



Advance

The Strength of Women's Services

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Another level of medicine | www.oumedicine.com/womens

Women Find Another Level of Medicine at OU

The Women's & Newborn Center at The Children's Hospital is one of the first hospitals in the country to provide complete care for moms and babies inside a comprehensive children's hospital.

"From the moment you walk in the door, it's obvious we are invested in our patients," says OU Medicine's Julie Hansen, MD, Obstetrics and Gynecology. "We have the largest and highest-level neonatal intensive care unit in the state, and we deliver more babies than any other hospital in Oklahoma."

Newborns facing complications are only an elevator ride—not an ambulance or helicopter ride—away from advanced care. The Women's & Newborn Center is part of the only hospital in Oklahoma City that has physicians in-house 24 hours a day, 7 days a week who are highly-trained to provide the best care possible when every minute counts.

Comprehensive Care for Women, Beyond Childbirth

The scope of OU Medicine's expertise extends beyond high-risk pregnancies. Preventive screenings and managing conditions, such as osteoporosis and menopause, as well as treating cancer and pelvic disorders are all part of OU Medicine's comprehensive approach to women's health care. Patients diagnosed with cancer will be provided with a special care plan designed to meet their needs. These care plans are put together by a team of specialists.

"We have every specialist imaginable focused on women's health issues and we interact a great deal," Dr. Hansen says. "So if one of my patients has an issue requiring a specialist, I can often walk across the hall and get the answer without having her go to another appointment."

Many women travel to Oklahoma City to access another level of medicine only offered by an academic medical facility. While there are many talented, caring physicians in Oklahoma's community hospitals, it is difficult for them to stay updated on the latest



DR. JULIE HANSEN WORKS TO PROVIDE ANOTHER LEVEL OF MEDICINE TO WOMEN.

advancements in women's health issues, treatments and patient care. That is not the case for physicians at an academic medical center, such as OU Medicine.

"Women get better care and treatment options when multiple people are thinking about their issues every day," Dr. Hansen says. "Physicians working in an academic environment are constantly finding new ways to keep people healthy by leading the development and evaluation of new treatments and procedures."

Women who come to OU Medicine's Pelvic and Bladder Health Clinic are treated by pelvic floor specialists who have pioneered innovations in ultrasound imaging, surgical procedures, education and research. They are part of one of the largest groups of fellowship-trained pelvic specialists in the nation.

Because OU Medicine pushes health care in a better direction, never resting until the answer is found, the majority of women in Oklahoma with serious medical conditions are referred to OU Medicine for treatment. There are also women in and around Oklahoma who

turn to OU Medicine because they feel all other options for a successful outcome have been exhausted.

For women trying to conceive, OU Medicine offers hope with its successful in-vitro fertilization (IVF) program. OU Medicine is one of a select group to offer IntegraMed's Attain™ IVF Refund Program. Three out of four program participants have a baby. For those eligible for the program that do not have a baby, up to a 70 percent refund is guaranteed.

Beyond the convenient access to leading specialists in a single facility, OU Medicine is located just off the interstate in Oklahoma City. Upon arriving, women simply leave their cars with a valet attendant who parks it for them, and they walk in the door to their appointments.

"Patients leave their appointments happy, because the people who work at OU Medicine will do whatever it takes to find the answers patients need," Dr. Hansen concludes.

BREAST HEALTH

OU Medicine Eases Burden of Breast Cancer

Every cancer carries with it an emotional element. Perhaps more than any other cancer, however, breast cancer diagnosis brings a wider array of worries that capture the minds of women.

"I have friends with breast cancer in other states where they don't get the explanation of what's going on and what to expect," says OU Breast Institute's Elizabeth Jett, MD, Director of Imaging. "Knowing what they have gone through is why I talk to every patient and do each ultrasound myself to ensure we tailor treatment plans to the concerns of the individual patient."

At the OU Breast Institute, each cancer patient is assigned a personal patient navigator. This single point of contact guarantees she has convenient access to the emotional, physical and technical support services she needs.

"Our patient navigators are an instrumental part of our ability to provide patient care that is second to none," Dr. Jett says. "Whatever the question, whatever the concern, our patients get the information they need, when they need it."

As a comprehensive breast care center, the OU Breast Institute creates a peaceful environment for women. The approach to treating and caring for women stems



DR. ELIZABETH JETT SPENDS TIME EXPLAINING TEST RESULTS TO HER PATIENTS.

from the belief that each person is unique and requires an understanding of what they are going through.

"Most of our patients will go from examination to mammography to biopsy in the same day within the same building, because we realize time seems

"Academic medicine definitely pushes health care in a better direction by finding new ways to keep our patients healthy."

Dr. Elizabeth Jett

to stand still when you don't know what the future holds," Dr. Jett says. "We all have friends who have had breast cancer with varied levels of satisfaction in the care and outcomes that shape our perceptions of cancer treatment."

Whether women are at high-risk for developing breast cancer and seek preventative options or if they have recently discovered a lump, all women seen at the OU Breast Institute can rest assured knowing they have access to another level of medicine not found elsewhere.

For example, the OU Breast Institute was the first facility in Oklahoma to attain American College of Radiology accreditation in all three service areas: mammography, breast ultrasound and stereotactic biopsy. These accreditations represent the toughest criteria for accuracy and quality.

"Academic medicine definitely pushes health care in a better direction by finding new ways to keep our patients healthy," Dr. Jett says, "which is why all of our patients' situations are reviewed by an entire team of specialists every time."

INFERTILITY

Costs of Overcoming Infertility Can Be Less Than Expected

"Congratulations, you are now the proud parents of a beautiful baby!"

This is one of the moments people enjoy seeing a doctor. But for couples struggling with infertility, the path to hearing those words can be more complicated.

Of the estimated 15 percent of couples experiencing infertility, many perceive the procedures associated with becoming pregnant as expensive, emotionally exhausting and risky in terms of having multiple births.

"In fact, the vast majority of couples who see us require simple, less expensive procedures than what they thought would be the case," says OU Medicine's LaTasha Craig, MD, Infertility Specialist. "And the science behind bringing children into the lives of these couples has evolved to the point where triplets or more occur in less than 1 percent of cases."

A predominant factor for many Oklahomans experiencing difficulty in becoming pregnant is obesity. According to a recent report by the Trust for America's Health and the Robert Wood Johnson Foundation, Oklahoma ranked as the sixth most obese state among adults. The state's obesity rate was 29.5 percent, according to the report, up 1.4 percent from last year.

"Many patients see us for infertility because their weight increases have caused them not to ovulate," Dr. Craig says. "Moderating weight prior to trying to have children is important in terms of conception, but obesity during pregnancy also leads to higher rates of diabetes in children, miscarriage and other complications."

Dr. Craig has made it her life's work to help couples overcome infertility.

HIGH RISK OB

DR. ERIC KNUDTSON DISCUSSES ULTRASOUND RESULTS WITH HIS PATIENTS.



Access to Specialists and Technology Key to Managing Pregnancy Risk

Risk is an inherent part of pregnancy, and maternal-fetal medicine specialists play a significant role in managing that risk. The difference in achieving successful outcomes, however, can rest on whether specialists are accessible in a single location. This is why more high-risk moms in danger of complications are seen at The Women's & Newborn Center in The Children's Hospital than anywhere else in Oklahoma.

"Because we are located inside The Children's Hospital, we have immediate access to every conceivable specialist you could ever need for mom and baby on site," says OU Medicine's Eric Knudtson, MD, Maternal-Fetal Medicine. "No other hospital in Oklahoma offers that level of reassurance."

Complications in expectant mothers, such as diabetes, lupus, kidney disease and even heart disease require access to another level of medicine, which is why women choose OU Medicine.

"Being on the leading edge of research designed to treat maternal and fetal ailments is exhilarating work," says Dr. Knudtson, OU Medicine's chief of

maternal and fetal medicine. "But it's even more gratifying to know the research is bringing life into the world that might not have happened even five years ago."

High-risk pregnancies account for only 6 to 8 percent of all expectant mothers in the United States. But when you consider the most recent National Center for Health Statistics data of 4.3 million live births in 2008, this seemingly low percentage becomes increasingly real as more than 250,000 moms and babies were at risk of complications.

Oklahomans experience an even higher rate of high-risk pregnancies. Nearly one-third of the expectant mothers seen at The Women's & Newborn Center are considered high-risk.

"In Oklahoma, OU Medicine is the place to benefit from academic medicine's ability to advance health care," Dr. Knudtson says. "We constantly seek new ways to keep mom and baby healthy. In fact, when other physicians become uncomfortable with a patient's illness, we often get the call."

"Expectant mothers seek answers, reassurance and hope for a positive outcome for themselves and their children when faced with health issues."

Dr. Eric Knudtson

OU Medicine offers expectant mothers access to Oklahoma's leading physicians and technology specifically focused on maternal-fetal medicine. Together, teams of doctors and clinical staff work to plan and prepare for concerns and risks of every expectant mother.

"Expectant mothers seek answers, reassurance and hope for a positive outcome for themselves and their children when faced with health issues," Dr. Knudtson says. "We provide convenient access to the specialists, the technology and the support services women need all under one roof."