

## Expecting?

# Expect Trust and Comfort at Riverview



Proud mom Cynthia Fornicola is happy and healthy once again, thanks to outstanding obstetrical care at Riverview.

### ABOUT *the* DOCTOR



**Sagar Patel, M.D.**  
Obstetrics/Gynecology  
Atlantic Highlands | 732-291-3831

Having a baby is an exciting time, but it can also be an anxious one. Women may have concerns about an underlying medical condition, their upcoming birth experience, or the health of their baby. It's normal to worry sometimes. But trusting in your physician to support, understand, and guide you through the process is essential.

Riverview Medical Center prides itself on working with a strong team of board certified OB/GYNs who will be with you the entire way.

Cynthia Fornicola, 36, knows too well the importance of having a doctor she can trust. Cynthia was pregnant with her first child when she began to have medical problems.

By the time she was six months pregnant, Cynthia's heart rate shot up dramatically and she was raced to the emergency department. Cynthia was diagnosed with a condition called supraventricular tachycardia (SVT). SVT can cause the heart to beat so fast that it can become hard to breathe. Cynthia's condition was managed with medication by her cardiologist.

But she felt disconnected from her OB/GYN and decided to switch doctors. She called the office of Sagar Patel, M.D., an OB/GYN on staff at Riverview.

"On that first call to his office, Dr. Patel himself got on the phone and listened to my entire story. He addressed every concern I had and

assured me he would take care of me," remembers Cynthia. "He was so compassionate and knowledgeable."

This level of compassionate attention — what some may consider going above and beyond expectations — is normal for Dr. Patel. In fact, he wouldn't have it any other way.

"I treat each patient as if she were my only patient," explains Dr. Patel. "I put my patients in control — giving them the time they need, answering all of their questions, and teaching them as much as I can. I believe trust is the most important thing in a physician-patient relationship. It's not enough to be a knowledgeable physician if you don't really listen to the patient."

Cynthia's pregnancy wasn't easy. She was rushed to the hospital by ambulance two more times for her SVT. Each time, Dr. Patel was there, providing support and assuring Cynthia that her baby was OK. Today, Cynthia is the mother of Ava, now a healthy 6-month-old girl. She credits her positive experience to Dr. Patel and is relieved to have a doctor who makes her so comfortable.

"As OB/GYNs, we are in a unique position. Patients come to us, entrusting us with the birth of their child," says Dr. Patel. "No matter what road the patient has been on — through difficulties getting pregnant, a medical complication, or a normal pregnancy — it's our job to be there for them." ■

## Baby on Board?

Are you looking to start or add to your family? Get the timing just right with the help of our online Wellness Center! Visit [WellnessCenter.MeridianHealth.com](http://WellnessCenter.MeridianHealth.com) and type "Ovulation Date Calculator" in the search box. Click on the search result to get started!

## EXERCISING SAFELY WHEN YOU'RE EXPECTING

When you're pregnant, it can be an effort to get off the couch, let alone hit the gym. But it's important. "Staying active has many benefits for you — and your baby," says Michelle Jacoby, M.D., of Riverview Medical Center. Exercise may:

- Increase your energy, strength, and stamina
- Help you sleep better
- Reduce backaches, bloating, and swelling
- Control weight gain
- Help prevent or treat gestational diabetes
- Help manage high blood pressure
- Decrease the risk of premature birth

"If working out isn't normally part of your routine, check with your OB/GYN before you begin," advises Dr. Jacoby.

Walking, swimming, and indoor bicycling are great exercises for beginners. Start slowly and gradually increase your activity level. Stop if you feel pain, exhaustion, or shortness of breath. A good goal is to build up to exercising at

a moderate intensity for 30 minutes a day, most days of the week. If it's difficult to talk while you're working out, then you're pushing yourself too much.

"If you already work out regularly, talk to your OB/GYN about how you should modify your routine," says Dr. Jacoby. "You may be able to continue activities such as running and strength training in moderation."



### ABOUT *the* DOCTOR



**Michelle P. Jacoby, M.D.**  
Board certified in  
Obstetrics/Gynecology  
Little Silver | 732-842-0673

## SPECIAL DELIVERY IN 2010!

Exceptional doctors and nurses are at the heart of our work bringing healthy little ones into this world. And soon, our top-notch care will be matched by top-notch amenities. Riverview Medical Center is in the "family planning" stage of a complete rebirth of the Jane H. Booker Women's and Children's Center in 2010. We are completely renovating the Center. And we've thought of just about everything. Below are just a few changes we're "expecting" in 2010:

- Beautifully renovated labor/delivery and postpartum suites with comfortable beds and inviting décor. Hidden hospital equipment creates more of a hotel feel.
- A spacious, redesigned lobby with large aquariums to calm and soothe our guests.
- A new massage room. A licensed massage therapist provides moms with a massage during their stay.
- An intimate dining experience where Mom and her significant other can dine from a high-end menu before going home.
- A private waiting room for dads with an area for siblings. Kids can watch DVDs, play video games, or surf the Internet.

We will continue to keep you updated and hope to announce our "pregnancy" in early 2010!



### We're Expecting Great Things at Riverview *Attend our Baby Shower to learn more!*

Join us for High Tea at a delightful baby shower where you will be able to meet our OB/GYNs, tour the Childbirth Center, attend an educational session, and watch as we **unveil what we're expecting at the Jane H. Booker Women's and Children's Center**... it's a big surprise!

**November 14, 12:00 p.m. – 2:00 p.m.**

**Riverview Medical Center, Blaisdell Lobby Entrance**

**Featured Education Seminar:** Preparing for The Big Event – 1:00 p.m., Blaisdell Auditorium. Register by November 5 to receive your free New Mom Swag Bag!

**Space is limited. Reservations are required.**  
Please call 800.560.9990 or visit  
[www.RiverviewMedicalCenter.com/BabyShower](http://www.RiverviewMedicalCenter.com/BabyShower)

TAKING CARE OF  
NEW JERSEY



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