FOETAL MEDICINE

PROTECT YOUR CHILD, EVEN BEFORE IT IS BORN

P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE

The Role of Foetal Medicine in your life

Still an emerging science, foetal medicine is able to monitor and manage the complex process of development from a single cell oocyte to a healthy, full term newborn child: from conception through all the stages of intra-uterine life as well as various materno-foetal adaptations which facilitate the smooth development of the foetus. It even covers holistic management of genetic disorders and birth defects, making it vital to preventive genetics.

What is Maternal Foetal Medicine (MFM)?

MFM is a super-specialty with a competence in various obstetric, medical, and surgical demands of pregnancy. Its training and technical proficiency involves the consultation and care for both the mother and foetus (unborn baby). A Maternal Foetal Medicine specialist provides education and research concerning the most recent approaches to the diagnosis and management of obstetric problems, and therefore promotes awareness of the diagnostic and therapeutic techniques for optimal management of complicated pregnancies.

Women seek consultation or care by an MFM specialist when they are:

- At risk, and considering becoming pregnant
- Are pregnant and at high risk
- Forsee complications in the pregnancy
- Are anxious about the pregnancy

Types of patients seen by MFM specialists

1. Patients undergoing diagnostic or therapeutic procedures during pregnancy like:

- Comprehensive ultrasound
- Chorionic Villus Sampling (CVS) or Amniocentesis
- Foetal surgery or treatment

2. Women with medical or surgical disorders like:

- Heart disease
- High blood pressure
- Preeclampsia
- Diabetes or other endocrine disorders
- Kidney or gastrointestinal disease
- Infectious disease

3. Healthy women whose pregnancy is at increased risk due to:

- Abnormal screening test results
- Twins, triplets, or more
- Recurrent pre-term labor and delivery
- Premature rupture of membranes
- Recurrent pregnancy loss
- Suspected foetal growth restriction (baby not growing enough)
- Carriers for genetic conditions such as Thalassemia

What is Genetic Counselling?

There is a 2-3% background risk of a child being born with a major birth defect. Factors such as family history and ethnic background play a significant role in determining what genes will be passed on from one generation to the next.

Genetic counselling is aimed at helping families make informed decisions concerning testing and treatment by providing information regarding the nature, management, and recurrence of risks associated with specific birth defects and genetic problems. A genetic counsellor in an MFM team provides facts and information about available options for testing and management, and addresses patients' concerns.

Who would benefit from genetic counselling?

Although families or individuals are usually referred by their family physician or obstetrician, a concerned individual can be seen without a physician referral for any of these reasons:

- Children or adults with birth defects like spina bifida, cleft lip or palate, and developmental difficulties or mental retardation
- Family history of a chromosomal condition such as Down Syndrome or Turner Syndrome
- Increased risk for a genetic disorder related to ethnic background such as Sickle Cell Anemia or Thalassemia
- Families with concerns about hereditary disorders, and cancer
- Pregnant women who will deliver at 35 years or older
- Women who have had an abnormal ultrasound or Dual/Triple/Quad Screen
- Couples who have experienced infertility or adverse pregnancy outcomes such as stillbirth, newborn death, or 3 or more unexplained miscarriages

Coordinating care between the referring physician and MFM team

Several obstetricians-gynecologists are also qualified, and experienced in managing complicated pregnancies. MFM specialists provide complement Obstetricians through consultations, co-management, or direct care for a patient with complications, both before (pre-conceptual), and during the pregnancy. Once the investigative work-up is complete, and diagnosis and management plan is ready, the patient and family members are counseled by a genetic counsellor, and referred back to the referring consultant or physician for further management and follow-up.

Our Maternal Foetal Medicine Team comprises:

Foetal Medicine: Dr. Sharad Gogate & Dr. Vandana Bansal

Genetic Counsellor: Ms. Pooja Lodaya

Ultrasound/Imaging: Dr. Anupam Dudani

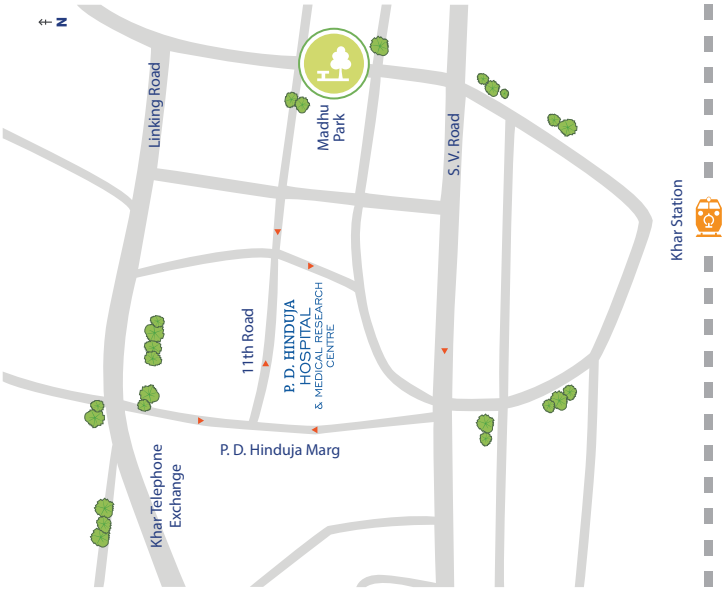
Neonatology: Dr. Amit Jagtap

Services available at our Maternal Foetal Medicine Center

- Genetic Counselling
- Evaluation and Diagnosis
- Ultrasound
- Chorionic Villus Sampling (CVS) and Amniocentesis
- Pre-pregnancy Counselling
- Carrier Testing

- Diagnostic testing
- Laboratory Services
- Tertiary Care
- Education program and materials

The Maternal Foetal Medicine centre at P. D. Hinduja Hospital, Khar is a multispecialty clinic, with the advantage of all the existing clinical, imaging, laboratory facilities. Rest assured, our professional team has everything it takes to put your natal anxieties at ease, and guide you and your family to wellbeing.



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