

## Fetomaternal medicine at our advanced centres also aims at:

- Identifying malformations and diseases of the fetus, giving expert advice to parents and carrying out pre-natal diagnostic procedures and treatments
- Providing psychological counselling to pregnant women, conducting preliminary assessments and carrying out abortions after the 14<sup>th</sup> week of pregnancy

Our Fetal Medicine and maternal care team offer exceptional high-risk pregnancy care to women identified with complications during their pregnancy and for their unborn babies. Our aim is to ensure a healthy pregnancy and safe delivery under the supervision of our healthcare experts and through multi-disciplinary teamwork.

## We not only diagnose but also provide end-to-end treatment solutions till safe delivery including the below:

- We manage both high-risk and low-risk pregnancies with high-end safety measurements
- Pre and post-natal nutrition services
- Diagnostic obstetric and gynecologic ultrasound
- Minimally invasive gynecologic surgery
- Genetic counseling and advanced genetic testing
- Gestational diabetes treatment
- Diagnostic testing and procedures (Amniocentesis, Fetal Echocardiography, CVS, Saline Infusion Sonohysterography)

Being a leading fetal medicine centre, we understand the fragility of high risk pregnancy, thus we employ the finest fetal medicine specialists to treat our patients with the utmost safety and professionalism.



## MEDIHEAL HOSPITAL AND FERTILITY CENTRE, ELDORET

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## Comprehensive Services for FETOMATERNAL MEDICINE at Mediheal Group of Hospitals



From the moment you first suspect that you might be pregnant until the moment you are holding your baby in your arms, it can seem like you are on an emotional roller coaster. The duration of pregnancy is all about happiness, joy and preparation to welcome the new member into the family and should be a positive experience. But there are women who are at risk of pregnancy-related complications such as pre-term labor, pre-eclampsia, twin or triplet pregnancies, and pregnant women with fetuses at risk.

Our motto is to make a positive impact on the lives of those women who are at risk of pregnancy-related complications. We want to ensure that pregnancy stays are a time of dramatic and happy adaptation to all physiological systems, and provide a suitable environment for the growth and development of the fetus, also to protect and prepare the mother for the process of labour and lactation.

Fetomaternal medicine involves applying special knowledge and skills to pregnant women who are at risk when giving birth, and to cases where the health of unborn babies is at risk.



## Pre-conception Care Clinic

Pre-conception care includes any intervention to optimise a woman's health before pregnancy with the aim to improve maternal, newborn and child health outcomes. At Mediheal, pre-conception care bridges the gap in the continuum of care, and addresses pre-pregnancy health risks and health problems that could have negative maternal and fetal consequences.

We diagnose and counsel women about their pregnancy, calculate the risks if any and start treatment to optimise outcome of future pregnancies. We work towards reducing complications for the mother and the baby and make sure that pregnancy-related disability minimizes.

## Care for Elderly Women

Elderly women need easy access to quality healthcare, essentials of care delivery, and above all compassion. At Mediheal, we understand the requirement of attaining the goal of appropriate medical care for older women and that it requires knowledge of the changes due to aging, skills in recognition and treatment of disease, and an effort to provide help and avoid harm. We ensure that the essential capabilities are in place to take care of the elderly woman.

## Additional Reasons to See a Maternal-Fetal Medicine (MFM) Specialist

The most common reason for a woman seeing MFM sub-specialist is that she is considered at risk for complications during pregnancy.

There are several reasons why a woman may experience complications during pregnancy, these reasons may classify her as high-risk and can be caused by medical and surgical disorders during pregnancy.

### These disorders include, but are not limited to:

- Heart disease
- High blood pressure
- Pre-eclampsia (toxemia)
- Diabetes
- Thyroid disorders
- Kidney disease
- Gastrointestinal disease
- Infectious diseases
- Cancer (patients receiving chemotherapy)

Healthy women may also need to see a MFM sub-specialist. The following are reasons a healthy woman without medical or surgical disorders may need to see a MFM sub-specialist. All of these reasons create the potential for pre-term birth and complications:

- Pregnant with multiple babies (twins, triplets, or more)
- Recurrent pregnancy loss
- Suspected fetal growth restriction (baby not growing properly)
- Evidence of possible birth defects

Specialists at Mediheal Group of Hospital recognise and manage both normal and high-risk births, and carry out high-risk obstetric operations. The Department of Fetomaternal Medicine at Mediheal also involves giving psychological care to women in labour and knowing how to relieve pain during birth.