

# how to CHOOSE AN OB/GYN SPECIALIST

**O**bstetricians/Gynecologists, Family practice physicians, Midwives — there are many different types of professionals that can help you through pregnancy and delivery. Nowadays you can give birth in whatever setting you feel most comfortable: the hospital, at home or even in water. Research the type of birth you are considering and make the best choice of whom should handle your pregnancy. Be sure to choose a practitioner with whom you feel most comfortable. Here is a list of the basic three:

## • Obstetrician/gynecologist

This physician has four years of special training in pregnancy, delivery, and women's health. He or she should be board certified (or be in the process of becoming board certified) by the American Board of Obstetrics and Gynecology. This type of doctor takes care of normal and high-risk pregnancies as well as other gynecologic needs.

## • Family practice physician

This doctor provides general medical care for whole families — men, women, and children. He or she is board certified in family practice medicine. This doctor is likely to refer you to an obstetrician or maternal-fetal medicine specialist if complications arise during your pregnancy.

## • Nurse-midwife

A nurse-midwife is a registered nurse who is certified in the care of pregnant women and is also licensed to perform deliveries. A certified nurse-midwife typically practices in conjunction with a physician and refers patients to a specialist when complications occur.

## WHAT QUESTIONS SHOULD I ASK ABOUT MY MEDICAL PROFESSIONAL?

- Is my present physician the right person? Should I be referred? Should I ask and get information on the referring doctor? Do I feel free asking questions in confidence regardless of how foolish it may sound? Do I feel at ease with the physi-

cian? Is the office staff sensitive to all my needs and issues? Will this office meet all my expectations? Some women want to have every possible diagnostic test under the sun. Your past medical and obstetrical history will also influence the approach you take to your pregnancy.

- You may end up choosing one practitioner who works with one or more partners or one who is in a solo practice. In a group practice, you usually rotate through appointments with each of the doctors, getting to know them all so that you feel comfortable having any one of them deliver your baby. A practitioner who practices alone should tell you who handles deliveries when he or she is ill, off duty, or out of town.

- Your practitioner should have a policy in place for issues that occur after-hours or emergencies that may occur during evenings, weekends and holidays.

- Find out about your hospitals in your area. Are they equipped to handle any problems that may arise? ■

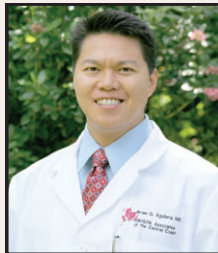
## YOU MAY ALSO WANT TO ASK:

- Is an anesthesiologist on sight or can your doctors call in an anesthesiologist quickly in case of an emergency?
- Can the hospital provide you with different pain control options?
- Are you allowed to keep your baby in your room as much as possible after delivery? Also, are accommodations available for your partner to stay with you during your postpartum hospitalization?
- Are ob/gyn specialists close by? Consider whether you may end up needing the services of an ob/gyn specialist or a neonatologist, a physician who specializes in the care of infants who are born early or who have other medical problems. Your practitioner can refer you to someone quickly if anything comes up.

Does your doctor's office have a financial adviser to assist you in finding the best way to meet your responsibility and to advise you of any programs that can be available to you?

## The Physicians of OB/GYN ASSOCIATES OF THE CENTRAL COAST

### INTRODUCTION OF OUR NEW OB/GYN SPECIALIST



DR. BRIAN AGUILERA

Dr. Aguilera is a graduate of the Pennsylvania State University where he received a Bachelor of Science degree and Master of Science degree. He attended medical school at the University of Santo Tomas and completed his obstetrics and gynecology training in Chicago, Illinois at Advocate Illinois Masonic Medical Center.

Dr. Aguilera is easy to talk to, listens to your concerns, and addresses your concerns seriously. His special clinical interests include comprehensive obstetrical cares and minimally invasive laparoscopic and hysteroscopic surgeries.

William Khieu, MD, FACS, FACOG  
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&  
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