



Foundation for *Woman's*



**Woman's is for the individual.**

The mother.  
The daughter.  
The sister.  
The wife.  
The friend.

*We are here for a woman's entire life; from the moment she is born to a time when she needs physical healing.*

*Over the last four decades, Woman's has become the regional leader in serving women in all stages of life. It is the 17th largest freestanding hospital for women in the United States. It's also a place where every woman receives individualized, exceptional care and excellent service.*

*Woman's cares for a woman during her life's exciting moments and during her challenging times, guiding her through the expected and the unexpected. And like a best friend, Woman's holds her hand every step of the way.*

**We recognize that every life experience is unique. To best understand the care that Woman's provides, join us in following one woman's journey.**



Her journey begins...

she's getting to know herself



### **Body Basics**

She visited Woman's on several occasions – the births of her younger brothers, visiting her grandmother after surgery – but this time is a bit different. Born at Woman's just 12 years ago, it is now time for a young girl to have “the talk.” Her mother brings her to Woman's Body Basics for Girls class, where she learns how her body is changing during puberty – and preparing her to have children of her own in the future. It's a confusing time in her life, but the class lays a foundation for a positive body image that she will carry with her through young adulthood.

### **Breast Self-Awareness**

Starting in her 20s, her physician reminds her about the importance of being in tune with her body, including being aware of how her breasts normally look and feel.

“Early detection is the most effective tool in the fight against breast cancer. Being aware of subtle changes in your breasts could save your life one day.”

— *Dr. Susan Puyau, Chief Medical Officer*

### **Cervical Cancer Prevention and Detection**

Now 21, it's time for her to start getting an annual Pap smear, which detects cervical cancer, as well as a pelvic exam. She first visited the gynecologist at age 15 for a general checkup, so she feels comfortable and has an idea of what to expect.



she's ready to start a family

### **Fertility**

It's the right time in her life, and she has been trying to get pregnant for several months. The woman decides to visit a fertility specialist to begin her pregnancy journey.

### **Pregnancy and Parenting Classes**

She's pregnant! It's an exciting time for the woman, but she needs guidance to prepare for motherhood. A friend recommends the classes at Woman's. Not only does she learn the basics of caring for a baby, including bathing, feeding, swaddling and diapering, but also the importance of breastfeeding, which is beneficial for both her and her baby. As delivery day nears, prenatal yoga classes help her prepare physically, mentally and emotionally for giving birth and becoming a mother.

### **Assessment Center**

It's close to the woman's due date, and she is having contractions. She goes to the Assessment Center, which is the point of entry for women in labor. This area of the hospital also handles all obstetrical, gynecological and breast emergencies.



### **Antepartum**

Should the woman need to be admitted for bed rest and close observation, she will be cared for in Antepartum, which was designed to be a home away from home. It includes a resource and support group room to help the mom-to-be learn important information to use before and after delivery.



## **Mother-to-Child HIV Transmission Prevention**

*Woman's Mother-to-Child HIV Transmission Prevention program works to prevent the transmission of HIV from mothers to newborns during birth. Without intervention, up to 40 percent of HIV-positive pregnant women could transmit the virus to their babies. With this program, the chance of transmission can be decreased to less than two percent. Since 2005, Woman's has not had an HIV-positive baby born to a mother enrolled in the program.*

*A specially trained nurse provides case management for women with HIV and their babies, from diagnosis to one year after delivery. After delivery, babies receive anti-retroviral medication for six weeks. Continued community support provides this service at no charge.*

## **Diabetes**

Diagnosed with gestational diabetes during pregnancy, the woman is at a higher risk of developing type 2 diabetes. If she develops the disease, an educator can teach her how to care for herself to reduce unnecessary hospital admissions as well as prevent complications.



## **Maternal-Fetal Medicine**

If the woman's pregnancy turns out to be high risk, Woman's Maternal-Fetal Medicine (MFM) specialists will work closely with her obstetrician to provide advanced screening and treatment. Her baby may require a variety of diagnostic tests, like high-resolution ultrasound, fetal heart studies and umbilical blood sampling. MFM doctors travel throughout the region to care for women with high-risk conditions, including multiple pregnancies, premature labor, gestational diabetes, hypertension and more.



### **Labor and Delivery**

It's birth day! A full 40 weeks has passed since the woman became pregnant, giving her baby a healthy start. She discussed her birth plan with her physician and decided on a natural labor and delivery.

Childbirth can often last hours, so Woman's made comfort and space a priority when designing the large patient rooms. The laboring tub in the bathroom helps ease her labor pains and adjust her position for greatest comfort. To relax, she uses a birthing ball to decrease muscle straining, then the birthing bar to help her pull herself up and forward during labor and delivery.

Her baby is soon born, and they recover together in Mother/Baby to help form the lifelong connection that begins in these precious moments following birth.

### **Breastfeeding Support**

Woman's believes in the importance of breastfeeding and has been recognized for its efforts to improve breastfeeding rates. Breast milk can prevent disease, provide the best nutrition and even lower the risk of allergy and dental problems in babies. Though breastfeeding is a natural process, it's not always the easiest.

A certified lactation specialist visits the new mom to equip her with the knowledge and skills necessary to successfully breastfeed. When she needs support in the middle of the night, Woman's is there to help.

And even after she goes home, the new mom can call Woman's Lactation Warmline for free phone consultations and troubleshooting advice from a registered nurse daily. This service is available not only to Woman's patients, but to anyone and everyone.

Breastfeeding support is also available to mothers of high-risk babies in Woman's Newborn and Infant Intensive Care Unit.

# She's Facing the challenges of motherhood



## NICU

Woman's cares for the most critically ill infants in Louisiana. Should a problem arise after birth, the woman's baby will be taken to Woman's Newborn and Infant Intensive Care Unit (NICU), where a neonatologist will oversee his care and will consult pediatric sub-specialists, including a neurologist, neurosurgeon, general surgeon, geneticist and ophthalmologist if necessary.

The baby will grow stronger in a large private room, which allows more privacy and personal time; the large room also allows staff to manage the baby's environment to suit his specific needs. His mother will never be far away; parents are able to stay overnight in the days, weeks and months ahead.

Should the baby need surgery, an operating room was designed to meet his exact needs, and his risk of infection will be reduced because surgery is performed in the NICU. The same staff will care for him after surgery. Pediatric surgery is available at Woman's for children up to 12 months of age.

## Human Donor Milk

One of the most effective tools is also the most basic: breast milk. Sick and premature babies have significantly better outcomes when fed breast milk; it protects against necrotizing enterocolitis, a serious, often fatal illness in which the small intestine becomes inflamed and starts to decay.

However, the woman may not be able to breastfeed for several health reasons; she may be on certain medications that may be transferred to her breast milk, or she may have physical limitations that prevent her from breastfeeding.

Woman's Human Donor Milk program accepts breast milk from licensed human milk banks across the country, and ensures her baby can get the nutrition he needs.

## Virtual NICU Visits

Mothers are sometimes unable to visit in the NICU because they are still recovering from their own health complications after delivery. But thanks to the "JoeyTime" program, parents can be virtually connected with their sick and premature babies. An iPad is set up next to the baby's incubator, and parents can use another iPad to see their baby.

The JoeyTime program was made possible by Joey Aiden Roth, founder of Jar for Change. He placed jars in schools, libraries, grocery stores and other public places so people could donate their loose change. Roth collected more than \$5,000 and donated the funds to Woman's for the JoeyTime program.



*"For a new mother, it's devastating to have a baby in the NICU. It's even more difficult if she has complications after childbirth and cannot be by her baby's bedside. Not only does JoeyTime help with bonding, but it also makes it easier for her to be a part of her baby's care team."*

*— Laurel Kitto, MSN, RNC-NIC  
Newborn and Infant Intensive Care Unit Director*

## Palliative Care

Palliative care can provide the best quality of life for an ill woman or a newborn experiencing a life-limiting condition. Woman's Palliative Care team provides

compassion and support for parents facing stillborn delivery, extreme prematurity and more. The team also supports adult patients with late-stage cancer.





### Neurodevelopmental Clinic

If the baby has a low birth weight, he may receive follow-up care after leaving the NICU at Woman's Neurodevelopmental Clinic. Physicians, nurses and therapists will address the baby's issues as early as possible to give him the best opportunity for continued development.



### Pediatric Therapy

The baby is now a busy preschooler, but if he needs some assistance with his speech, fine motor skills or more, Woman's Pediatric Therapy is there to help. Staff provides speech, occupational and physical therapy for babies and children having difficulty achieving developmental milestones.



### Swim Strong

The Swim Strong program at Woman's Center for Wellness helps dozens of children with decreased strength, endurance and motor control transition from physical and occupational therapy to traditional swim lessons or to the use of a community pool. Funded through community support, the program also builds independence and social skills in the water.



she's taking care of herself

### **Breast Cancer Prevention and Detection**

At age 40, the woman makes her annual mammogram a priority. Even though Woman's performs the most mammograms in the Baton Rouge region – nearly 45,000 each year – she will still experience the personal “Woman's touch.”

Her mammogram will undergo a multiple review process, which includes both a radiologist and computer-aided detection.

*Woman's comprehensive imaging services are available to her entire family. Her husband and children can undergo X-rays, MRI, CT, ultrasound and nuclear medicine at Woman's if necessary.*

### **3D Mammograms**

*Woman's is transforming breast cancer detection by viewing breast tissue using the latest 3D mammography technology. With this technology, 2D images are layered to create a clear, precise three-dimensional view, allowing doctors to pinpoint abnormalities with greater accuracy. 3D mammograms may also find cancers that hide in dense breast tissue, resulting in fewer false negative studies. Conversely, false positives – and callbacks for additional screenings – are also reduced.*


### **Mobile Mammography Coach**

*With early detection and prompt treatment, more than 93 percent of breast cancer cases can be cured. However, women without insurance often struggle to find access to breast care. Woman's Mobile Mammography Coach provides screenings for women at more than 70 locations in a 15-parish area; it reaches underserved women and collaborates with community-based organizations, thus reducing geographic and financial barriers to care. Since 2006, the Mobile Mammography Coach has detected undiagnosed cancers in hundreds of women.*



### **Diagnostic Mammogram**

The woman's phone rings. When she answers, the voice on the other end, though friendly, stops her in her tracks. She just got what's called a “callback” – a call to come back for additional breast imaging. The radiologist saw an abnormality on her screening mammogram, which requires additional imaging. She schedules a diagnostic mammogram. She has that “knot in the stomach” feeling about the procedure, but the tech is there to answer her questions and offer reassurance – even a hand to hold if she needs one. Woman's understands the anxiety of waiting for results; the woman will have her diagnostic mammogram results before she leaves the campus.



## Surgery

From breast cancer surgery to gallbladder removal to weight loss surgery, Woman's offers the latest techniques.

Following childbearing years, if the woman is diagnosed with chronic pelvic pain, she and her physician may decide that the best treatment option is a hysterectomy. At Woman's, she has the option of undergoing the procedure with robotic, single-site surgery, a minimally invasive technique that significantly reduces recovery time.

## Orthopedic Care

Whether it's an accidental fall or managing osteoporosis or arthritis later in life, the woman has access to treatment utilizing the most advanced technologies available. Orthopedic care is also available for men and children.



## Cancer Support

Cancer is a life-changing battle, and many patients experience physical, emotional, financial and lifestyle challenges. If the woman is diagnosed with breast or gynecologic cancer, she won't fight the disease alone; she will receive personal guidance when navigating the journey from diagnosis to survivorship. Assistance can include understanding insurance, finding doctors, managing medical paperwork or any barrier that prevents access to medical care.

*"Some days, you're fine. Other days, you wake up feeling scared. Worried about the unknown or just making ends meet. Lost in your emotions. Hopeless. That's why I'm here. We can get through cancer together."*

*— Tracy Johnson, LMSW, OSW-C  
Social Worker/Breast Cancer Patient Navigator*



## Healing Arts

*Art can heal with every brush stroke, every high note and every page in a scrapbook. From cancer patients receiving infusions to families at their baby's bedside in the NICU, many patients and their families call Woman's home for extended periods of time. Current projects include monthly concerts, scrapbooking for NICU parents and art activities for cancer patients.*

## Colorectal Cancer Prevention and Detection

At age 50, it's now time for the woman to have a colonoscopy. She chooses Woman's because she will get a private room before and after her procedure. If her colonoscopy reveals a few benign polyps, which are small growths that have the potential to become malignant, they can be easily removed, and her risk for colorectal cancer is thereby lowered.



**Sexual Assault Care**

*Regardless of age, sexual assault is one of the worst possible experiences in a woman's life. Women who have been sexually assaulted need emotional support, expert medical care and evidence gathered in a timely and professional manner.*

*At Woman's, a woman will receive care in a private, designated exam room. Her forensic exam will be done*

*by an OB/GYN and a nurse with extensive sexual assault training. She will receive toiletries, a place to shower and fresh clothing. Her privacy is respected by sharing her experience in a private consult room.*

*She will not have to pay for her care, as continued financial support from the community provides these services at no cost.*

Woman's mission:  
to improve the health of women and infants.  
We can't achieve it

without **you.**

