



## Welcome to the Cooper Maternal-Fetal Medicine Program

Expecting a baby is a very exciting time in a woman's life. However, when a situation or complication develops that can affect the health of you or your baby, it may also be a time of uncertainty and fear. Our specialists understand your concerns and special needs and are here to help guide you through your pregnancy using a full spectrum of consultative, diagnostic, and therapeutic services.

### Your Cooper Team is here for you

Because we are able to draw on all the technologically and clinically advanced resources Cooper has to offer, our integrated team of providers—including board-certified maternal-fetal medicine physicians (an obstetrician with advanced training and expertise in high-risk pregnancies), perinatal nurses, genetic counselors, and specially trained and certified sonographers—work closely with your primary obstetrician to provide competent, compassionate, and consistent care through every stage of pregnancy and childbirth.

### Appointments

To schedule an appointment with Cooper Maternal-Fetal Medicine, please call the office of your choice listed below.

### Locations

#### CAMDEN

One Cooper Plaza  
Dorrance Building, Room 623  
Camden, NJ 08103  
856.342.2065

#### EGG HARBOR TOWNSHIP

303 Central Avenue, Suite 4  
Egg Harbor Township, NJ 08234  
856.536.1818

#### PRINCETON

10 Forrester Road South, Suite 208  
Princeton, NJ 08540  
609.921.2449

#### VOORHEES

The Ripa Center for Women's Health and Wellness  
901 Centennial Boulevard, 6100 Main Street  
Voorhees, NJ 08043  
856.325.6600

#### WASHINGTON TOWNSHIP

Four Plaza Drive, Suite 403  
Chapel Heights/Hurffville-Crosskeys Road  
Sewell, NJ 08080  
856.270.4040

#### WILLINGBORO

651 John F. Kennedy Way  
Willingboro, NJ 08046  
609.835.0895

[CooperHealth.org/MFM](http://CooperHealth.org/MFM)



One Cooper Plaza, Camden, NJ 08103

800.8.COOPER (800.826.6737)

[CooperHealth.org](http://CooperHealth.org)



## Maternal-Fetal Medicine Program



## Are you considered "at risk"?

You could be at increased risk for complications during pregnancy if you have diabetes, high blood pressure, cardiac problems, asthma, lupus, cancer, human immunodeficiency virus (HIV), or have had a screening test that indicates an increased chance of having a baby with a chromosomal or genetic abnormality.

Other conditions that may increase your risk include, but are not limited to, carrying more than one baby, having a history of pregnancy-related complications (such as multiple miscarriages or preterm birth), or having had babies with birth defects.



## What if I am not "at risk"?

The majority of babies with birth defects are born to mothers who are not considered to be at high risk. Our board-certified physicians are specially trained to detect abnormalities in patients who are considered low risk. If any problems are seen with the pregnancy, a maternal-fetal medicine doctor is available to speak with you directly to offer recommendations on management options. Our specialists communicate directly with your primary obstetrician to create the ideal plan of care for your pregnancy.

## Partnering with the Neonatal Intensive Care Unit Team

While many deliveries occur without complications, should your infant have a special need, our board-certified neonatologists are on site 24/7 to provide the newborn with continued care. This allows both Mom and baby to be at the same hospital after delivery.

## Services Offered

Cooper's Maternal-Fetal Medicine Program is equipped to deal with any complications that may arise before, during, or after your pregnancy. Our program provides:

- **Pre-pregnancy evaluation and consultation**, particularly for pregnancies complicated by maternal medical problems, previous pregnancy issues, and abnormal fetal conditions.
- **First-trimester genetic screening and risk assessment** to better delineate the risks of Down syndrome, Trisomy 18, and Spina Bifida. This includes sequential screening, MSAFP, and non-invasive prenatal testing (NIPT), a newer screening test for women with high risk pregnancies. All of our specially trained sonographers are certified to perform sequential screening, which along with blood tests, can detect 90 percent of cases of Down syndrome in low-risk pregnancies.



- **Genetic counseling** to fully educate you about testing options, such as chorionic villus sampling (CVS) and amniocentesis, as well as the risks and benefits of these tests. Both CVS and amniocentesis tests can be performed in the office to help diagnose abnormal fetal conditions.
- **High resolution ultrasound** to study your baby's anatomical development and to help detect many types of birth defects. 3D and 4D ultrasound is also available when needed to assist in the diagnosis of birth defects.
- **Fetal echocardiography** for detailed imaging of the baby's heart if a defect is suspected or the baby is at increased risk for congenital heart defects.
- **Fetal well-being assessment**, including non-stress tests, biophysical profiles, amniotic fluid assessment, and Doppler velocimetry for antenatal testing of babies at high risk prior to delivery.
- **Intrauterine transfusion** for those fetuses that require a blood transfusion for severe fetal anemia (low blood level).