung disease

Many of these tests are performed at a particular time during the pregnancy, while others can be done at any time. The necessity of the tests is something that should be discussed between a patient and her doctor.

Labor and Delivery

As the big moment draws near, it is normal for pregnant women to become somewhat anxious about the upcoming labor and delivery. An important part of maternity and pregnancy care is to educate the couple on what to expect during the labor and delivery experience and prepare for the event that lies ahead. In addition to child birth classes, many couples take tours of the

hospital facility where they plan to deliver their child. They may also participate in parenting classes to help them prepare for the care of their newborn.

Pregnancy is a significant time in a couple's life, and one that must be handled with great care by the healthcare providers overseeing the health of the mother and her child. With comprehensive maternity and pregnancy care, expectant mothers can rest assured they and their babies are in good hands. For more information about maternity and pregnancy care, contact the Complete Women's Healthcare Center in Phoenix today.