

Packard Children's Opens New Perinatal Diagnostic Center

REDWOOD CITY CENTER OFFERS TESTS FOR PREGNANT WOMEN IN THEIR COMMUNITY

A newly pregnant woman can face a lot of stress, and traveling to a faraway, unfamiliar hospital for tests can just add to the anxiety. That's why Lucile Packard Children's Hospital offers Perinatal Diagnostic Centers (PDCs) that provide the full range of tests for pregnant women in Bay Area and Monterey Bay communities. In April, Packard Children's opened a new PDC on the Sequoia Hospital campus, bringing the total number of centers to six.

"When we offer the same level of service in the community, it can make it easier for women to get access," said Mary Norton, MD, the center's medical director and a high-risk obstetrician and clinical geneticist at Packard Children's. "And it can be a much more comfortable environment for them to get these services, which are often very anxiety-provoking."

The center, located at 2900 Whipple Ave., Suite 240, in Redwood City, provides screening and diagnostic tests ranging from routine ultrasounds to more complex procedures. A nuchal translucency test, in which the physician examines the fluid behind the baby's neck, can indicate the risk of chromosome problems such as Down syndrome. Amniocentesis or chorionic villus sampling—which involve taking a sample of amniotic fluid or the placenta, respectively—can provide a more definite diagnosis of genetic diseases.

Other tests include a biophysical profile to make sure the baby is healthy and thriving in the womb, by checking for behaviors such as movement and tone. A Doppler blood flow test can indicate whether blood circulation is normal and whether the baby might be anemic. The center can also measure the length of the woman's

cervix to determine the risk of premature delivery and provide a prescription for progesterone treatment if needed.

The center provides prenatal diagnostic services and genetic counseling for all pregnant women, whether they are expecting a normal birth or are considered high-risk for reasons such as advanced maternal age or problems in prior pregnancies. A woman who is thinking of becoming pregnant can also receive counseling to determine the risks involved and make a plan for care during and after pregnancy.

In addition to Norton, the center's staff includes a genetic counselor and ultrasonographer. A Packard Children's neonatologist also works at the Sequoia Hospital's neonatal intensive care unit. Appointments and phone consultations with Norton will initially be available two days a week.

Similar services are available at five other PDC sites, located in Fremont, Mountain View, Salinas, Santa Cruz, and Palo Alto. All of the sites' hospitals have a Packard Children's neonatologist on staff. Packard Children's high-risk obstetricians are available 24 hours a day, seven days a week, for phone consultation, and in-hospital high-risk obstetrics consultation is available at most sites.

If tests at a PDC suggest that the baby should be delivered at Packard Children's—for example, because the baby has a heart defect that will require a pediatric heart surgeon after birth—the patient can easily be triaged there. "That can be very seamlessly arranged," said Yasser El-Sayed, MD, associate chief of maternal-fetal medicine and obstetrics at Packard Children's. "She's already in our system."

For more information about the Perinatal Diagnostic Center at Sequoia Hospital or to refer a patient, call **(650) 381-3480**. For information about all of Packard Children's PDCs, visit <http://pdc.lpch.org>.

PHYSICIAN PARTNER RELATIONS UPDATE

2012 Referring Physician Directory

An updated edition of the Packard Children's Referring Physician Directory has just been released.

The directory contains useful and important contact information across our organization on How to Refer, Physician Support, Hospital Services, Centers of Excellence, Specialty Care, Outreach Services, and Directions and Maps.

Copies of the directory are available from our Physician Partner Relations team. To request copies, please contact physician liaison Marta Miller at mjmiller@lpch.org or **(650) 724-9606**.

MD Portal

For information on how to register an MD Portal account or to schedule an in-service for your practice, please contact Marta Miller at **(650) 724-9606**.

