

Johns Hopkins Bayview

Health and Wellness News



JOHNS HOPKINS
MEDICINE

JOHNS HOPKINS
BAYVIEW MEDICAL CENTER

Special Section:
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Women
and Babies* (pages 4-11)

Eating for a
Healthy Pregnancy

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In Good Hands

Robotic assistance brings pelvic surgery
patients the best of both worlds

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Delivering OB Care in White Marsh

Pregnancy was an exciting but scary time for Vanessa Gutierrez of Prince George's County. Her obstetrician, Kristiina Altman, M.D., had helped her through other health challenges before pregnancy. Gutierrez and Dr. Altman built a relationship of trust and respect, so that made her prenatal experience even better. "I'm willing to travel a long way to see Dr. Altman because I have so much faith in her," says Gutierrez.

Gutierrez had prenatal care at Johns Hopkins Women's Services at White Marsh. "I'm grateful that the White Marsh staff was compassionate and respected my concerns. Dr. Altman and the nurses supported me throughout my pregnancy and made it a more beautiful experience," adds Gutierrez.

Because of her health history, Gutierrez needed to have a planned cesarean section (C-section) which was scheduled for her 37th week of pregnancy. When she arrived at Johns Hopkins Bayview for her C-section, she was understandably nervous. But her fears were quickly put to rest. "The labor and delivery nurses were there every step of the way and made me feel comfortable.

Also, Dr. Altman held my hand and talked me through everything," she says.

Dr. Altman delivered her baby girl, Isabella, at 11:03 a.m. She weighed 6 pounds and 14 ounces and was 19 3/4 inches long. Gutierrez and her husband were just amazed to hear Isabella cry.

Having a Baby?

Join obstetrician Dayna Finkenzeller, M.D., to learn about eating healthy, exercising safely, traveling during pregnancy, managing medications and preparing for a smooth delivery

Thursday, Sept. 23, 6 p.m.
Johns Hopkins Bayview

To register, call 410-550-KNOW.

Obstetrics patient
Vanessa Gutierrez and
her baby, Isabella

For more information about g
at Johns Hopkins Women's Services



Car Seat Education & Installation
 The Community Relations Department offers free education and installation of car seats to members of the community. A certified professional teaches installation techniques and double checks installation efforts. This service is available Monday through Friday, 9 a.m. to 4 p.m., by appointment only.
 For more information, call 410-550-0289.

Labor and Delivery suite at Johns Hopkins Bayview

Not long after the delivery, Isabella’s neonatologist determined that she needed close monitoring in the neonatal intensive care unit (NICU) because she had transient tachypnea where she was breathing too quickly.

“I knew Johns Hopkins Bayview had one of the best NICUs in the area, but I didn’t know that my baby would need it,” notes Gutierrez. Baby Isabella spent three days in the NICU, which turned out to be a mixed blessing for mom. “I could heal knowing Isabella had around-the-clock care. The NICU nurses taught me different tips for infant care and breastfeeding. In the end, we were almost sad to leave the hospital because we felt so protected,” she says.

Dr. Altman adds, “There is a safe and friendly environment at the White Marsh office and at Johns Hopkins Bayview. It’s a benefit to patients to have the expertise of Hopkins care in their own communi-

Kristiina Altman, M.D.
Obstetrician



ties. We’re equipped to deal with any emergency, and in Vanessa’s case, we had the technology and trained staff to provide what she and her baby needed.”

—Karen Tong

gynecology and obstetrics care at White Marsh, call 443-442-2290.

Johns Hopkins Women’s Services at White Marsh

- Fetal testing and monitoring (ultrasounds and monitoring of baby’s heart rate to determine its health)
- Obstetrical care
- Gynecologic care
- Sonograms (ultrasounds)
- Laboratory (blood work) services
- Urogynecology
- Family planning
- Reproductive Endocrinology and Infertility (REI)
- Abnormal pap smear treatment
- Cystoscopy

Hysteroscopy:

Helping with Infertility and Gynecologic Issues

Hysteroscopy is a unique procedure which helps physicians to accurately diagnose lesions, polyps, fibroids and scarring in the uterus that an ultrasound might miss. Just thicker than a match stick, the hysteroscope is inserted through the vagina and cervix into the uterus. This flexible, mini scope has a light on the end, as well as other tiny tools, for a biopsy or polyp removal.

A hysteroscopy may be performed on women with irregular menstrual cycles, spotting between periods, postmenopausal bleeding, polyp or fibroid on the uterus, thick uterine lining, recurrent pregnancy loss or other infertility challenges.

Since no anesthesia is needed and it is minimally invasive, the procedure is tolerated well by patients. One of its biggest benefits is that it can help patients to avoid major surgery if they don’t really need it. The hysteroscopy procedure can show and sometimes easily correct issues in the uterus, or confirm that it is healthy, so that the patient can avoid future invasive surgery.

Johns Hopkins Women’s Services at White Marsh

Located at 4924 Campbell Boulevard, Suite 225 in Nottingham, it is easily accessible from I-95 and conveniently near many restaurants and stores. Free parking also is available.

Office hours are 8 a.m. to 4 p.m.