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“Primum Non Nocere”

**PATIENT
INFORMATION**

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HOSPITAL AND BIRTH CENTER OBSTETRICAL SERVICES

1. Initial interview with the physician and nurse including a detailed description of our services, a health history evaluation, nutritional counseling, response to questions, and prenatal lab profile.
2. A complete physical examination by the physician.
3. Laboratory testing as required.
4. Prenatal examinations by the doctor and nurse: monthly through the seventh month, every two weeks during the eighth month, and weekly during the ninth month until delivery.
5. Extra prenatal visits as required for illness, medical problems, nutritional counseling, or answering questions.
6. Bradley Method® childbirth preparation method in house (see page 13 for details).
7. Birth attendance by the doctor. The hospital's nurses will provide nursing care.
8. Home visit by our nurse if the mother and baby are discharged before twenty-four hours postpartum, to assess the condition of mother and baby.
9. Breast-feeding counseling in order to promote and encourage successful lactation.
10. Medical care of the mother through six weeks postpartum including pelvic examination and Pap smear at six weeks.
11. Completion of forms required to process insurance claims.
12. Custom line of natural prenatal vitamin supplements (see page 6).

HOME OBSTETRICAL SERVICES

1. Initial interview with the physician and nurse including a detailed description of our services, a health history evaluation, nutritional counseling, response to questions, and prenatal lab profile.
2. A complete physical examination by the physician.
3. Laboratory testing as required.
4. Prenatal examinations by the doctor and nurse: monthly through the seventh month, every two weeks during the eighth month, and weekly during the ninth month until delivery.
5. Extra prenatal visits as required for obstetrical problems, nutritional counseling, or answering questions.
6. Bradley Method® childbirth preparation in house (see page 13 for details).
7. Birth attendance and delivery at home by doctor and nurse.
8. Sterile instruments and supplies, medications, and life support systems brought to the home for the delivery.
9. Completion and filing of the baby's birth certificate and determination of the blood type as required by the State of Illinois.
10. Home visit within forty-eight hours postpartum by our nurse to assess the condition of mother and baby. Administration of Rhogam™ Vaccine injection to RH negative mothers where required.
11. Breast-feeding counseling in order to promote and encourage successful lactation.
12. Medical care of the mother through six weeks postpartum including pelvic exam and Pap smear at six weeks.
13. Completion of forms required to process insurance claims.
14. Custom line of natural prenatal vitamin supplements (see page 6)
15. Handling and removal of medical waste in compliance with OSHA regulations.

SUPPLIES FOR HOME BIRTH

Have the following items ready in your home approximately two weeks prior to your due date:

- I. *Waterproofing for Bed or Mattress
 - A. Fitted vinyl mattress cover, or shower curtain, or plastic painter's drop cloth.
- II. For Protecting Floor
 - A. Stack of newspapers about six inches high.
- III. For Doctor's and Nurse's Medical Equipment
 - A. A cleared dresser top or other surface lined with newspapers.
- IV. For Delivery
 - A. Washcloths - 4
 - B. Towels - 4 large
 - C.* Underpads (also known as "Chux" or "linen protectors") 1 bag (23"x36" or 17"x23"), e.g. Sears®, Parke-Davis®, Johnson & Johnson® or Depends® brands.
 - D.* **HOSPITAL SIZE** sanitary napkins and belt or mesh panties
 - E. Flashlight
 - F.* Large Plastic Bags - 2, for receiving waste and soiled laundry.
 - G. Diapers, clothes, receiving blankets for baby.
- V. For Kitchen
 - A.* Flexible straws
 - B. Fruit juices, herbal teas, other nourishing liquids.
 - C. Clean pot with lid - 3 or 4 quart size for heating water.
 - D. Snacks for during labor.
 - E. Prepared frozen meals for the week after birth.
- VI. Optional Items
 - A. Rocking chair or chair with arms for nursing baby.
 - B. Footstool
 - C. Heating pad or hot water bottle (to soothe backaches or afterpains)
 - D. Fleets Enema (green box)
 - E. Olive oil (to massage perineum and prepare birth canal)
 - F. Camera and film
 - G. Extra pillows
 - H. Ice chips or frozen juice
 - I.* Plastic squeeze bottle (for cleansing perineum after birth)
 - J.* Newborn baby cap

* The items with asterisks are included in a "Home Birth Supplies" Kit, which we packaged for your convenience, and which you can purchase in our office.

AIDS INFORMATION

AIDS (Acquired Immunodeficiency Syndrome) is caused by a virus called Human Immunodeficiency Virus (HIV). People who are infected with the virus may show no symptoms of the disease and may feel well. The virus can be passed on from a pregnant woman already exposed to HIV (even if she shows no signs of the disease) to her unborn child. If this occurs, the child is at risk for developing AIDS or AIDS-related conditions.

The following groups of people are known to be at high risk for carrying HIV. In some cases these risk factors are associated with life-style, and in other cases with geographic location or medical history.

- Women whose partners are known to be HIV-positive
- Intravenous drug users or their partners
- Prostitutes
- Women whose male partners have had a homosexual experience or been exposed to someone with AIDS
- Hemophiliacs and partners of hemophiliacs or any recipient of multiple blood transfusions
- Women or women whose partners immigrated from the African malaria belt or Haiti after 1975

In addition, the following individuals may have a somewhat increased risk of carrying the virus:

- Women who had or whose partners had a blood transfusion between 1977 and the spring of 1985.

There is a blood test available to identify people who have been exposed to this virus. If you belong to a high-risk group, the Department of Health and Human Services and the Center for Disease Control strongly suggest that you have this blood test done to determine if you have been exposed to HIV, even if you feel perfectly well. This will help determine the best health care for you and your unborn child.

If you deliver at Highland Park Hospital, an HIV test is required. If you have not had the test previously, the hospital will offer you the test or offer you the opportunity of declining the test. If you decline the test for yourself, you will also have the option of declining the test for your baby.

In order to arrange for a confidential blood test, or if you wish to have further information, let Dr. Elvove know. If you decide to be tested, please remember that a positive test does not mean you have AIDS. The results of your test need to be discussed with Dr. Elvove. This test is not performed routinely on every patient--it will be done only if you request it.

READING LIST

<i>5 Minute Child Health Advisor, The</i>	Schwartz, William
<i>Active Birth: New Approach to Giving Birth Naturally</i>	Balaska, Janet
<i>Becoming A Father</i>	Sears, William
<i>Birth Partner, The</i>	Simkin, Penny
<i>Birth Without Violence</i>	LeBoyer M.D., Frederick
<i>Birthing Normally A Personal Growth Approach to CB</i>	Peterson, Gayle
<i>Complete Book of Pregnancy and Childbirth , The</i>	Kitzinger, Shelia
<i>Confessions of a Medical Heretic</i>	Mendelsohn M.D., Robert S.
<i>Doctors Re-Examine Circumcision</i>	Montague PhD., Ashley
<i>Emergency Childbirth</i>	White M.D., Gregory
<i>Experience of Childbirth , The*</i>	Kitzinger, Shelia
<i>Family Bed , The</i>	Thevenin, Tine
<i>Fussy Baby Book, The</i>	Sears, William
<i>Gentle Birth Choices - A Guide</i>	Harper, Barbara
<i>Growing Together</i>	Sears, William
<i>Healing Back Pain*</i>	Sarno M.D., John
<i>Homebirth</i>	Kitzinger, Sheila
<i>How I Was Born</i>	Nilsson, Lennart
<i>How to Raise a Healthy Child in Spite of Your Doctor</i>	Mendelsohn M.D., Robert S.
<i>Immaculate Deception II: Myth, Magic & Birth</i>	Arms, Suzanne
<i>Labor of Love - Mothers Share the Joy of Childbirth</i>	Zimmer, Judith
<i>Mind Over Labor*</i>	Jones, Carl
<i>Mom , Dad , and I are Having A Baby</i>	Malecki, Maryanne
<i>Natural Pregnancy</i>	West, Zita
<i>Nighttime Parenting</i>	Sears, William
<i>No More Morning Sickness</i>	Erick R.D.,M.S., Miriam
<i>Nursing Your Baby</i>	Pryor, Karen
<i>Special Delivery</i>	Baldwin, Rahima
<i>Thinking Woman's Guide to Better Birth</i>	Goer, Henci
<i>Touching</i>	Montigue, Ashley
<i>Vaccine Guide, The*</i>	Neustaedter, Randall
<i>Week in the Zone, A*</i>	Sears PhD., Barry
<i>What Every Pregnant Woman Should Know</i>	Brewer, Gail
<i>What Your Dr. May Not Tell You about Menopause</i>	Lee M.D., John R.
<i>Whole Foods for the Whole Family</i>	La Leche League International
<i>Wilson's Temperature Syndrome*</i>	Wilson, M.D., Denis
<i>Womanly Art of Breastfeeding , The*</i>	LaLeche League International
<i>Zone Perfect Meals in Minutes</i>	Sears PhD., Barry

* Available for sale in our office

VITAMIN SUPPLEMENTS AND MEDICATIONS

We are very happy to be able to present our custom line of natural vitamin and mineral supplements. The supplements are derived from natural food sources. They are compounded strictly according to Dr. Elvove's own guidelines of selecting the highest quality natural food ingredients, which are utilized most efficiently and completely by the body. Furthermore we avoid using sugar, salt, yeast, colorings, and synthetic additives, thus making our preparations easy to digest and assimilate. If you have had difficulty tolerating other vitamin supplements in the past, we think you will be pleasantly surprised by these.

We recommend that our pregnant and nursing patients take a purified fish oil supplement. The long chain omega 3 fatty acids, EPA and DHA are very beneficial to the mother and to the baby's brain development. These supplements are available in capsules. The fish oil supplements have been molecularly distilled so that they are free of mercury, PCB's and dioxin. Take your fish oil capsules just before you eat, so that you don't experience a fishy taste.

FINANCIAL POLICY STATEMENT

Payment is due at the time medical services are rendered. We accept cash, personal checks, Visa[®], or Mastercard[®] for payment.

In the case of maternity services, which are provided over an extended period of time, payments can be arranged in several ways. At your first visit we will set up a payment schedule for you. The obstetrical package fee includes visits for normal prenatal care. Visits for illnesses and other complications will be billed separately.

If you have insurance coverage, the estimated deductible and co-insurance that your insurance will not pay, is due during your pregnancy. This amount will be divided into monthly payments payable at your prenatal visits. If you are electing a home birth, please check with your insurance to make sure that they do not exclude home birth in your policy.

If you do not have insurance coverage, the obstetric fee will be divided into equal monthly payments payable at your prenatal visits.

Those patients who have financial difficulty in meeting their scheduled payments and who have maternity coverage on their insurance plan, may be given a special payment plan to suit their needs. Please discuss this with Donna Crocker, the accounts manager.

A finance charge will be assessed on overdue accounts.

OBSTETRICAL FEES

1) Initial pregnancy visit and examination.....	\$175.00
2) Comprehensive home obstetrical delivery.....	3,800.00*
3) Birth center or hospital delivery (<i>includes prenatal and postpartum care but does not include hospital's charges, pediatric fees, or nurse's home visit</i>).....	3,000.00
4) High risk hospital birth surcharge, <i>e.g. Pitocin stimulation, home to hospital transfer, forceps delivery, twin pregnancy, Cesarean section, or vaginal birth after cesarean section (VBAC)</i>	600.00
5) M.D. Surgical Assistant (if required for Cesarean section).....	800.00
6) Childbirth classes series (4 sessions @ \$25 each).....	100.00
7) Fetal Non-Stress Testing.....	110.00
8) Prenatal Visit Complex (an obstetrical problem beyond the usual prenatal scope).....	75.00
9) Doula Services (use of one of our nurses as a doula in for a hospital birth).....	800.00

OBSTETRICAL LABORATORY FEES

1) Prenatal blood profile with rubella and hepatitis tests.....	65.00
2) Pregnancy test (urine).....	16.00
3) Pregnancy test qualitative (blood).....	25.00
4) Pap smear.....	35.00
5) Rh antibody screen.....	25.00
6) Special blood testing done immediately after birth on mother & baby if mother is Rh negative.....	261.00
7) Rhogam™ Vaccine injection (for Rh negative mother, if required).....	130.00
8) Rubella immunization postpartum (if required).....	30.00
9) Complete blood count.....	30.00
10) Hematocrit.....	20.00
11) Blood glucose screen.....	25.00
12) AFP Triple test (screening test for spina bifida & Down Syndrome).....	132.00
13) HIV Antibody screen.....	30.00
14) Group B Strep vaginal culture.....	32.00
15) Specimen handling fees (e.g. venipuncture, culture or Pap collection, injections, etc.).....	10.00 - 45.00

*\$3,800 total charge includes the following: the physician's obstetrical fee of \$3,000, and the Delivery Pack charge of \$800 (consists of sterile instruments and supplies, medications, life support systems, IV fluids, oxygen, a medical waste disposal kit, etc. The \$3,800 charge excludes fees for laboratory tests and childbirth classes. See page two for details of services provided.

Prices are subject to change 10/1/05

PEDIATRIC SERVICES

We offer continuing in-office pediatric care for infants and children, so that you don't need to search for another doctor for your children. Good preventive health care emphasizes breast-feeding and proper nutrition in an attempt to prevent serious illnesses from occurring.

If your child becomes ill, Dr. Elvove can often arrange to see him or her the same day if you call the office at 10:00 a.m. If the problem cannot wait, the doctor is always available through the office emergency voice mail paging system to respond to your calls at (847) 362-1367

Following is the schedule for pediatric care:

AGE

SERVICES

- 1 week: Physical examination; blood test to screen for PKU, hypothyroidism, galactosemia, congenital adrenal hyperplasia, etc. (as required by the State of Illinois.), breastfeeding assessment.
- 2 weeks: Physical examination; check of weight gain, growth, and breast-feeding.
- 6 weeks: Physical examination; assessment of growth parameters.
- 3 months: Physical exam; assessment of growth and development; HIB¹#1, DTaP² #1
- 5 months: Physical examination; assessment of growth and development; discussions about solid foods; DTaP #2 & HIB#2
- 7 months: Physical examination; assessment of growth and development; DTaP #3 IPV³ #1
- 9 months: Physical examination; assessment of growth and development; discussion of childproofing home and accident avoidance IPV#2
- 12 months: ... 1 year old physical exam;
- 15 months: ... Physical exam; assessment of growth and development; Immunization; HIB #3
- 18 months: ... Physical examination; assessment of growth and development; DTaP #4 and IPV #3 booster immunizations.
- 24 months: ... Physical examination; assessment of growth and development; lead screening, blood count, and tuberculosis testing (PPD⁴) if required due to risk factors.
- Annual: Physical examination; assessment of growth and development; school physicals and immunizations as required, e.g. MMR⁵, HepB,⁶ Varicella⁷

¹ *Haemophilus influenzae group b conjugate vaccine (for infants' meningitis)*

² *Diphtheria, tetanus and acellular pertussis, triple toxoid vaccine.*

³ *Inactivated polio vaccine (killed virus injection)*

⁴ *Purified Protein Derivative, tuberculosis skin test*

⁵ *Measles, mumps and rubella vaccine (attenuated live virus).*

⁶ *Hepatitis B recombinant vaccine*

⁷ *Varicella vaccine (Chicken Pox) (attenuated live virus)*

PEDIATRIC FEES

<u>SERVICE</u>	<u>FEE</u>
1) Newborn care at Cesarean Section Including resuscitation and initial physical exam.....	\$150.00
2) Initial newborn exam Following vaginal delivery.....	120.00
3) Newborn hospital visit.....	80.00
4) Newborn hospital discharge exam.....	100.00
5) Nurse's home visit following early hospital D/C	75.00
6) Pediatric office examinations	70.00-120.00
7) Neonatal PKU, Hypothyroidism, and Galactosemia blood screening tests.....	72.00
8) Newborn's blood type and Rh.....	30.00
9) Coomb's antibody screen (if mother's blood type is O+).....	28.00
10) Immunizations:	
DTaP.....	30.00
IPV.....	35.00
DT.....	28.00
MMR.....	56.00
HIB.....	37.00
TB Test.....	12.00
Hepatitis B.....	28.00
11) Vaccine Administration Fee (each injection).....	10.00
12) Specimen collection fee	10.00 -20.00

Prices are subject to change 10/1/05

HEALTHY PREGNANCY AND BEYOND

Most pregnant women can achieve a healthy and normal pregnancy with a certain amount of effort and planning. Just as any project must be well planned and properly executed in order to be successful, pregnancy is no different. Genetic and environmental factors are involved. The genetic factors were determined when you chose your partner. Hopefully you made a wise choice, because you have no further control over the baby's genes. However the environment that you create for the developing baby regulates the expression of these genes. This is where volition will make a substantial impact, not only on the health and successful outcome of the pregnancy, but also on the life and health of the child in the years ahead. We all want to give our children the best possible beginning in life, and our effort should commence prior to conception.

The six factors that we do control are air, water, food, exercise, sleep and mental attitude. Let's review each of these factors separately.

(1) **AIR:** You have little control over the air you breathe unless you are a smoker or are exposed to smokers. You should stop smoking or breathing second-hand smoke. You should avoid prolonged exposure to harsh chemical fumes, especially petroleum products, benzene, oil base paints, and cleaning fluids.

(2) **WATER:** Water consumption is essential during pregnancy. Blood volume increases by fifty percent during pregnancy to help nourish the growing baby. We give all of our pregnant patients drinking mugs so that fluids will be replaced on an ongoing basis. Pure water is always the best liquid to drink. You should avoid drinks that contain caffeine, excess sugar, artificial sweeteners like aspartame, and alcohol. Alcohol is toxic to the fetal brain cells during all trimesters and should be absolutely avoided, even in wine or beer. Cow's milk is rich in bovine hormones and should be limited. (There are better sources for protein and calcium; I'll elaborate on this subject later.)

(3) **FOOD:** Nutrition during pregnancy is a most challenging and complex issue to manage, but offers the greatest potential for a woman to positively influence her pregnancy. Many women feel that because they are pregnant, they can eat anything they desire, without reason or planning. Nothing could be further from the truth! Proper nutrition not only provides the baby with raw materials required for optimal development, but also creates a hormonal milieu conducive to optimal transport of nutrients by the placenta and to efficient functioning of the uterine muscles during labor. Improper nutrition can result in birth defects, pre-term labor, preeclampsia, gestational diabetes, or prolonged labor.

At conception, adequate amounts of folic acid and B vitamins are required to prevent cleft palate and spina bifida and to quell the nausea and vomiting of early pregnancy. Prenatal vitamin supplements should be started as soon as the stomach tolerates them. Natural vitamins, which are extracted from food sources, are far superior to pharmaceutical vitamins, which are chemically synthesized in a laboratory. The natural vitamins are better absorbed, better utilized and better recognized by the body and cause less gastrointestinal upset. Fifteen years ago, due to our frustration about the lack of high quality food-source based prenatal vitamins, Dr. Ettner and I designed a custom formula for our pregnant patients. A nationally respected natural vitamin company compounded these vitamins to meet our specifications. Our patients comment that our vitamins make them feel much better than their previous prescription vitamins, and they do not upset their stomachs.

Every meal and snack should contain a high quality, low-fat protein source such as fish, chicken, turkey, eggs, cottage cheese, lean beef or pork, or soy products. A rough guide for the amount of protein at each meal is the size and thickness of the palm of your hand. For those women who have difficulty consuming adequate protein, I designed a "rich protein shake" recipe which utilizes soy or whey protein isolate powder, frozen fruit, nut butters, fiber, and flavorings. This shake is quite tasty and provides 25 grams of high quality protein and suffices as a complete meal or snack. Daily protein consumption should be 80-100 grams during the second and third trimesters.

Carbohydrate choices should emphasize fresh and frozen fruits and vegetables, both raw and cooked, with every meal and snack. These foods contain minerals like calcium, anti-oxidants, phytonutrients and fiber. The dense carbohydrates such as bread, pasta, rice, potatoes, cereal, sugar, chips, and juices should be used only in very small quantities. These foods contain very little else other than sugar. Even whole grain products contain

predominantly carbohydrates, which can result in the oversecretion of insulin in susceptible individuals. Chronically elevated insulin levels due to overabundance of carbohydrates in the diet can lead to gestational diabetes, excessive growth of the fetus, and a prolonged labor. Starchy carbohydrates are heavily promoted by the food industry because they are inexpensive to produce, have a long shelf life, and are therefore very profitable. A useful adage is to avoid the central aisles of the grocery store where the starchy carbohydrates are lurking.

Essential fatty acids are extremely important nutrients in the diet. Fat makes food satisfying and tasty and is necessary for the synthesis of the eicosanoid hormones that control our basic physiologic functioning at the cellular level. (See previous newsletters for more information.) Fat also slows the absorption of carbohydrates into the blood and thus modulates insulin response. The low-fat protein sources contain adequate omega-6 fatty acids. Additional fat added to meals should be mostly monounsaturated fat such as olive oil, canola oil and nuts. Corn and safflower oils are polyunsaturated vegetable oils containing large amounts of the less desirable omega-6 fatty acids and should be used sparingly. A third kind of fat, which is extremely deficient in modern diets, is the long-chain omega-3 fatty acids EPA and DHA. EPA improves blood flow and oxygen transport to the fetus. It also helps to synthesize the hormone prostaglandin E1, which is responsible for optimizing the efficiency of uterine contractions during labor, resulting in a shorter labor. DHA is an integral component of the fetal neuron cell membranes and promotes healthy fetal brain and retina tissue. I recommend four to six grams of molecularly distilled, cholesterol-free fish oil per day, especially during the third trimester. Fish oil supplements should continue during breastfeeding to ensure your baby's optimal brain development. Flaxseed oil does not contain EPA or DHA and thus has far less potency than fish oil. The other daily supplement I recommend is Vitamin E: 400 IU of natural mixed tocopherols daily. Vitamin E is an antioxidant that neutralizes free radicals and is difficult to obtain in the diet.

One fat group that I recommend that we all avoid, especially during pregnancy, is the Trans fatty acids, which are found in the "partially hydrogenated vegetable oils" you see listed on food ingredient labels. These oils are chemically altered to prolong shelf life by preventing rancidity. Our body chemistry doesn't recognize these oils as synthetic and utilization can result in weakened cell membranes in the cardiovascular and central nervous systems. Foods that contain these oils are margarine, refined peanut butter, crackers, chips, and baked goods. Desirable living natural foods should spoil with time and must be used when fresh. In contrast the shelf life of a Twinkie® is seven years!

During pregnancy we request each mother to bring in a three day representative diet log so that we can work with each woman's tastes to suggest the best possible food choices for her pregnancy. Pregnancy is a time when women are highly motivated to eat well for the benefit of their developing babies. We hope that the healthy habits practiced during the pregnancy continue as the child grows outside the womb. Children learn their eating habits by imitating their parents and we all want our children to develop healthy eating habits.

(4) EXERCISE: The next environmental factor to consider in achieving a healthy pregnancy is exercise. Our bodies are designed to be active, and will not function efficiently unless we utilize them. Exercise improves cardiovascular fitness, tones muscles, removes waste products, lowers insulin levels, and improves mood. Any exercise you enjoy doing and can be accomplished near home or work is satisfactory. Walking briskly thirty minutes, five times a week would be adequate, and is something anyone can do. We consider pregnancy as if it were an athletic event, and as your coaches, we want you to be prepared: well trained, well nourished, and well conditioned when it comes time to give birth.

(5) SLEEP: Adequate sleep follows in this mode. Sleep allows the body to repair, renew, and refresh itself and reduces stress levels.

(6) ATTITUDE: Finally, emotional health is often overlooked but has a lasting effect on the outcome of pregnancy. Your outlook should remain positive and the baby should be exalted as a welcome and valuable family addition. You should sustain high hopes for the happiness and health of your baby. You should shrug off disparaging remarks made by relatives or acquaintances. Pregnancy is a time to read, study, enjoy art and music, meditate, practice your religion, and generally nourish your spirit. If you have persisting fears about the baby, childbirth, or motherhood, you should let us know so that we can suggest ways to help you to handle them. You need to develop the confidence to realize that you can cope with the difficulties of labor utilizing the power that already exists deep within you. It is helpful to remember that childbirth has been repeated over three billion times in the past, so the overwhelming probability is excellent that your journey will be successful!

BRADLEY METHOD® COURSE CONTENT

Every class has a specific topic which is covered in detail. In addition, each class will also cover nutrition, exercise, positive communication, and coaching. Different relaxation techniques will be demonstrated and assigned for practice each week, for a total of 12 relaxation techniques! Classes also feature one or two videos every week.

Class 1. Healthy Pregnancy: Exercise & Nutrition

This class starts with Bradley Method history, philosophy and goals. It is a time to get to know me and the members of your class. During this class, we will begin to study things you can do to keep yourself healthy and low risk during pregnancy. We will learn important pregnancy exercises. We will also discuss good nutrition during pregnancy so that you will understand what nutrients are important and what quantities are necessary.

Class 2. Introduction to First Stage Labor

This class focuses on the first stage of labor. We will discuss the anatomy and physiology of how your body works in first stage labor, stressing our respect for the natural process and examining the built-in safeguards for you and your baby. We will lead a discussion of how to handle pain and how to avoid unnecessary pain in labor. We will teach basic coaching techniques and instruct you on how to practice together. We will also discuss the importance of natural childbirth and bonding.

Class 3. Introduction to Second Stage Labor

This class focuses on how your body works in the second stage of labor. We will cover the anatomy and physiology of second stage labor, stressing our respect for the natural process and examining the built-in safeguards for you and your baby. We will discuss the importance of the natural alignment plateau and the fetal Heimlich maneuver. Basic pushing techniques and second stage positions, as well as the coach's role, will be covered. Third stage will also be discussed briefly.

Class 4. Planning Your Birth, Variations, and Complications

The first half of Class Four covers consumer information and how to make a birth plan. We discuss: what your choices are, the importance of evaluating your feelings and listing your priorities, and meeting with your medical team to discuss your choices in a positive way. The second half of class covers various complications including cesarean surgery. We will discuss: how to avoid these problems if possible, how to evaluate whether it is necessary to intervene, and how to handle interventions that become necessary.

Class 5. Advanced First Stage Techniques

This class is filled with advanced coaching techniques dealing directly with the challenge of handling first stage labor. We will go over the First Stage Study Guide so that you can be sure you are well prepared. We will also have a labor rehearsal and do some role playing. An introduction to postpartum preparation is also given. [This is the last class of the Accelerated Series.]

Class 6. Advanced Second Stage Techniques

This class begins with an advanced labor rehearsal which helps to pull together all of the information you have learned so far. We will also cover the Second Stage Study Guide to be sure that you fully understand and are prepared to handle the second stage of labor.

Class 7. Being a Great Coach / Are You Ready?

At this point we will go over the B.E.S.T. techniques for labor and birth as a comprehensive review of the most important points you will use while in labor. This class also covers information for coaches on how to handle the challenges they will face in labor. Emergency childbirth will be discussed, just in case the baby comes before you get to your planned birth place.

Class 8. Preparing for Your New Family

The last class of our eight week series begins with an advanced labor rehearsal. Next we will discuss the concluding chapter in your student workbook, which is titled "Your Labor and Birth". We will also cover: newborn care, mothering, fathering, breastfeeding, how to handle a crying baby, and adjusting to the many changes you will face during this time. Some classes will feature a visit from a couple with a newborn baby, wherein the mother will demonstrate breastfeeding to the women and the father will tell the men what its like to have a baby in the house.