

The Brock Family Perinatal Diagnostic Center

Specialized Care For High-Risk Pregnancies

If you face pregnancy risks, you may be referred to a maternal-fetal medicine physician, also known as a perinatologist. These physicians are specially trained to care for the unique problems of at-risk mothers and babies, from pre-pregnancy through delivery.

The maternal-fetal medicine physicians and specialized nurses at the Brock Family Perinatal Diagnostic Center at Inova Alexandria Hospital Women's Center offer genetic counseling to parents who are considering pregnancy, state-of-the-art diagnostic tests to determine the health of unborn babies, and ongoing care to women whose pregnancies are considered high risk.

Our high-risk pregnancy specialists provide compassionate care in a comfortable and private outpatient setting as a complement to the care women receive from their obstetrician, family

physician or nurse-midwife. Because each woman's needs are unique, the relationship between a woman and our specialists will be designed to match her specific condition and circumstances.

When it's time for birth, Inova Alexandria Hospital Women's Center's private rooms and personalized birthing plans will make your experience memorable and enjoyable.

And it's comforting to know we offer a high-risk inpatient antepartum unit and fully staffed round-the-clock level 3 Neonatal Intensive Care Unit (NICU) for newborns who are premature or have special needs.



The Brock Family Perinatal Diagnostic Center is dedicated to assisting obstetricians and nurse-midwives in caring for patients at risk for maternal, fetal or obstetric complications in pregnancy.

For more information about the Brock Family Perinatal Diagnostic Center, call 703-504-7868.

Inova Health System is a not-for-profit healthcare system based in Northern Virginia that consists of hospitals and other health services, including emergency and urgent care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses.

inova.org



4320 Seminary Road
Alexandria, VA 22304



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What Makes a Pregnancy High Risk?



What Makes a Pregnancy High Risk?

If you are thinking about becoming pregnant or are pregnant, talk with your family physician, obstetrician or nurse-midwife about the following common risks, how they may affect your pregnancy and whether you should be referred to the Brock Family Perinatal Diagnostic Center.

Existing Medical Conditions

Some women become pregnant with existing medical conditions that may make complications more likely.

- Do you have high blood pressure or heart disease?
- Do you have diabetes, a thyroid disorder or another autoimmune disease?
- Do you have epilepsy or another neurological problem?
- Do you have severe anemia or another blood disorder?
- Do you have a liver, kidney or gastrointestinal condition?
- Do you have asthma or another lung condition?
- Have you had a pulmonary embolism, deep vein thrombosis or another clotting problem?
- Are you overweight?

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Age

As women age, they have an increased risk for complications and having a baby with a genetic disorder.

- Are you pregnant or planning pregnancy at age 35 or older?

The Condition of Your Pregnancy

Some women are healthy when they become pregnant but experience complications caused by pregnancy.

- Have you had problems with pregnancy, such as miscarriage, stillbirth, pre-term delivery, birth defects, pregnancy-induced high blood pressure (preeclampsia), eclampsia, infections, clotting problems or gestational diabetes?
- Are you pregnant with multiple pregnancies, such as twins, triplets or more?
- Have you experienced bleeding during pregnancy, especially during the second or third trimester?
- Did you get pregnant through in vitro fertilization (IVF)?

Genetics

Some parents pass on a genetic disorder and develop a baby with an inherited or growth abnormality.

- Does your family or the baby's father's family have a history of hereditary diseases such as birth defects, Down syndrome, mental retardation, cystic fibrosis, sickle cell anemia, blindness or deafness?

Lifestyle

Risks associated with your lifestyle can be reduced by changing behavior during pregnancy.

- Do you have a poor diet?
- Do you regularly smoke cigarettes or drink alcohol?
- Do you take drugs not prescribed by your doctor?

Inova Alexandria Hospital Women's Center

Each year, thousands of women choose to give birth at our hospital.

We offer:

- Private rooms
- Personalized birthing plans
- Specialized services for high-risk pregnancies
- 24-hour neonatology services, anesthesia services and well-baby nursery
- Level 3 neonatal intensive care unit (NICU)
- Lactation center and board-certified lactation consultants
- Liberal family visitation

We invite you to learn how we make pregnancy and childbirth a truly cherished experience.

Visit inova.org/childbirth or call **1-855-My-Inova (855-694-6682)** to:

- Tour our Women's Center, virtually or in-person
- Register for a childbirth education class
- Find a physician
- Request more Information



Sarah Poggi, MD and Alessandro Ghidini, MD