



Medical Professionals

"High Risk" Not as Scary as it Sounds!



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You have now begun your prenatal care. You are being inundated with all of the information that we have given to you, as well as the information that everyone around you wants to share. Your first few visits to the office will involve going over testing that you have had performed, your personal medical history and that of you and your partner's family along with your routine visit evaluations. At times these testing results will indicate that further testing is necessary.

You may hear the words, "high risk". It sounds scary, but actually it just means a bit more surveillance of you and your baby. Our Obstetrical team, including Perinatologist and genetic counselors are there for you and your baby. There are many reasons why a woman would be considered a high risk obstetrical

patient, throughout this article we will go through some characteristics that help doctors diagnose their patients. But remember every woman is different and so is every pregnancy.

Early detection within the first and second trimester of genetic disorders

will help calm both your nerves and help your doctors take better care of you. When you first meet with your

genetic counselors they will ask you many questions that involve you and your partners' family history. Your family history plays an important part in detecting genetic disorders and having an idea of the history is a great source

of information for you, the counselors, and your doctor.

Detailed diagnoses are needed for the genetic counselor to gauge your own high risk and the recurrence of the specific diagnoses and malformations which may be hereditary. History of the mother and fathers pregnancies and

medical conditions are equally as important to your pregnancy. After looking over some of these factors your counselors may inform you whether some aspects are hereditary, what is the rate of recurrence and which testing may be available to help you. Your obstetrician can help you understand this information better and order the appropriate testing.

Age can play a part in how high risk you may be considered. If

scheduled appointments your risks may be lowered. Patients under the age of 17 are also considered high risk. This doesn't mean that these problems will occur with your pregnancy, your doctors just want you to have a

toring these conditions including how they may impact your health and the health of your baby. Your doctors along with your other specialists will work together to find the medical plan that is best for you.

Preterm birth is a major concern for any pregnant patient; a patient who is not considered high risk may still run the risk of preterm labor. But if you have had a previous history of preterm birth, make sure to let both your doctor and prenatal counselors know about this history. Your doctor will most likely give you modifications for your daily activities including types of monitoring for contractions.

Even after your visits with your doctor and the counselors you may still have concerns about some of the information they have given you, don't

be afraid to ask and talk about the concerns that you may have. With the right treatment and counseling you and your baby will receive the best care through your pregnancy.



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healthy pregnancy and baby.

There are other medical conditions that are more common in women, which would make them a high risk, such as diabetes, hypertension, abnormal thyroid function, asthma, and auto immune disorders. There are special considerations for moni-



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