

# MONTHLY Check-Up

## WHITE PLAINS HOSPITAL

### FIVE FACTS: *having a baby*

# 1

The  
Facts

**A pregnancy can be considered high-risk for many reasons -** multiple fetuses, pre-existing conditions, being over the age of 35, or complications that may develop during pregnancy. With the rise in multiple births and significantly more women delaying childbirth until later in life, there are more high-risk pregnancies today than ever before.

#### Complications that become more likely with age

include hypertension, diabetes, placenta complications such as previa, and chromosomal abnormalities. It is critical to be as healthy as possible before conception and during pregnancy, with frequent monitoring by an obstetrician skilled in high risk pregnancy care.

# 2

Prevention

# 3

Pregnancy  
Care

**There are many things that all women should be checking for** such as hypertension, diabetes, and Down's Syndrome. Excessive weight gain increases the risk for some of these conditions, so following sensible nutritional guidelines and getting enough exercise is essential. Any chronic conditions need to be closely controlled to ensure the healthiest possible outcome for both mother and baby.

**Expectant mothers today have more options** than ever before. For example, mothers are more discerning these days with options for pain control, and many in our practice choose to work with a midwife during both pregnancy and delivery, if the mother is not high-risk.

# 4

Options

# 5

Delivery

**Whether you have a high or low risk pregnancy,** delivering at a hospital with an advanced neonatal intensive care unit (NICU) like White Plains Hospital is always recommended. Being cared for in a level III NICU by specialists trained in neonatology, or the care of premature or vulnerable newborns, can make all of the difference if the baby is born at a low birth weight, prematurely, or with any medical complications.



“OUR TEAM APPROACH OF OB/GYN, PERINATOLOGIST AND MEDICAL DOCTOR ENSURES THE BEST POSSIBLE CARE FOR MOM & BABY.”

**JACQUELINE MONACO-BAVARO, M.D.**

*Obstetrician & Gynecologist*

A resident of Westchester County, Dr. Jacqueline Monaco-Bavaro is a board-certified obstetrician & gynecologist affiliated with White Plains Hospital since 2002. She received her medical degree from the New York Medical College and completed her residency in obstetrics and gynecology at Westchester Medical Center.

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