



OB/GYN

The Family Birthing Center at Harrington

Where You'll Feel Right at Home

Harrington

HOSPITAL

Total Local Care

www.harringtonhospital.org

Very Much at Home



here's nothing like having a baby to awaken your desire for the simple things: home, family, and comfortable surroundings. When you come to our practice for OB/Gyn appointments—and when it's time to deliver your baby—you'll feel right at home. You'll also be close to home and confident that you're receiving the finest care in the region.

Our attentive physicians and professional staff—including dedicated nurses, prenatal coordinators, and medical assistants—provide exceptional obstetrical care and counseling at our friendly offices and in our intimate Family Birthing Center. Throughout your pregnancy, you'll be in excellent hands every step of the way. And you can be assured that the physician who delivers your baby is familiar to you, not a fill-in you've never seen!

We provide expert care for patients with pre-existing medical conditions (e.g., diabetes, hypertension, asthma, and thyroid disorders). We have also delivered numerous sets of twins. And if you're among the rare cases that need to be referred to high-risk specialists, we arrange for easy transfers or co-management of your care. We have a wonderful relationship with UMass Memorial Medical Center physicians, who are available for consultation 24 hours a day.

Your care doesn't stop after your delivery. Throughout post-partum, our nurses guide new moms in the care of their babies. This includes breast-feeding techniques as well as transitioning to home, as our nurses will help introduce your newest family member to older siblings.



It's all about comfort and convenience...feeling confident and at home.



ery Special Deliveries

Just like at home, you'll have one bed when you deliver your baby at Harrington's Family Birthing Center. You might not even have to leave your room from the time you arrive until you leave. Moms are comfortable in our large, modern Labor, Delivery, Recovery, and Post-Partum suites, all featuring a private bathroom, shower, and TV. And moms requiring Cesarean births just move down the hall for delivery.

In our intimate, home-like maternity suite, our nurses' mission is to make each patient's experience a comfortable one. This includes reassuring patients about the range of birthing preparation and pain management options. You may decide on oral or intravenous medication or epidurals. And if you opt for a more "natural," drug-free experience, our nurses are prepared to accommodate you. They are also trained to assist as lactation counselors for those who choose this option, and they are knowledgeable about the different formulas and feeding regimens for those who choose to bottle feed.



"Nurses at Harrington tend to be here a long time because we really love what we do. Our moms aren't just numbers like at some larger hospitals—we do a lot more one-on-one care for our moms and their babies. How many babies have I delivered here during my 25 years at Harrington? I'm not counting—they've all been precious."

Susan Koenig, HARRINGTON RN

Patients also feel assured knowing we are equipped with the latest technology. This includes fetal monitoring and telemetry to monitor you if you choose to be up and about during labor.

After delivery, the lights in each room return to their recessed location, and you and your baby can relax in your home away from home.



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"I started going to Southbridge OB/Gyn at Harrington three years ago when I became pregnant with my first daughter. Later, when I told everyone how great my experience was, friends said they loved it, too. Others, who had gone to larger hospitals, told stories about impersonal and rushed treatment, and I realized how fortunate we were.

"At Harrington, they like you to meet all the doctors when you go for prenatal care, because you don't know who will be on call when you deliver. It was great to get to know them all, and each one has been absolutely fantastic. They remember little things about you and your family and really make you feel like you are their favorite patient!

"The nurses are incredible. They take a real interest in you and your baby. There's a more personal note to the care here, and I received a great deal of attention.

"We had the choice of going to Worcester, but there was no question. I didn't want to be 45 minutes away from my hospital when I went into labor.

"My first birth was such a pleasant experience, there was no doubt where I was going for my second baby! If we have a third child, I certainly hope we still live here because I don't want to take a chance of going anywhere else!"

Laura Boyle

Laura Boyle, 29, Southbridge, MA
Mother of two daughters, 2 years and 8 months
Husband: Kent Boyle



Harrington physician Cindy Shiro with Laura Boyle and daughter Emilie.



py Mothers



Carleen McQuaid, 37, North Brookfield, MA
Mother of twin boys, 2 years old
Husband: Martin Standrowicz



"MY TWINS WERE FERTILITY-AIDED BABIES. SOUTHBRIDGE OB/GYN HAD HELPED US WITH TEMPERATURE CHARTS AND FERTILITY MEDICATIONS, BUT WHEN WE DECIDED TO PURSUE MORE AGGRESSIVE OPTIONS, THEY REFERRED US TO A REPRODUCTIVE CLINIC. I HAD A FEW MISCARRIAGES ALONG THE WAY BUT THEN I GOT PREGNANT WITHIN THE NEXT YEAR. THE CLINIC ANNOUNCED WE WERE HAVING TWINS, AND AT AROUND SIX WEEKS PREGNANT, THEY SAID THEY HAD DONE THEIR JOB AND REFERRED US BACK TO HARRINGTON.

"I HAD SPECIAL TESTS DONE EVERY TIME I CAME FOR AN APPOINTMENT. I NEEDED ULTRASOUNDS BECAUSE THAT WAS THE ONLY WAY TO MEASURE HOW THE BABIES WERE GROWING. THEY KEPT A CLOSE EYE ON THE BABIES AND THE AMOUNT OF AMNIOTIC FLUID.

"I AM A NURSE PRACTITIONER IN A PRIVATE CHARLTON FAMILY PRACTICE, SO THE DOCTORS KNEW I UNDERSTAND MEDICINE, BUT THEY MADE SURE MY HUSBAND KNEW EVERYTHING, TOO! AND WHEN YOU'RE HAVING AN ULTRASOUND, YOU'RE A MOM, NOT A NURSE PRACTITIONER!

"WHEN IT COMES TIME FOR DELIVERY, TWINS ARE HIGH RISK, AND YOU'RE LOOKING FOR A FANTASTIC GROUP OF DOCTORS. I HAD NO DOUBT I WAS IN THE RIGHT PLACE.

"THE NURSES WERE JUST PHENOMENAL! THEY WERE RIGHT ON TOP OF EVERYTHING, VERY ATTENTIVE, AND HELPED US EVERY TIME I ATTEMPTED TO NURSE.

"I AM PREGNANT AGAIN AND COMING BACK BECAUSE WE HAD SUCH A GREAT EXPERIENCE!"

CARLEEN MCQUAID

Very Comprehensive Care Beyond Birth

Of course, being a woman isn't just about delivering babies. Your ongoing gynecologic care is critical to your well-being throughout your life, and our experienced physicians provide a full range of state-of-the-art gynecology services. These include:

- ❖ **Laparoscopic surgery.** We offer the latest in minimally invasive supracervical hysterectomy, with tiny incisions, a one-day hospital stay, and speedy recovery. We also provide hysteroscopic surgery.
- ❖ **Management of birth control options.** Includes the contraceptive pill, Nuvaring insert, hormone patch, choices of intrauterine devices, and the convenient every-three-month injection.
- ❖ **Surgical contraceptive choices.** Includes minimally-invasive hysteroscopic sterilization and laparoscopic tubal ligation.
- ❖ **THERMACHOICE.** A procedure to reduce excessive menstrual bleeding.
- ❖ **Treatment of Human Papilloma Virus.** Including identification of cervical and vaginal abnormalities.
- ❖ **LEEP.** Loop Electro-surgical Excision Procedure to remove precancerous tissue from the cervix.
- ❖ **Urodynamic testing.** To check for causes of women's urinary problems.
- ❖ **Additional services include:** D&C, diagnosis and treatment of pelvic organ prolapse, treatment of menopause and osteoporosis, and treatment of urinary incontinence.

For more information about any of the above services, please ask our staff.

From adolescence, through the reproductive years, and to menopause and beyond, each patient receives the highest level of care in our hometown hospital.



For more information
on OB/Gyn or
to schedule an
appointment, please
call 508-765-5981

*OB/Gyn.
Another example of
Harrington's TLC —
Total Local Care.*



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