



LIVEWELL

Delivering the Birth Experience You Desire



WHEN YOU'RE EXPECTING A BABY, you'll make many important decisions. One of the earliest and most important decisions is choosing where you'll deliver your bundle of joy. At the Henry Ford West Bloomfield Hospital Birthing Center, obstetricians, midwives, nurses and neonatologists take a family-centered approach to delivering babies in the safest, most comfortable environment possible. "We do everything in our power to help families enjoy the birthing experience that they envision," says Neil Simmerman, M.D., an obstetrician-gynecologist at Henry Ford West Bloomfield Hospital.

A SPECIAL PLACE TO WELCOME YOUR BABY

The Birthing Center provides comprehensive services that support women throughout pregnancy, labor, delivery and recovery. They include:

- Private and spacious suites
- Hydrotherapy tubs for comfort during labor and recovery

- Two cesarean section rooms located within the Birthing Center
- In-house obstetricians, certified nurse midwives and anesthesiologists on-call 24 hours a day, seven days a week

"Most women stay in one room throughout labor, delivery and recovery," Dr. Simmerman says. "While the rooms are designed to be comfortable, with more of a home than hospital feel, they're fully functional delivery rooms and contain everything we need from a medical standpoint."

For babies requiring a higher level of care, the Newborn Special Care Unit is located within the Birthing Center. There are

large private rooms and bedside accommodations, so you can stay near your baby even for extended periods of time.

FAMILY-CENTERED CARE FROM THE START

The Birthing Center's family-centered approach means that providers listen to what patients desire for their delivery and work together to help make it happen. "This can range from receiving an epidural early in labor, to using the hydrotherapy tub and having a nonmedicated birth or anything in between; we can typically provide the safest way of having the experience you want," Dr. Simmerman says.

That level of compassionate care continues for women who require C-sections. The Birthing Center staff practices gentle C-sections in which you can have music played in the operating room and have your baby placed on your chest immediately after birth.

"Our family-centered approach isn't limited to the Birthing Center," Dr. Simmerman says. "It encompasses the entirety of our care from the day you find out you're pregnant and continues after you bring your baby home."

Take a look inside our birthing center to learn more at HenryFord.com/Babies.



FREE E-NEWSLETTER

Are you interested in finding out more about what's happening at Henry Ford West Bloomfield Hospital? Get connected and sign up for our FREE monthly health e-newsletter. Each month you will learn about everything we have to offer, such as health-related articles, information about cooking classes designed to help you live a healthier life, health and wellness information, yoga classes, special events and more. Visit HenryFord.com/WBENEWS to sign up today.



LYNN M. TOROSSIAN
President and CEO

YOUR PARTNER IN WOMEN'S HEALTH

At Henry Ford West Bloomfield Hospital, our goal is to provide a health care experience like no other, especially when it comes to our women's health services. From pregnancy and childbirth through menopause and beyond, our expert team focuses on personalized care that enhances your health and wellbeing. We strive to exceed the needs of our patients by offering advanced gynecological services, multispecialty diagnostics and leading childbirth services with a birthing experience set in a tranquil environment.

In this issue of *LiveWell*, we are excited to share several aspects of our Women's Health Services department. You will find important information about our family-centered birthing center, information about our baby-friendly certification and the feeding support we provide mothers. Also, you can meet our team of midwives and learn more about our comprehensive care for women of all ages. Visit HenryFordWestBloomfield.com for more information about all our services. We look forward to becoming your partner on your journey to optimal health and wellness.

Best wishes for a happy and healthy year.

Comprehensive services that support mothers and infants



Neil Simmerman, M.D., collaborates with nurse midwife Patricia Scane.



A HAPPY and HEALTHY BEGINNING

WELCOMING A NEW BABY INTO THE world is a special and life-altering experience. Henry Ford West Bloomfield Hospital is committed to making the journey as safe and joyful for families as possible. Since 2014, Henry Ford West Bloomfield has been designated a Baby-Friendly Hospital by the World Health Organization. It's a designation that few hospitals in the U.S. have achieved.

"First and foremost, the Baby-Friendly designation means that the entire Henry Ford organization supports mothers feeding babies however they choose," says Susan Dendrinis, R.N., director of clinical operations. "For women who choose to breastfeed, we apply all evidence-based practices to support and protect breastfeeding."

EVERY STEP OF THE WAY

This support begins at the very first prenatal visit, where moms are encouraged to consider and learn about breastfeeding. Certified lactation consultants lead breastfeeding classes on the benefits and how-to's of breastfeeding. Once you deliver your baby, providers do everything they can to support nursing, such as placing your baby on your chest right away — for both vaginal and C-section deliveries, when possible. "Immediate skin-to-skin

contact helps stabilize the baby's breathing, temperature and heart rate, and encourages the very first feeding," Dendrinis says. "We perform many of the baby's first exams and measurements right there on mom's chest."

The Baby-Friendly designation also means that the birthing center encourages rooming-in, so babies stay with their moms the entire time. Pediatrician visits, nurse assessments and newborn screenings take place by your bedside, Dendrinis adds. If your baby needs to stay in the Special Care Nursery, support is available for breastfeeding moms, too. "We provide hospital-grade breast pumps, private rooms and encourage skin-to-skin contact to stimulate breast milk production," she says.

CARE THAT NEVER QUITS

Support for breastfeeding mothers continues even after they bring their babies home. "Women can make an appointment with a lactation consultant and return at any time," Dendrinis says. As a Baby-Friendly Hospital, staff throughout the organization is trained to help breastfeeding moms. "We are committed to providing the safest and highest quality of care for moms and babies."

Class Is in Session Begin your breastfeeding journey before baby arrives. Sign up for a Breastfeeding Class at HenryFord.com/Classes.

Certified nurses and midwives



Midwives Support Women *Throughout Their Lifetimes*

AT HENRY FORD WEST BLOOMFIELD HOSPITAL, you have choices when it comes to the type of provider you see. Whether you're a woman who needs a routine well-woman visit, contraceptive counseling, prenatal care or support through menopause, midwives provide a full spectrum of services.

"One of the hallmarks of being a midwife is the relationship we build with women and their families," says Lorie Pender, a certified nurse midwife at Henry Ford West Bloomfield Hospital. Midwives take the time to discuss all options when it comes to your health or pregnancy and will support you in the decisions you make.

SPECIAL DELIVERIES

During pregnancy, midwives encourage women to develop and discuss their birth plans with them. "If you were to envision your dream labor and birth, what would you want to happen and how can we help you make those things happen?" Pender asks.

A common misconception is that women can only work with a midwife if they have a nonmedicated birth, but midwives support all types of birth plans. "Whether you want to have a birth without any medications, plan to receive an epidural, are having a scheduled C-section or aren't sure what you want until you're in labor, we can create the experience patients desire, as long as they and their baby are safe," Pender says.

Midwives also have a wide range of tools available to comfort women during labor, depending on what each woman wants. This includes massage, aromatherapy with essential oils, using a hydrotherapy tub or shower and much more.

Midwives and obstetricians have a positive and collaborative relationship, says Patricia Scane, a certified nurse midwife at Henry Ford West Bloomfield Hospital. A physician and

midwife are on call in the hospital 24/7 and will see patients in the same office, too. "If an issue is beyond our scope of care, we'll consult a physician and develop a plan," she adds. Even if a previously low-risk woman develops a high-risk condition, such as gestational diabetes or hypertension, midwives may be able to comanage her care alongside physicians if it's within the realm of safety.

ALL AGES AND STAGES

Midwives continue caring for women throughout all stages of their lives. "I have patients I've taken care of for many years whose daughters also come to see me," Scane says. While midwives partner with women who are healthy and low-risk, they're by your side if new symptoms or health problems occur at any time, too. "We can provide an initial evaluation, order tests and refer you to our physician colleagues for any necessary follow-up," Scane says.

"We collaborate with women throughout their lifetimes and take our time getting to know each patient," Pender says. "We're there with you throughout your journey and to partner with you in your care."



Meet a Midwife

To schedule an appointment with a certified nurse midwife at Henry Ford West Bloomfield Hospital, call **248-661-6425**. You can also learn more online and request an appointment at HenryFord.com/WomensHealth.

*Respectful.
Compassionate.
Inclusive.*

An important part of the Birthing Center's family-centered approach is respecting families' cultural beliefs. "This is a very diverse area and we want to collaborate with our patients," Dr. Simmerman says. Providers encourage patients to discuss their preferences throughout their pregnancies so they can do their best to accommodate patients during labor, delivery and recovery. In addition to the standard hospital menu, vegetarian, halal and kosher options are available, too.

WELLNESS SERVICES FOR MOMS

Vita wellness center, located inside of Henry Ford West Bloomfield Hospital, offers safe and effective wellness and spa treatments to help ease the discomforts of pregnancy as well as restore and renew the body's prepregnancy form. To learn more about the Mom's Escape package and other services and classes available, call **248-325-3870** or visit HenryFord.com/Vita.

2017

CLASSES & EVENTS

Henry Ford West Bloomfield Hospital offers a full range of classes and events designed for new moms. Visit HenryFord.com/Classes to register, or call 248-325-0037. If you have HAP or Medicaid insurance, call 800-746-9473 to register.

Registration is required, except where noted.

BIRTHING EDUCATION CLASSES



BREASTFEEDING

This class presents the benefits and basics of breastfeeding. Learn best practices for an early and great start to breastfeeding. Take this class at least four weeks prior to your due date.

Jan. 4, Feb. 1, March 1, April 5, May 3, June 7, July 5, Aug. 2, Sept. 6, Oct. 4, Nov. 1, Dec. 6
6 to 9 p.m.
\$25 per couple

BREASTFEEDING SUPPORT

This class is designed for mothers who need help with breastfeeding after delivery. You will bring your baby with you to class and receive assistance and tips to help with breastfeeding.

Jan. 18, Feb. 15, March 15, April 19, May 17, June 21, July 19, Aug. 16, Sept. 20, Oct. 18, Nov. 15, Dec. 20
6 to 9 p.m.
FREE

BIRTHING UNIT TOURS

Enjoy a 30- to 40-minute walk-through tour of our birthing center. You will see a labor, delivery and postpartum room and the Special Care Nursery if available.

Jan. 5, Jan. 8, Jan. 19, Jan. 22, Feb. 2, Feb. 5, Feb. 16, Feb. 19, March 5, March 16, March 19, April 2, April 13, April 23, April 27, May 7, May 18, May 21, May 25, June 1, June 4, June 15, June 25, July 2, July 13, July 16, July 27, Aug. 3, Aug. 6, Aug. 20, Aug. 24, Sept. 7, Sept. 10, Sept. 21, Sept. 24, Oct. 8, Oct. 12, Oct. 22, Oct. 26, Nov. 2, Nov. 5, Nov. 16, Nov. 19, Dec. 3, Dec. 7, Dec. 14, Dec. 17
Thursday tours: 7 p.m.
Sunday tours: 4 p.m.
FREE

CHILDBIRTH SATURDAY CLASSES

Understand pregnancy and the birthing process in a one-day class. Topics explored include stages of labor, relaxation, massage, pressure points and breathing techniques, labor coping skills and tools, and postpartum. Super Saturday class moves around the hospital to four different locations. Regular childbirth class stays in one room. Take this class three to four weeks before your due date. Birthing Unit tour included.

REGULAR SATURDAY CLASSES

May 6, May 20, June 24, Aug. 12, Aug. 19, Dec. 2, Dec. 9

SUPER SATURDAY CLASSES

Jan. 14, Feb. 11, March 11, April 8, June 10, July 15, Sept. 9, Oct. 7, Nov. 4

8:30 a.m. to 5:30 p.m.

\$65 per couple. A partner/coach may attend.
FREE



CHILDBIRTH THURSDAY CLASSES (THREE-WEEK SERIES)

This class covers the same information as the Saturday Childbirth Classes. The information is spread out over the course of three classes versus a one-day class. Topics include, stages of labor, relaxation, massage, pressure points, breathing techniques, labor coping skills, and postpartum.

March 2, May 4, Aug. 10, Oct. 5
6 to 9 p.m.

CHILDBIRTH REFRESHER CLASS

The Childbirth Refresher Class is for patients who want a review of the comfort measures used in labor. Patients who typically attend this class already have children but want to be reminded of the key aspects of the birthing experience.

Feb. 9, April 6, June 8, Sept. 7, Nov. 9
6 to 9 p.m.
\$25 per couple

Get Ready for Baby!

2017

CLASSES & EVENTS

Henry Ford West Bloomfield Hospital offers a full range of classes and events designed for new moms. Visit HenryFord.com/Classes to register, or call 248-325-0037. If you have HAP or Medicaid insurance, call 800-746-9473 to register.

Registration is required, except where noted.

BIRTHING EDUCATION CLASSES



INFANT CARE CLASS

This class is lecture-based and teaches the basics of how to care for a new baby. Couples will have the opportunity to practice diapering and dressing baby dolls. Topics covered include:

- Newborn characteristics
- Benefits of breastfeeding
- Health and wellness
- Comforting
- Daily care
- Safety (including car seat safety)
- Parenting

Attend the Infant Care Class at least four weeks prior to your due date. If you attend the Infant Care Class, you are invited to attend an Infant Care Fair FREE of charge. Jan. 11, Feb. 8, March 8, April 12, May 10, June 14, July 12, Aug. 9, Sept. 13, Oct. 11, Nov. 8
6 to 9 p.m.
\$25 per couple



INFANT CARE FAIR

Get more hands-on training with diapering, dressing and comforting a new baby. There will be seven interactive stations for learning and practicing. You'll learn more about:

- Newborn characteristics
- Benefits of breastfeeding
- Health and wellness
- Comforting
- Daily care
- Safety (including car seat safety)
- Parenting

Attend the Infant Care Fair at least four weeks prior to your due date. Jan. 25, Feb. 22, March 22, April 26, May 24, June 28, July 26, Aug. 23, Sept. 27, Oct. 25, Dec. 13
6 to 9 p.m.
\$25 per couple



INFANT CPR

Learn the skills to handle a life-threatening emergency, such as if your baby is choking or isn't moving or breathing because of a fall or a near-drowning. Space is limited to five couples per class. CPR training in this class covers newborns up to 1 year.

Jan. 9, Jan. 23, Feb. 6, Feb. 20, March 6, March 20, April 10, April 24, May 8, May 22, June 12, June 26, July 10, July 24, Aug. 7, Aug. 21, Sept. 11, Sept. 25, Oct. 9, Oct. 23, Nov. 6, Nov. 20, Dec. 4, Dec. 18
7 to 8:30 p.m.
\$40 per couple

SIBLING PREPARATION

Designed for children ages 2 to 8. Learn about what it's like to have a new baby in the family. Birthing Unit tour included.

Jan. 16, March 13, May 15, July 17, Sept. 18, Nov. 13
6 to 7 p.m.
\$10 first child, \$5 each additional child

WRIGHT LASSITER III
President, Henry Ford Health System

LYNN M. TOROSSIAN
President and CEO, Henry Ford West Bloomfield Hospital

Live Well is published by Henry Ford Health System. The information is intended to inform and educate about subjects pertinent to health and should not be a substitute for consultation with a personal doctor. © 2016 Printed in the U.S.A. Developed by StayWell.

Printed on Recyclable Paper

10116M

WHERE YOUR HEALTH Comes First

THE DEPARTMENT OF WOMEN'S HEALTH Services at Henry Ford West Bloomfield Hospital offers comprehensive care for women of all ages. In addition to obstetricians, gynecologists and midwives, board-certified and fellowship-trained specialists and subspecialists provide a broad range of services for women.

"We offer a complete, expansive practice providing women with personalized care from adolescence through pregnancy, childbirth, menopause and beyond," says Evan Theoharis, M.D., Service Chief, Women's Health Services, Henry Ford West Bloomfield Hospital.

FULL SPECTRUM OF WOMEN'S HEALTH SERVICES

Providers with Women's Health Services deliver high-quality routine care. In addition, some of the specialties and subspecialties available within the department include:

- Obstetrics and midwifery
- Reproductive medicine at the Henry Ford Center for Reproductive Medicine
- Minimally invasive gynecologic and robotic surgery
- Pediatric and adolescent gynecology
- Gynecologic oncology
- Mammography and breast health services at the Francee & Benson Ford Jr. Breast Care & Vita wellness center
- Urogynecology
- Genetic counseling
- Sexual Health Clinic

"One of the advantages of having so many specialties available at our hospital and clinics is that we can easily collaborate and work as a team to expedite each patient's care," Dr. Theoharis says. For younger patients, a fellowship-trained adolescent gynecologist is available to provide routine gynecologic care, contraceptive counseling, and diagnosis and treatment for problems such as irregular bleeding.



A team of highly trained physicians offers minimally invasive procedures including treatment for endometriosis and fibroids. These conditions used to be treated with traditional surgery that involved large incisions, Dr. Theoharis says. The minimally invasive approach enables surgeons to make smaller incisions and use special instruments to perform the procedures, resulting in shorter hospital stays, faster recovery and less pain.

HELPING TO BUILD FAMILIES

For couples trying to conceive, obstetricians and gynecologists work alongside reproductive endocrinologists and other experts within the Henry Ford Health System to diagnose and treat conditions such as infertility and reproductive endocrine disorders.

During pregnancy, women receive comprehensive care throughout labor, delivery and the postpartum period at the Henry Ford West Bloomfield Hospital Birthing Center. "We have a large group of obstetricians and any of the delivering physicians may be on call when a woman is in labor," Dr. Theoharis says. "We encourage patients to meet as many of the providers as possible during their prenatal visits in order to become familiar with them."

When you're a patient with Women's Health Services at Henry Ford West Bloomfield Hospital, you have access to convenient, individualized care throughout every stage of your life. To make an appointment with a provider, call **248-661-6425**. Visit **HenryFord.com/WomensHealth** for more information.

Advanced Prenatal Care

For women with high-risk pregnancies, a dedicated maternal-fetal medicine specialist is available with Women's Health Services. "Our providers work side by side with the maternal-fetal medicine specialist so women receive supportive, continuous and coordinated care throughout their pregnancies," Dr. Theoharis says.