

PRESENTED BY HUTZEL WOMEN'S HOSPITAL

# Destination:

# HEALTH



## MICHIGAN'S ONLY HOSPITAL FOR WOMEN

As Michigan's first and only hospital for women, Hutzel Women's Hospital is *The Destination for Women's Care*.

Physicians in Michigan look to Hutzel as a referral center for their high-risk patients with complicated conditions. At Hutzel, they find advanced specialty services and nationally recognized specialists that often aren't available at other hospitals.

"As a referral center for complicated cases, we see many conditions that are rare at other hospitals but are fairly common here," said Marjorie Treadwell, M.D., Director of Obstetric Ultrasound and Associate Professor of

Obstetrics and Gynecology at Wayne State University School of Medicine. "Seeing so many of the most complicated cases helps to build our expertise and ultimately that benefits our patients."

Patients also benefit from Hutzel's internationally known commitment to research and education. As the home of the National Institute of Health (NIH) Perinatal Research Branch, Hutzel Women's Hospital and Wayne State University are recognized by physicians and researchers across the country as leaders in women's health.

"Over the years, several groundbreaking discoveries and innovations have been made at Hutzel through the

Perinatal Research Branch," said John M. Malone, Jr., M.D., Chief of Obstetrics and Gynecology at Hutzel Women's Hospital and Professor and Chairman of Obstetrics and Gynecology at

*continued on page 7*



## EXPERT SERVICES

- Urogynecology and Incontinence Therapies
- Innovative Gynecological Services
- Minimally Invasive Procedures
- Alternatives to Hysterectomy
- Permanent Birth Control
- Advanced Infertility Treatments
- Prenatal Genetic Counseling and Testing
- Fetal Echocardiography
- Maternal Fetal Diagnosis and Therapy
- High-risk Pregnancy Care
- Maternal Special Care Unit
- Neonatal Intensive Care

Call the Hutzel Health Resource Center (HRC) for appointments with Hutzel's general OB/GYNs or exceptionally trained specialists

**1-888-HRC-2588**

3980 John R  
Detroit, MI 48201  
[www.hutzel.org](http://www.hutzel.org)



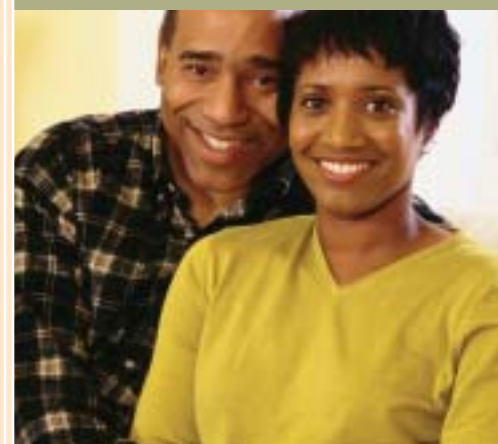
Ayanna Kilpatrick, sister of Detroit Mayor Kwame Kilpatrick, was born at Hutzel Women's Hospital

## HUTZEL WOMEN'S HOSPITAL, A HERITAGE CELEBRATED ON JULY 31ST

"Hutzel Women's Hospital is a nationally-renowned hospital for women and I consider it a privilege to have been born there," boasts Ayanna Kilpatrick, president of The Next Vision Foundation and sister of Detroit Mayor Kwame Kilpatrick. Kilpatrick's mother, Congresswoman Carolyn Cheeks-Kilpatrick (D), gave birth to Ayanna at Hutzel Women's Hospital in 1972.

Today over 5,700 babies are born every year at Hutzel Women's Hospital. "Women come to Hutzel because we have internationally known physicians and proven experience for caring for women," explains Iris Taylor, Ph.D., president of Hutzel Women's Hospital.

*continued on page 3*



## GOING THE DISTANCE – YOUNG WOMAN TRAVELS FROM MARYLAND FOR HIGH-RISK PREGNANCY CARE AT HUTZEL

Natasha Moulton-Levy is a smart woman. She has an MBA, runs a healthcare consulting firm and grew up in a family of doctors. So when she was pregnant with her first child in 2002 and learned she was at risk of having a pre-term delivery, she knew she needed expert care from leading high-risk obstetricians.

Even though she lives in Maryland, she turned to Hutzel Women’s Hospital in Detroit.

“My family is in Michigan and we knew I might need to be restricted to bed rest in the hospital for weeks,” she said. “We wanted to be closer to my family, but my husband and I also wanted the absolute best high-risk care for our baby.”

At Hutzel, Natasha was able to postpone the birth for five weeks – eventually delivering at 31 weeks. Those extra weeks may have saved her daughter’s life. The newborn weighed just 3 pounds and four ounces, but under the expert care of physicians and nurses at Hutzel, she grew stronger and was soon ready to go home.

“The staff is so caring and compassionate,” Natasha said. “They really made a bad situation much better for us.”

Natasha and her baby returned home to Maryland, but her experience with Hutzel wasn’t over yet. Pregnant with her second child in late 2003, she went to see her obstetrician who referred her to a

Maternal Fetal Medicine (MFM) specialist at the University of Maryland Medical Center in Baltimore for consultation. At just 21 weeks into her second pregnancy, her cervix was already opening – putting her at a serious risk of pre-term delivery.

The MFM specialist in Maryland wanted to admit her to the hospital in Baltimore right away, but Natasha had something else in mind. Her physician at Hutzel, Theodore B. Jones, M.D., Vice President for Medical Affairs, Hutzel and Associate Professor of Obstetrics and Gynecology at Wayne State University School of Medicine remembers it vividly.

“I got a phone call from a colleague of mine in Maryland,” he said. “We exchanged pleasantries and then he said he was calling about a patient of mine, Ms. Moulton-Levy. When he explained the circumstances, I thought it was a courtesy call letting me know she would be hospitalized there. Imagine my surprise when he let me know that Ms. Moulton-Levy insisted on coming back to Hutzel Women’s Hospital and as we spoke she was getting into her sister’s truck and starting out on the over seven-hour drive to Detroit. She arrived that night at the Labor Reception Center and we admitted her to the hospital for evaluation and care.”

If Natasha was going to be in the hospital for weeks, she said she wanted to be at Hutzel. “I already



*Above: Natasha Moulton-Levy and baby Julian. Above Left: Theodore B. Jones, M.D., Vice President for Medical Affairs, Hutzel and Associate Professor of Obstetrics and Gynecology, Division of Maternal Fetal Medicine, Wayne State University School of Medicine.*

knew Dr. Jones and I knew all the nurses and staff on the high-risk obstetrics unit,” she said. “I was stressed out because I was having another premature baby, but I was comforted knowing I could go to Hutzel.”

Natasha was admitted to Hutzel at 21 weeks into her pregnancy. Under the care of Dr. Jones, she was able to postpone delivery of her son, Julian Gabriel, until 26 weeks.

“At 21 weeks, there is almost no chance of a newborn surviving,” said Dr. Jones. “But by gaining those five additional weeks, we were able to give him a chance.”

Following his birth, Julian Gabriel had a rough road ahead of him.

He spent nine weeks on a ventilator in Hutzel’s Neonatal Intensive Care Unit (NICU) and Natasha admits there were times she thought he might not make it. But with the care of compassionate and highly skilled doctors and nurses – and a lot of prayer from family and friends – Natasha and her husband were able to bring the baby home in early May 2004.

“I just take my hat off to the people who work at Hutzel,” she said.

“They are so very well trained and they sit down and explain things to you and make sure you understand, even when it’s not great news. If I have another child, I will definitely have it at Hutzel.”

## HUTZEL WOMEN'S HOSPITAL, A HERITAGE CELEBRATED ON JULY 31ST

*Continued from page 1*

Hutzel has been caring for mothers and infants for over 136 years.

Hutzel Women's Hospital opened in 1868 as the "Women's Hospital and Foundling Home" to care for unwed mothers and their infants. In 1965 the Hospital was renamed Hutzel Women's Hospital in honor of Eleonore L. Hutzel, recognizing her 54 years of service as student, employee and trustee of the Hospital. In more recent years, Hutzel has been the first to make nearly a dozen medical breakthroughs, including Michigan's first in-vitro fertilization and hospital-based midwifery programs, one of the nation's first integrated programs for first-trimester screening for Down's syndrome and the world's first to develop embryo-fetoscopy procedures.

In celebration of Hutzel Women's Hospital's advancements and the women it continues to serve, the hospital will host *Hutzel*

*Homecoming: Celebrating Generations of Hutzel Babies* on **Saturday, July 31**. The celebration will be held in Brush Mall on Harper University Hospital's campus from 1 p.m. to 4 p.m. Individuals born at Hutzel and their families are invited to share in a day of entertainment, refreshments and fun. There is no cost for admission.

"*Hutzel Homecoming: Celebrating Generations of Hutzel Babies* is more than an appreciation event for those born at Hutzel," says Taylor. "It is an opportunity for all individuals, spanning generations and communities to come together and celebrate the place where it all began. We are proud of Hutzel's rich history and we look forward to a successful future."

Local celebrities, community leaders and politicians are expected to participate in the event. "I'm supporting Hutzel Women's

Hospital because I have a lot of pride in the fact that I was born there," says Kilpatrick. "My mother had a really good experience there. In fact, Dr. Natalia Tanner delivered me and I continued to see her until I was 13."

Ayanna Kilpatrick's story isn't unique, it's a story that belongs to thousands of people throughout Metro Detroit. If you were born at Hutzel Women's Hospital or gave birth to your baby here, please submit your story to Hutzel Women's Hospital, PR & Marketing Department, 3980 John R., Detroit, MI 48201 or tell us your story online at [www.hutzel.org](http://www.hutzel.org)

For more information about *Hutzel Homecoming: Celebrating Generations of Hutzel Babies* or to participate, please call (313) 745-7637.

**DON'T FORGET YOUR BIRTH CERTIFICATES!**



## ARE YOU AT RISK OF PRE-TERM DELIVERY?

It's difficult to predict which expectant mothers will deliver early. However, if you've already had a pre-term delivery, you are at a greater risk for pre-term delivery the next time you are pregnant. Even if you've never had a pre-term delivery, watch for the following warning signs after the 20th week of pregnancy and contact your doctor with any questions:

- Regular uterine contractions
- Menstrual-like cramps (constant or occasional)
- Low, dull backache
- Pelvic pressure that feels like the baby is pushing down
- Abdominal cramping, with or without diarrhea
- Increase or change in vaginal discharge
- A feeling like something is not right



## Join us!

**Saturday, July 31**  
from **1 to 4 p.m.**

for the  
*Hutzel Homecoming: Celebrating Generations of Hutzel Babies* celebration.

Individuals born at Hutzel and their families are invited to share in a day of prizes, entertainment, refreshments, games and fun. There is no cost for admission.

## SHARE YOUR STORY WITH US

Are you one of the thousands of women who've received extraordinary care at Hutzel?

Could you or someone you know be the oldest living person born at Hutzel Women's Hospital?

**If so, we want to hear your story!**

Please send your name, address, phone number, story and birth date to:

Hutzel Women's Hospital  
PR & Marketing Department  
3980 John R  
Detroit, MI 48201

or tell us your story online at [www.hutzel.org](http://www.hutzel.org)



## IS IT FOR YOU?

In the United States, approximately 2.5 million women each year seek medical treatment from their gynecologists for excessive uterine bleeding. Historically, hysterectomy was offered as the long-term solution for women who continue to bleed despite hormonal therapy.

But advances in medicine are making many alternatives to hysterectomy available. Talk with your doctor about alternatives to hysterectomy if:

- You have a non-cancerous condition.
- You have uterine fibroids.
- You are done having children but are years away from menopause.



## MINIMALLY INVASIVE ALTERNATIVES TO HYSTERECTOMY

New Zealand. Hong Kong. China. Australia. Jay Berman, M.D., Hutzel Women's Hospital and Assistant Professor of Obstetrics and Gynecology at Wayne State University School of Medicine has traveled around the world and throughout the United States teaching other physicians a new, minimally invasive procedure to control abnormal uterine bleeding. For many women, it's an excellent alternative to hysterectomy.

Physicians at Hutzel Women's Hospital are pioneering minimally invasive alternatives to hysterectomy. Some of them, like Dr. Berman, actually helped develop the innovative new procedures.

"Abnormal bleeding is a huge problem for women who are done with child bearing, but may be years away from menopause," Dr. Berman said. "For women who do not have a cancerous condition, a minimally invasive alternative to hysterectomy is sometimes a good option."

Of the approximately 600,000 hysterectomies performed annually in the United States, it has been estimated that more than 150,000 are performed for the relief of heavy bleeding from benign causes. Many

of these cases may be candidates for alternative treatments.

Dr. Berman specializes in a hysterectomy alternative known as HydroThermablation (HTA). During this outpatient procedure, a hysteroscope is inserted into the uterine cavity while a hot saline solution is delivered into the uterus through a tube inserted into the cervix. The water destroys the lining of the uterus in about 10 minutes. Because the treatment relies on the circulation of heated saline, which fills the uterine cavity, it has the unique ability to treat even those women whose uterine cavities have irregular shapes.

Dr. Berman helped develop the procedure and is one of the nation's most experienced physicians in its use. He has performed more HTA procedures than any other physician in Michigan.

"By destroying the uterine lining, we are often able to control abnormal bleeding without removing the uterus. No one wants to lose a major organ, so this is an appealing alternative for most women," Dr. Berman said.

Benefits of HTA and other hysterectomy alternatives include:

- No scars or smaller scars
- Faster recovery
- Quicker return to normal activities
- Fewer sexual side effects

Of course, HTA is just one of many innovative alternatives to hysterectomy performed at Hutzel Women's Hospital. Other hysterectomy alternatives include:

### • UTERINE BALLOON THERAPY

– This innovative procedure is an alternative to hysterectomy for women who suffer from excessive menstrual bleeding and do not have cancer. During the procedure, a balloon



Jay Berman, M.D., Hutzel Women's Hospital and Assistant Professor of Obstetrics and Gynecology at Wayne State University School of Medicine

is inserted through the body's natural pathways and used to remove the endometrial lining of the uterus. Benefits include less pain and fast recovery.

### • HYSTEROSCOPIC MYOMECTOMY

– A myomectomy is a surgical procedure that removes fibroids but leaves the uterus intact. In a hysteroscopic myomectomy, the doctor inserts a flexible fiber-optic scope (hysteroscope) into the uterus through the vagina and cervix and removes the fibroids using special surgical tools fitted to the scope.

### • LAPAROSCOPIC MYOMECTOMY

– In a laparoscopic myomectomy, small incisions are made so a probe with a tiny camera and surgical instruments can be inserted into the abdominal cavity. The instruments are then used to remove fibroids on the outside of the uterus.

### • UTERINE ARTERY EMBOLIZATION

Also known as uterine fibroid embolization, this minimally invasive procedure blocks the arteries that supply blood to uterine fibroids. Using a catheter, small particles are injected into the uterine arteries. The particles block the arteries that feed the fibroids and cause degeneration of the fibroids.

To schedule an appointment to discuss minimally invasive alternatives to hysterectomy, contact the Health Resource Center at Hutzel Women's Hospital, 1-888-HRC-2588.

1-888-HRC-2588

## MATERNAL FETAL DIAGNOSIS PROGRAM – ADVANCED CARE FOR HIGH-RISK MOTHERS AND INFANTS

*Mothers,  
sisters,  
daughters,  
friends.*

No woman wants to hear that her pregnancy is “high risk” or that she might experience “complications.” But if she does, she’ll want to know about the Maternal Fetal Diagnosis Program – a partnership between Hutzel Women’s Hospital, University Women’s Care and Children’s Hospital of Michigan.

Physicians throughout Michigan refer their high-risk obstetrics patients to Hutzel, Michigan’s first and only hospital for women. And Children’s Hospital of Michigan – the only freestanding pediatric hospital in the state – is nationally known for advanced pediatric care and research.

The Maternal Fetal Diagnosis Program brings together the best of both institutions to provide world-class infertility services, prenatal genetic testing, high-risk obstetrics, neonatal intensive care and specialized pediatric surgical services.

“We have patients who come from all over the state for these services,”



*Above: Janice E. Whitty, M.D., Director of Maternal Special Care Unit and Associate Professor, Division Maternal Fetal Medicine, consults with patient*

*Left: Marjorie Treadwell, M.D., Director of Obstetric Ultrasound and Associate Professor of Obstetrics and Gynecology at Wayne State University*

said Marjorie Treadwell, M.D., Director of Obstetric Ultrasound, and Associate Professor of Obstetrics and Gynecology at Wayne State University School of Medicine. “We perform a lot of fetal therapies, things like intrauterine transfusions and fetal surgery. Plus, we have one of the few physicians in the country who is board-certified in both critical care and obstetrics and gynecology.”

With nationally recognized experts and innovative diagnostic tools and therapies, no hospital in Michigan provides more advanced care for high-risk mothers and babies.



### WHAT IS A “HIGH-RISK” PREGNANCY?

High-risk patients include women with serious medical conditions such as asthma, high blood pressure and diabetes.

Women who are over 35 are at a higher risk of complications – including fetal abnormalities – during pregnancy. Other high-risk patients include:

- Very young mothers
- Women who have had previous miscarriages
- Women who have had previous pre-term deliveries
- Women carrying multiple babies.

### SERVICES

The Maternal Fetal Diagnosis Program combines the expertise of Hutzel Women’s Hospital, University Women’s Care and Children’s Hospital of Michigan – providing a continuum of expert care for mothers and babies before, during and after pregnancy.

- Infertility services – including preimplantation genetic diagnosis (PGD) and intracytoplasmic sperm injections (ICSI)
- Prenatal Genetic Testing to detect fetal abnormalities including Down syndrome, Tay-Sachs disease and cystic fibrosis
- Fetal Echocardiography to detect heart defects before the baby is born.
- Fetal Surgery to treat certain birth defects before the baby is born.
- High-risk Obstetrical Services for mothers with serious medical conditions and pregnancies in which the fetus has a high risk of problems.
- Pediatric medical sub-specialties including pediatric cardiology, infectious diseases and neurology.
- Referrals to community programs to assist families of infants with special needs.
- Maternal Special Care Unit, Michigan’s only intensive care unit for expectant mothers who need special care and monitoring during labor and after delivery.
- Neonatal Intensive Care Unit (NICU) for advanced treatment of critically ill infants immediately after birth.
- Pediatric Surgery – including neurosurgery, cardiovascular surgery, ENT, urological surgery, plastic surgery and robotic surgery
- Pediatric specialty services including hematology, nephrology, endocrinology, neurology, gastrointestinal, infectious diseases, genetics and dysmorphology.



## TYPES OF INCONTINENCE

There are three main types of incontinence.

### STRESS INCONTINENCE

Coughing, laughing, heavy lifting and strenuous activities can bring on urine leakage in women with stress incontinence. This form of the condition is usually caused by a weakening of the pelvic floor muscles (the muscles that surround and support the urethra and bladder). This weakening of the pelvic floor muscles is sometimes caused by childbirth and/or surgery.

### URGE INCONTINENCE

This type of incontinence occurs when the muscle wall of the bladder is overactive. Women who experience urge incontinence may have the sudden urge to urinate and often can't make it to the bathroom in time. Also known as overactive bladder, this form of incontinence can be due to infections in the bladder or urethra and muscle spasms from a variety of causes.

### MIXED INCONTINENCE

Many women experience both urge and stress incontinence. This is called mixed incontinence. In this mixed form of incontinence, the two types of incontinence may be caused by different factors and must be examined and treated independently.

## WHAT'S THE MATTER WITH MY BLADDER?

Margaret keeps a secret. She's one of the millions of American women who suffer from urinary incontinence. But she doesn't need to suffer in silence and she's certainly not alone.

According to the National Institute of Diabetes and Digestive and Kidney Diseases, as many as 11 million women in the United States suffer from urinary incontinence.

Incontinence is the leakage of small amounts of urine or frequent or uncontrollable urination. Women experience the problem twice as often as men. The three main types of the disorder are stress incontinence, urge incontinence and mixed incontinence.

Less than one half of the women who have urinary incontinence seek medical care for the disorder.

"All too often, women think incontinence is just something they're expected to live with," said S. Gene McNeeley, M.D., a gynecologist specializing in incontinence and pelvic floor disorders at Hutzell Women's Hospital, Professor and Division Director of Gynecology at Wayne State University School of Medicine. "Women see all these ads on



television for Depends® and other products and they think incontinence is a normal condition of aging, but most of the time it's treatable and often curable."

Thanks to physician researchers like Dr. McNeeley, there are many effective medical and surgical treatments for incontinence. Dr. McNeeley and his colleagues at Hutzell Women's Hospital and Wayne State University are at the forefront in urinary incontinence research. In addition to his research into non-surgical treatments of incontinence, Dr. McNeeley is an expert in the latest surgical procedures to treat the condition.

### DIAGNOSIS

"The first thing we do is test the patient to see if medical or physical therapy will work for her," explains Dr. McNeeley.

Your doctor may ask you questions about your medical history and may perform a variety of tests including urinalysis, blood tests, ultrasound, cystoscopy and urodynamic testing.

"We perform urodynamic testing to help us find the cause of the problem. If medical therapy will not correct her problem, then we use the information from the urodynamic testing to help us determine the correct type of surgery," McNeeley said.

Urodynamics is the study of how the body stores and releases urine. Urodynamic tests help your doctor see how well your bladder and muscles work and can help explain symptoms of incontinence. Most urodynamic tests show whether the bladder is able to empty steadily and completely. They can also show whether the bladder is having abnormal muscle contractions that cause leakage. Urodynamic tests can range from simple observation to precise measurement using sophisticated instruments.

### TREATMENTS

Dr. McNeeley works closely with other specialists to provide a multidisciplinary approach to the management of urinary incontinence and pelvic floor disorders. Some of the treatment options offered at Hutzell Women's Hospital include:



S. Gene McNeeley, M.D., Hutzell Women's Hospital and Division Director of Gynecology at Wayne State University School of Medicine

*Physical Therapy* – Specialized physical therapy and exercises can help women strengthen the muscles that surround and support the urethra, bladder, vagina and rectum. Pelvic floor physical therapy is a proven treatment for urinary incontinence.

*Medication* – Medications that control muscle spasms can help prevent urine leakage. Dr. McNeeley and his colleagues are currently investigating new drug treatments that may also help stress incontinence.

*Special Devices* – A device called a pessary can prevent incontinence by supporting the pelvic organs and pressing against the urethra. This simple device is specially fitted for each patient and can be inserted by the patient or by the physician.

*Surgical Treatments* – Physicians at Hutzell Women's Hospital perform the latest, minimally invasive surgical procedures to treat urinary incontinence. The two most popular surgical procedures are the transvaginal tape and transobturator tape procedures. In these minimally invasive procedures, a synthetic mesh tape is placed under the bladder neck (urethra). This tape functions as a "hammock" supporting the urethra in times of stress, such as coughing, sneezing, laughing, and jumping. The expertise and skill of the physician is important in these procedures. Other treatments include electrical stimulation, biofeedback, collagen implants and catheterization.

For more information about urinary incontinence, call the Hutzell Health Resource Center at 1-888-HRC-2588.

Develop a  
*Passion*  
for Living Well...



*Speaking of Women's Health*<sup>®</sup>

Hosted by Hutzel Women's Hospital



...put yourself  
in the  
*Picture.*

Join us...

Friday, September 17, 2004  
at the Detroit Marriott – Renaissance Center  
To register, call 1-888-HRC-2588 or visit  
[www.hutzel.org](http://www.hutzel.org) for more information.

Speaking of Women's Health is dedicated to educating women to make informed decisions about their health, well-being and personal safety.

## MICHIGAN'S ONLY HOSPITAL FOR WOMEN

*Continued from page 1*

Wayne State University School of Medicine. "This reputation enables us to recruit and maintain a very high caliber of physicians and it enables us to offer patients access to various research protocols and treatments."

Not only is Hutzel a national leader in research and innovation, it's also one of the top teaching hospitals in Michigan for obstetricians, gynecologists, and maternal fetal medicine specialists.

"The chiefs of obstetrics and gynecology at many of the major hospitals in southeast Michigan were trained right here at Hutzel," Dr. Malone said. "And we've trained most of the maternal fetal medicine physicians and reproductive endocrinologists in metro Detroit."

Perhaps because so many physicians received their specialty training at Hutzel, they often refer their most complicated cases back to us. Physicians throughout Michigan look to Hutzel Women's Hospital for the following services:

- **HIGH-RISK PREGNANCY CARE** – With Michigan's only intensive care unit for expectant mothers, a state-of-the-art birthing center and Neonatal Intensive Care Unit (NICU), Hutzel is an ideal choice for high-risk obstetrical services.
- **INFERTILITY TREATMENT** – Hutzel was the first hospital in Detroit to

treat infertility more than 50 years ago and is still one of the leaders with the latest treatments including: in vitro fertilization, artificial insemination, donor egg procedures and surgical therapies.

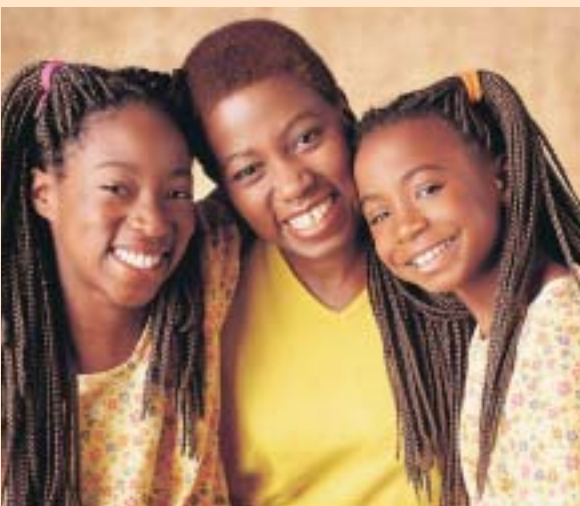
- **INNOVATIVE GYNECOLOGICAL SERVICES** – From the latest urogynecological tests and procedures to minimally invasive and complex surgeries, the sub-specialists at Hutzel Women's Hospital work closely with referring physicians from around the state.
- **PRENATAL GENETIC TESTING** – Hutzel Women's Hospital is a national referral center for genetic testing and treatment of birth defects during pregnancy.
- **MATERNAL FETAL DIAGNOSIS** – A joint effort of Hutzel Women's Hospital and Children's Hospital of Michigan, the Maternal Fetal Diagnosis project uses advanced



*John M. Malone, Jr., M.D., Chief of Obstetrics and Gynecology at Hutzel Women's Hospital and Professor and Chairman of Obstetrics and Gynecology at Wayne State University School of Medicine*

diagnostic tools and innovative therapies to identify and treat fetal abnormalities during and after pregnancy.

With nationally recognized experts, innovative diagnostic tools and specialized therapies, and affiliated with Wayne State University School of Medicine – it's no wonder Hutzel is considered *The Destination for Women's Care.*



*The Destination for Women's Care*

# Community EDUCATION



To check on available class space: Call the Hutzel Health Resource Center at 1-888-HRC-2588. You may obtain a registration form by calling 1-888-HRC-2588 or online by visiting the Hutzel Website [www.hutzel.org](http://www.hutzel.org)

Class sizes are limited. There is also an enrollment minimum for each class. Classes not meeting the minimum enrollment are subject to cancellation. All participants must pre-register for classes.

All classes are held at Hutzel Women's Hospital, 3980 John R, 2nd Floor, Webber North, Conference Room 2249.

To schedule classes, a tour, or if you have questions about content call the Hutzel Health Resource Center at 1-888-HRC-2588.

## CHILDBIRTH EDUCATION CLASS

1 Day Saturday Classes from 8:30 a.m.–4:30 p.m.

June 12  
August 14

4 Day Tuesday Evening classes from 7–9:30 p.m.

May 4, 11, 18, 25  
July 6, 13, 20, 27

Cost \$50 per family

For expectant moms and dads. Sign up for classes anytime after your 4th month of pregnancy.

Classes cover: Anatomy & Physiology of Pregnancy; What to expect in labor; Exercises & Breathing techniques; Medications & Equipment; Non-Medical Comfort Techniques; Videos of vaginal & C-Section Births; Labor Coach Information; Infant Care; Hospital Tour.

## INFANT CARE CLASS

Tuesdays from 7–9 p.m.

June 1  
August 3

Cost \$20 per family

For expectant moms and dads. Topics covered: understanding your newborn; sleep patterns; infant safety; newborn nutrition; circumcision; bathing your baby. Please bring a baby-doll and a blanket.

## MULTIPLES CLASS: TWINS AND MORE

3rd Monday of every month from 5:30–7:30 p.m.

Cost \$25 per family

For moms and dads expectant multiple births. Class topics include: preventing pre-term labor; contacts for local, U.S. and Canadian twins/multiples groups; nutrition; weight gain; potential of NICU (Neonatal Intensive Care Unit) admission and tours.

## BREASTFEEDING CLASS

2nd Wednesday of every month from 5:30–7:30 p.m.

Cost \$15 per family

Led by a certified lactation consultant. For expectant moms and dads. Why it's more than just a feeding choice; how it works; getting started right; working and breastfeeding; pumping & storage; pump display.

## C-SECTION CLASS

2nd Wednesday of every month from 7–9:30 p.m.

Cost \$25 per family

For moms and dads expecting a C-Section delivery. Class covers: reasons for c-sections; what to expect during your hospital stay; video and hospital tour.

## SIBLING CLASS

Saturdays for 1 hour - Please call for dates  
Cost \$15 per family

Parents must accompany child; Siblings ages 3–12 years are welcome. Class includes: sibling video; coloring books; big brother & big sister name tags; and hospital tour

## HOSPITAL OB TOURS

DAYTIME TOUR – 1st & 3rd Wednesday of every month at 10 a.m. *Leaves from Hutzel Lobby.*

EVENING TOUR – 3rd Monday of every month at 5:30 p.m.

*By appointment only: Call the Hutzel Health Resource Center at 1-888-HRC-2588.*

No Charge

For expectant moms and dads. Parents must accompany child; Siblings ages 3–12 years are welcome. The evening tour will be scheduled only if we have registrations in advance.

## CHILDBIRTH REUNION

Saturday, August 14, 2004

For deliveries August 2003–July 2004

## HUTZEL HOMECOMING

Saturday, July 31, 2004, 1–4 p.m.

Individuals born at Hutzel and their families are invited to share in a day of entertainment, refreshments and fun.

## Destination: HEALTH

Late Spring 2004

Published by  
**HUTZEL WOMEN'S HOSPITAL**

**MEDICAL ADVISOR**  
Theodore Jones, M.D.  
Vice President for Medical Affairs  
Hutzel Women's Hospital

**PRESIDENT**  
Iris A. Taylor, Ph.D.  
Hutzel Women's Hospital

**HUTZEL WOMEN'S HOSPITAL  
MARKETING AND PUBLIC RELATIONS**  
Cande Tschetter, Director  
Kathy Stannis, Manager  
Rosie Reebel, Representative



**Hutzel Women's Hospital**  
Detroit Medical Center/Wayne State University

Hutzel Women's Hospital is conveniently located off Woodward just one mile north of Comerica Park and the Fox Theater; and one block east of the Detroit Symphony Orchestra's The MAX Music Center.

## HUTZEL WOMEN'S HOSPITAL

3980 John R  
Detroit, MI 48201  
**1-888-HRC-2588**  
or visit [www.hutzel.org](http://www.hutzel.org)

