



Cardio-Obstetrics Clinic:

YOUR HEART AND PREGNANCY



**PREGNANCY CAN
BE AN EXCITING
TIME IN YOUR LIFE.
HOWEVER, IT CAN
ALSO BE A TIME
FOR UNCERTAINTY
IF YOU HAVE:**

**A heart condition
and want to become
pregnant**

**A heart condition
and an unplanned
pregnancy**

**Heart disease symptoms
that develop in
pregnancy**

EXPERT EVALUATION AND CARE FROM SPECIALISTS

The Cardio-Obstetrics Clinic at Cleveland Clinic offers you expert evaluation and care by bringing together world-renowned experts in cardiovascular medicine, obstetrics/gynecology, cardiovascular surgery, genetics, specialized imaging and nutrition.

The services we offer include:

- Evaluations to determine the safety of pregnancy if you have heart disease or a family history of congenital heart disease
- Evaluation of heart disease symptoms if you are pregnant
- Genetic counseling to determine the baby's risk of heart disease
- Care throughout pregnancy and delivery for you and/or your baby's heart condition
- Diagnosis, monitoring and treatment of any problems identified through fetal monitoring

If your doctor has referred you to our Cardio-Obstetrics Clinic, the following information will be helpful.

BEFORE YOUR APPOINTMENT

If your appointment is scheduled more than a week away, you will need to send in your records, including medical history, test results and films (such as echocardiogram, ultrasound, chest X-ray, MRI or CT scan).

All records should be sent to the physician you will see in the Cardio-Obstetrics Clinic. Send all information in the same package (clearly marked with your name and address) via Airborne Express, Federal Express, or certified U.S. mail (make sure you have a tracking number). The address is:

Cardio-Obstetrics Clinic
Fetal Care Center
Cleveland Clinic
9500 Euclid Avenue – Desk A81
Cleveland, OH 44195

If your appointment is scheduled within a week, please bring your records to your appointment.





WHAT TO EXPECT DURING YOUR APPOINTMENT

Please arrange to stay in the Cleveland area for one to two days to go to your appointments and complete your testing.

First, you'll meet with a nurse who will collect information and ask questions about your medical history. Based on your medical condition and history, you may need an electrocardiogram (ECG), echocardiogram (echo), blood tests, ultrasound, exercise stress testing, arrhythmia monitoring, and/or other tests.

Next, you'll meet with a cardiologist and maternal-fetal medicine (high-risk pregnancy) specialist, who will review your information and test results and do a physical exam.

The team will then provide you with an assessment and care plan.

If you need to meet with other members of the Cardio-Obstetrics team, such as a genetic counselor or nutritionist, your appointment(s) will be scheduled before your visit or during the same day.

HOW TO CONTACT US

If you have any questions or would like to make an appointment with the Cardio-Obstetric Clinic, please call Cleveland Clinic's Fetal Care Center at **1.866.864.0430** or **216.444.9706**.

OUR LOCATION

Cleveland Clinic
Miller Family Heart & Vascular Institute
2nd Floor, Desk J2-4

OUR TEAM

Maternal-Fetal Medicine

Jeffrey Chapa, MD

Cardiology and Adult Congenital Heart Disease

David Majdalany, MD

To meet your individual needs, we can bring in other cardiovascular specialists and/or refer you to other medical specialists when indicated.

Genetic Counseling, Genomic Medicine Institute

Brittany Psensky, MS, LGC

Nutrition Counseling, Preventive Cardiology

Julia Renee Zumpano RD, LD

Katherine Patton, MEd, RD, CSSD, LD

Coordinators

Elaine Bishop, MSN, CNM, RNC

Lisa Sorenson, CNP

Mary Lou Lucas, RN



Every life deserves world class care.

9500 Euclid Ave., Cleveland, OH 44195

Cleveland Clinic is a nonprofit, multispecialty academic medical center integrating clinical and hospital care with research and education for better patient care. More than 3,200 staff physicians and researchers in 120 medical specialties provide services through 27 patient-centered institutes. Cleveland Clinic's health system comprises a main campus, eight regional hospitals and more than 90 outpatient locations, with 18 family health centers in northern Ohio, and medical facilities in Florida, Nevada, Toronto and Abu Dhabi. Cleveland Clinic is consistently ranked among the top five hospitals in America (*U.S. News & World Report*).
clevelandclinic.org

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