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NEW YORK

modern MATERNITY

—Debra Borchert also contributed to this special advertising section.



WHETHER IT'S YOUR FIRST FORAY into motherhood or you're an old hand at all things maternal, knowing where to find the finest maternity services and products can make for nine months of baby heaven. From stylish maternity boutiques to luxurious prenatal massages and a childbirth pavilion that gives new meaning to the word pampered, *New York Magazine* brings pregnant women the very best the metro area offers from their first trimester to the delivery room.

THE VALLEY HOSPITAL

The Valley Hospital offers a full range of services for mothers, babies and their families—from pre-conception to delivery to parenting classes. Services include perinatology, obstetrics, neonatology and reproductive endocrinology.

For prospective parents with concerns about their families' health histories or recurrent miscarriages, Valley offers counseling and a state-of-the-art genetics lab. On-site genetic counselors provide a full scope of services including chromosome analysis, carrier detection and prenatal diagnosis for inherited disorders, counseling for environmental and drug exposures, and evaluation for recurrent miscarriages.

Valley Hospital's Center for In Vitro Fertilization and Reproductive Endocrinology offers hi-tech help to couples having difficulty conceiving. Affiliated with New York University's School of Medicine, the center is staffed by physicians who are tops in their fields. Says co-medical director Ali Nasserri M.D., "We offer all of the advanced technology necessary to enhance fertility combined with a higher-than-typical standard of care from our physicians, nurses and staff."

The Valley Hospital

223 N. Van Dien Ave. | Ridgewood, NJ
201-447-8000 | www.valleyhealth.com

Center for In Vitro Fertilization and Reproductive
Endocrinology | 15 Essex Rd. | Paramus, NJ
201-291-6400 | www.valleyivf.com

HACKENSACK UNIVERSITY MEDICAL CENTER

When it comes time to have your baby, consider the best the tri-state area has to offer. With a staggering 4,500 deliveries each year, New Jersey's Hackensack University Medical Center proudly holds the post of pre-eminent obstetrics hospital. Equipped with the finest medical technology and equipment available, along with a highly qualified and dedicated staff of physicians and nurses, Hackensack ranks with the best of them. But what really sets it apart from most birthing facilities is its unparalleled Childbirth Pavilion, where the ultimate in maternity services come together under one roof. When it's your time, opt for one of 10 birthing suites, luxurious labor/delivery/recovery rooms catering to the ultimate in comfort and privacy for both mom and baby. Mothers-to-be will also appreciate the pavilion's attention to details such as customized gourmet menus, stylish personalized gowns, cozy private rooms and nurses on call via always-accessible cell phones. Also look to the Childbirth Pavilion for two specially equipped Cesarean section delivery rooms, a post-anesthesia four-bed care area, 31 postpartum beds, eight high-risk antepartum beds and—everyone's all-time favorite—the nurseries that the newest additions call home. 30 Prospect Ave., Hackensack, NJ 201-996-2765 | www.humc.net

THE VALLEY HOSPITAL

Valley Hospital's family-centered philosophy on childbirth—complete with lunch and dinner buffets for moms and dads—makes having a baby a special, memorable experience. Thanks to its comprehensive and coordinated childbirth services, Valley's Center for Childbirth can offer optimal care and outcomes.

Valley's empathetic, multi-disciplinary approach makes it a standout among its peers. "Valley is fortunate to have truly superior obstetricians, neonatologists and perinatologists on staff working together to ensure optimal outcomes for mother and baby," says Martin N. Hochberg, M.D., director of gynecology and obstetrics.

Women with health concerns about pregnancy may wish to arrange for an assessment even before conception advises Angela Bianco, M.D., a



perinatologist who serves as director of maternal-fetal medicine. "We provide counseling for medical issues that can have an impact on pregnancy or the way that pregnancy might affect the patient's health," she says. Advanced techniques can identify women at risk for premature birth so they can prolong pregnancy, minimize complications and strengthen the fetus in case of early delivery.

Dr. Bianco notes, "Our affiliation with New York University Medical Center allows us to stay up-to-date with the latest research and techniques to assist women with high-risk pregnancies." While most pregnancies go smoothly, expectant mothers want assurance that their physicians are prepared for any emergency. Valley's highly specialized neonatologists work closely with the perinatology team and become involved the moment an issue arises.

"We work as a team," says director of neonatology Frank Manginello, M.D., "and happily, 99.99 percent of the babies cared for in the neonatal intensive care unit have successful outcomes."

223 N. Van Dien Ave.
Ridgewood, NJ
Physician referral: 800-VALLEY-1
www.valleyhealth.com

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JEWISH COMMUNITY CENTER

To help pregnant women learn more about issues relating to pregnancy, while meeting others at the same life stage, the Jewish Community Center is offering a new series of workshops called "The Pregnancy Program: Getting Ready." Starting May 1, 10 Thursdays evenings (6-7:30) will include topics such as "Pregnant at Work," "When Two Becomes Three," "Introduction to Prenatal Yoga," and "Preparing for the Marathon of Labor." People may select the entire series or the individual workshops they desire. 334 Amsterdam Ave. at 76th Street To register: 646-505-5708 www.jccnyc.org

