



Now Delivering at HonorHealth Sonoran Crossing Medical Center

Desert West providers Amy Boots, DO, Winter Dowland, DO, Lisa Jaacks, MD, Rebecca Ludwig, MD, Laura Matlock, DO, Jennifer Shaw, MD and Hannah Tilden, DO are now delivering babies at the new HonorHealth Sonoran Crossing Medical Center.

Caring for patients at both our Anthem and Sonoran offices, Desert West is providing for women's health and maternity care, both in-office and inpatient. The new

70-bed hospital on campus services include family-centered obstetrical and gynecological care including all aspects of the birthing experience, and care for newborns.

This entire service is supported by a partnership with Desert West's highly skilled physicians specially trained to provide the highest level of care and attention that new families need during this exciting time.

Holiday hours

Desert West offices will observe the following holiday closures:

- Thanksgiving Day and Friday November 27th
- Closed at noon on Christmas Eve; closed all day on Christmas
- Closed at noon on New Year's Eve; closed all day on New Year's Day

Beyond Nutrition -- Healthy Pregnancies Start Before Conception

In years past, a healthy pregnancy focused on several things: eating well, getting enough folic acid, eliminate smoking and drinking alcohol and staying physically active. But a healthy pregnancy goes beyond those basic, yet very important reminders, and also begins before conception.

Here are some priorities for women considering conception:

Counseling:

- Sexually transmitted infections including HIV
- Family planning and pregnancy spacing

- Healthy body weight and diet
- Importance of oral health
- Increased risk of hepatitis C in those with tattoos and/or body piercings
- Lead and other environmental and/or occupational exposures
- Genetic disorders (including cystic fibrosis and sickle cell genotypes)

Assessment:

- Physical assessment including physical examination and medical and family history
- Carrier screening (racial/ethnic background/family history)
- Immunization record including rubella, hepatitis B, and varicella

- Complications with past pregnancies (postpartum hemorrhage, thrombotic event, preeclampsia/eclampsia, PIH, gestational diabetes, Rh incompatibility, etc.)
- Identification and assistance for victims of domestic violence
- Psychosocial screening for parent readiness

Let your Desert West OB/GYN provider know that you are thinking about starting a family so that he/she can work with you on optimizing your health and well-being.

