

What services does the clinic provide?

The UW Medicine Maternal Fetal Medicine Clinic has many special services for women with high-risk pregnancies. At the clinic, you can learn about and receive treatment for:

- Diabetes in pregnancy
- How to prevent premature birth
- Having multiples (more than 1 baby at a time)
- High blood pressure in pregnancy
- Infectious disease (including HIV) in pregnancy
- Prenatal diagnostic testing
- Prenatal genetic counseling
- How to manage birth defects

Our care providers also specialize in other areas of high-risk obstetrics, such as when the pregnant woman has a complex medical condition or a disability.

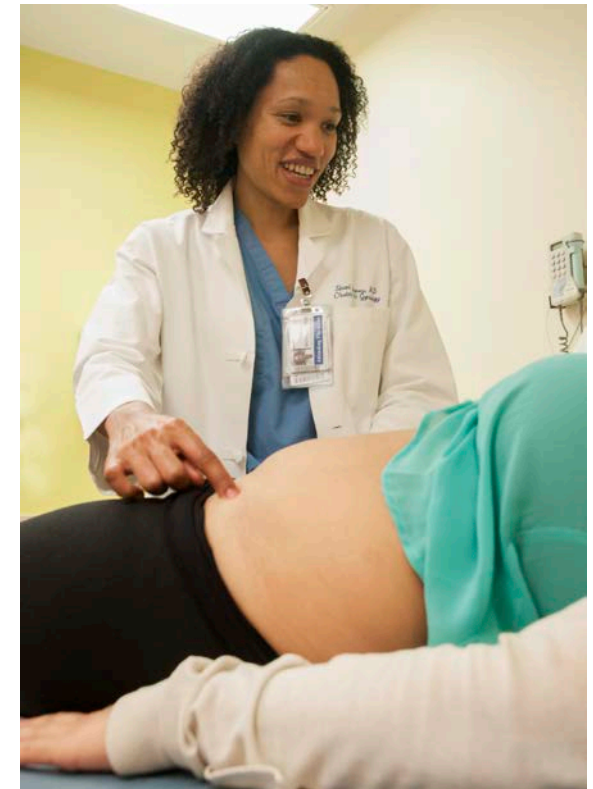


UW Medicine

When You Have a High-Risk Pregnancy

We're here to help

This brochure for women with high-risk pregnancies explains helpful services and service providers at the UW Medicine Maternal Fetal Medicine Clinic.



What is a high-risk pregnancy?

Your pregnancy is called “high-risk” if you or your baby has an increased chance of having a health problem during or after your pregnancy. You may have a high-risk pregnancy if:

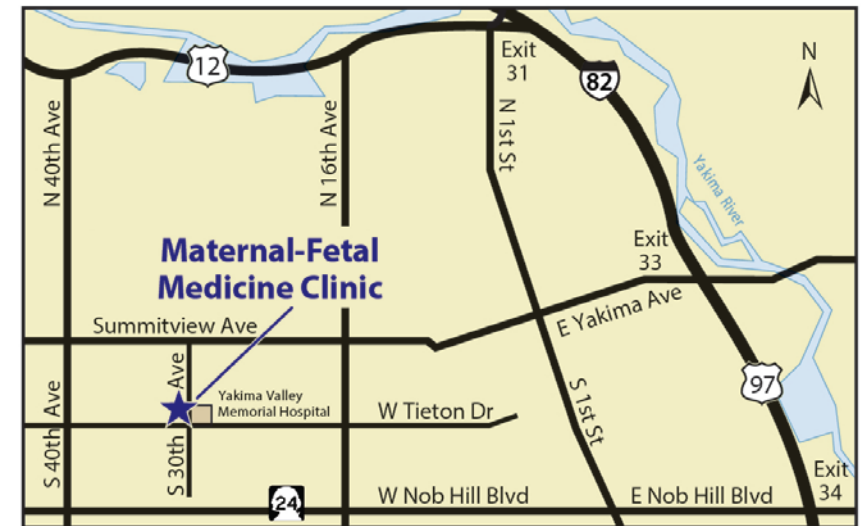
- You are underweight or overweight
- You will be over 35 years old at delivery
- You have had a baby with birth defects
- You have a family history of birth defects or a genetic condition
- You have had complications, premature labor, premature deliveries, or miscarriages with other pregnancies
- You have diabetes or had diabetes, high blood pressure, or preeclampsia during other pregnancies
- You have other medical conditions for which you are seeing a specialist, such as heart disease, Crohn’s disease, thyroid condition, kidney condition, or seizure disorder
- You have or have been exposed to certain types of infection, such as HIV or hepatitis C
- Your current pregnancy has an abnormal ultrasound or genetic testing

What should I do if I have a high-risk pregnancy?

If your health care provider has told you that you have a high-risk pregnancy, it does not mean you or your baby will have problems. It does mean that it is very important for you to work with the maternal fetal medicine specialists who can give you and your baby the extra attention you need for a successful and healthy pregnancy and birth.

In Yakima

3003 Tieton Drive, Suite 240, Yakima, WA 98902
(At the corner of Tieton Dr. and 30th Ave.)



Westbound on Interstate 82: Eastbound on Interstate 82:

- Take exit 34 for WA-24/ E. Nob Hill Blvd. toward Moxee.
- Turn left onto WA-24/ E. Nob Hill Blvd.
- Turn right onto 16th Ave.
- Turn left onto Tieton Dr.
- The clinic is on the right.
- Take exit 34 for WA-24/E. Nob Hill Blvd. toward Moxee.
- Keep right at the fork. Follow signs for YVCC (Yakima Valley Community College).
- Turn right onto E. Nob Hill Blvd.
- Turn right onto 16th Ave.
- Turn left onto Tieton Dr.
- The clinic is on the right.

Westbound on US-12:

- Take exit for Fruitvale Blvd./ N. 40th Ave.
- Stay straight to go onto N. 40th Ave.
- Turn left onto Tieton Dr.
- The clinic is on the left.

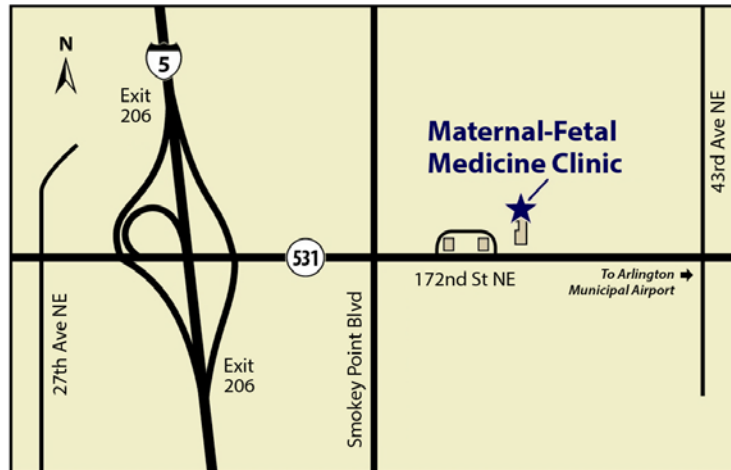
Eastbound on US-12:

- Take exit for Fruitvale Blvd./ N. 40th Ave.
- Turn right onto N. 40th Ave.
- Turn left onto Tieton Dr.
- The clinic is on the left.

How do I get to the UW Medicine Maternal-Fetal Medicine Clinic?

In Arlington

3823 172nd Street N.E., Arlington, WA 98223



Southbound on Interstate 5:

- Take Exit #206.
- Turn left onto WA-531E/172nd St. N.E.
- After you cross Smokey Point Blvd., the clinic is on the left.

Northbound on Interstate 5:

- Take Exit #206.
- Turn right onto WA-531E/172nd St. N.E.
- After you cross Smokey Point Blvd., the clinic is on the left.



What can I expect at a clinic visit?

When you come to the clinic, our friendly and helpful front desk staff will greet you. Your medical assistant will take you to a consult room and the maternal fetal medical specialist will meet with you.

During all stages of your pregnancy, your UW Medicine health care team will support you. Depending on your needs, this may include:

- Nursing services
- Genetic counseling
- Nutrition consults

You will also be able to sign up for childbirth education classes and a tour of UWMC's Labor & Delivery. Our goal is to provide you with a wonderful experience and the highest quality of care.

Who will I see at the clinic?

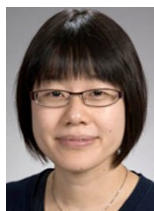
The UW Medicine Maternal Fetal Medicine Clinic has many specialists, as well as other care providers who are experts in taking care of you and your baby. Here are some of the providers you may see at the clinic and their main areas of expertise:



Zane Brown, MD
Diabetes in Pregnancy



Suchitra Chandrasekaran, MD
Maternal Hypertension, Diabetes and Other Disorders in Pregnancy



Justine C. Chang, MD
Prematurity Prevention, Diabetes in Pregnancy



Edith Y. Cheng, MD
Maternal/Fetal Genetics, Fetal Anomalies, Cardiac Disease



Shani S. Delaney, MD
Maternal/Fetal Genetics, Fetal Anomalies, Cardiac Disease



Thomas R. Easterling, MD
Maternal Hypertension, Cardiac Disease, Renal Disease



Michael G. Gravett, MD
Prematurity Prevention, Infectious Disease in Pregnancy



Jane E. Hitti, MD
HIV in Pregnancy, Prematurity Prevention



Emily Holing, PhD, ARNP
Diabetes in Pregnancy



Jennifer A. Jolley, MD
High-Risk Obstetrics, Fetal Imaging, Fetal Anomalies, Maternal/Fetal Genetics



Sophia M.R. Lannon, MD
Prematurity Prevention, Infectious Disease in Pregnancy



Kim Ma, MD
Pregnancy and Cancer, Oncofertility, Cardiovascular Disorders



Alyssa Stephenson-Famy, MD
High-risk Obstetrics, Prematurity Prevention

How do I make an appointment at the clinic?

You must get a referral from your primary care provider to make an appointment at UW Medicine Maternal Fetal Medicine Clinic. As soon as the clinic receives the referral from your provider, clinic staff will call you to set up your appointment.

To learn more about the clinic, our services, and specialists, please visit the clinic website:

Arlington Clinic
uwmedicine.org/obstetrics-arlington
3823 172nd Street N.E.
Arlington, WA 98223
844.657.4532

Yakima Clinic
uwmedicine.org/obstetrics-yakima
3003 Tieton Drive, Suite 240
Yakima, WA 98902
855.464.6298