



A letter from the CEO

Dear Friends,

After months of planning, pre-construction, and construction, it was with great pride that TGMC opened the new Women's Center in summer of this year. This one-of-a-kind facility dedicated to the special needs of women is an all-new, all-encompassing, state-of-the-art complex designed to provide comprehensive health care services for women of all ages and at all stages of their lives.

The only facility of its kind in the region, the two-story, 85,000 square foot facility centralizes all of TGMC's women's services under one roof. By locating all of our gynecological, obstetrical, and women's diagnostic services in one building, we can provide more convenience, offer expanded programs and testing for better diagnosis and treatment, and establish greater continuity in the care our patients receive.

Additionally, the new Women's Center offers the first Women's Imaging and Breast Center in the region, which features digital mammography, stereo-tactic breast biopsy, 4-D ultrasonography, maternal fetal medicine and bone densitometry. This advanced technology gives us the capability to provide early detection of abnormalities in their beginning stages.

I hope you enjoy reading this special Women's Center edition of *Take Care* Magazine and look forward to the opportunity of providing you a health care experience unmatched in the Tri-Parish area.

Sincerely,
Phyllis Peoples
President and Chief Executive Officer

THE WOMEN'S CENTER AT TGMC:

Pampering at Every



LARGE, TRANQUIL ROOMS WITH STATE-of-the-art amenities. Knowledgeable, compassionate and experienced staff. Amazing views of majestic oak trees. What sounds like a nice hotel is actually the new Women's Center at Terrebonne General Medical Center (TGMC), where health care is tailor-made for women at every stage of life.

The Women's Center, now fully operational, is a comprehensive health care center for women providing obstetrics and gynecological care and the first comprehensive women's imaging center in the region.

The center features all-new private rooms, as well as surgical suites for same day surgeries and procedures.

According to Laura Poole, Director



"I have had lots of major surgery, and the care at Terrebonne General was the best care I have ever received, for what I went through, I wouldn't want to be anywhere else."

— Darlene Verret, patient at the new Women's Center

Women Stage of Life

of Women's Services at TGMC, the center was developed after extensive research and site visits throughout the country at similar women's health care facilities. "Overall, the Women's Center is one of the most efficient, and comfortable facilities of its kind and offers patients a quiet, peaceful environment," Poole said.

IN TOUCH WITH MOTHERS AND BABIES

In the center's obstetrics area, TGMC utilizes advanced fetal monitors and computer systems to closely monitor both mother and baby, enabling staff to always be in touch from any area of the labor and delivery unit.

In the case of a high-risk pregnancy, the center's first floor houses a maternal fetal medicine clinic, designed for high-risk mothers who require the care of a

perinatologist. Antepartel rooms in the labor and delivery unit allow staff and doctors to monitor obstetrics patients for testing, medical complications or in instances of pre-term labor.

For mothers in active labor, the center's all-private Labor/Delivery/Recovery rooms (LDR) offer large, tranquil suites equipped with comfortable furnishings and top-of-the-line birthing and fetal monitoring technology. Following delivery, patients recover in these rooms while being monitored by professional, caring staff certified in inpatient obstetrics. Patients who have had a C-section or tubal ligation also recover in an LDR with a registered nurse trained in recovering post-op surgeries.

Following the recovery period, patients then move to a post-partal





Women are the focus. From both an emotional and psychological standpoint, the Women's Center shows that we are sensitive to women's needs – whether it's obstetrics or gynecology.



room for the remainder of their hospital stay. This 20-bed unit offers large, private rooms in close proximity to the nursery.

From the moment they deliver their baby, patients may choose to have their baby “room in.” When not in the room with their mother, babies can be seen by family members through the nursery window any time, day or night.

THE BABY'S ARRIVAL

TGMC's team of experienced maternal-child nurses begin taking care of your new baby upon delivery. As skilled neonatal care providers, the Women's Center has a Level 2 Neonatal Intensive Care Unit (NICU), specializing in caring for babies born prematurely or those requiring focused care resulting from complications during the newborn period.

For mothers choosing to breast-feed their babies, TGMC offers the opportunity to meet with a Lactation Consultant specially trained in working with breastfeeding mothers and infants during pregnancy and following delivery.

While under the care of the center's skilled maternal-child team, patients and their family will receive individualized attention. The staff will conduct a needs assessment for the mother and recommend various programs to help ensure a healthy transition as a family takes their new baby home.

JUST FOR WOMEN

In the gynecological unit of the Women's Center, TGMC physicians perform a variety of both inpatient and outpatient procedures including four types of hysterectomies - abdominal, vaginal, laparoscopic assisted vaginal and total laparoscopic. With 14 private rooms, five of which have courtyard access, patients can have same day surgeries and recover in the same unit.

In addition, the center offers gynecological diagnostic laparoscopy, a tool used to diagnose many gynecological disorders such as endometriosis, uterine fibroids and other structural abnormalities like ovarian cysts and adhesions (scar tissue). Another specialized service available is the loop electrosurgical excision procedure (LEEP), in which physicians remove part of the cervix in the event a woman has had an abnormal Pap smear.

The region's first comprehensive diagnostic women's center provides testing such as traditional and digital mammography, bone densitometry and 4-D ultrasounds. Stereotactic needle biopsies may also be done here, to determine if a breast lesion is cancerous.

All surgeries done at the Women's Center are performed on the second floor. Five operating rooms are dedicated for women's procedures, and private elevators allow patients to go directly into their surgery area, creating more privacy for both obstetrics and gynecology procedures.

“The atmosphere is just incredible,” Poole said. “Women are the focus. From both an emotional and psychological standpoint, the Women's Center shows that we are sensitive to women's needs – whether it's obstetrics or gynecology.”

The new Women's Center at TGMC offers the latest technology backed by the most experienced staff of doctors and nurses in the region. Whether a woman is being guided through her pregnancy, a diagnostic procedure or surgery, the Women's Center provides a comprehensive approach to women's health care, for every stage of a woman's life.

For more information on the Women's Center, call 985-873-4616 or log on to www.tgmc.com.

See page 6 for a listing of the OB/GYN physicians on active staff at TGMC.



A BRIGHT BEGINNING

Beginning months before delivery, Terrebonne General Medical Center (TGMC) offers classes and information to help mothers on their way to the big day – arrival of the new baby. Classes are designed to meet the physical, mental and emotional needs of the entire family and stress the importance of proper prenatal care.

The Bright Beginnings program helps patients and their families prepare for delivery and post-partal recovery through a variety of classes. A team of certified childbirth educators provide the latest information in a professional and caring environment. In order to cover the basic expenses to host these educational classes, a small fee is required at the beginning of the session.

Prepared Childbirth Classes are a series of courses designed to educate the first-time parents and also serves as an excellent review of the labor process

for even the most experienced parents. The Hands-on Parenting/ Teen Childbirth Education class is designed to educate the teenage mother and her support person(s) for the delivery and care of her baby. A Sibling Class helps children ages 2-10 who are becoming big brothers or sisters and covers topics such as jealousy, delivery, hospital care and newborn care. Breastfeeding classes prepare the expectant family choosing to breastfeed, or to help those families uncertain of their feeding choice in the decision-making process. The Mommy and Me Support Group is ongoing and provides new moms the opportunity to interact with other new mothers and ask questions on various newborn topics. Infant Massage Classes help promote parent/infant bonding and the importance of touch in a child's development.

Classes are offered regularly. To register, call 1-888-543-TGMC. To schedule a tour of The Women's Center or to ask questions regarding programs, please call the Childbirth Education department at (985) 858-7173.

