

Front Cover
SAMPLE 2 COLOR OVERPRINT

The Joy of Parenthood

your personal journey
through newborn care



The
Medical
Center

*This health and safety book is made possible
through a grant from Kohl's Cares.®*



Congratulations!

Whether you are expecting a baby or just delivered, this is an exciting time for you and your family. The Medical Center is pleased to be part of this special time, and we appreciate you entrusting us with your care as you begin this wonderful journey of parenthood.



The Medical Center is here for you every step of the way by providing comprehensive obstetrical services to meet your individual needs. We offer a variety of prenatal classes to help you travel along the path to a healthy pregnancy and make you feel as prepared as possible. When the big day arrives, our experienced staff will provide exceptional care for you and your baby during your labor, delivery and postpartum experience. And if you have a high risk pregnancy or the unexpected happens, we offer Neonatology services to ensure the very best care for your premature or critically ill newborn.

You can rest assured the care of you and your baby are in the best hands. Enjoy this exciting journey, and thank you for choosing The Medical Center.

Best wishes,
The OB staff at The Medical Center

Important Phone Numbers

OB Education
270-796-2495

Labor and Delivery
270-796-2117

Lactation Services
270-796-2108

The Medical Center
270-745-1000

OB/GYN:

Pediatrician:

Kentucky Regional
Poison Center
1-800-222-1222

EMERGENCY
911



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Inside Back Cover



Make a Difference by Saving Lives Consider Cord Blood Donation

Cord blood is blood that can be drawn from the afterbirth (umbilical cord and placenta), and is normally discarded unless you make plans to donate prior to the 35th week of pregnancy.

Umbilical cord blood stem cells can be used successfully to treat over 75 life-threatening diseases including:

- Forms of Leukemia
- Anemia
- Lymphoma
- Inborn Errors of Metabolism

Understand your options:

- Donate to a public cord blood bank. Service is free and the cord blood is available to anyone who needs a cord blood transplant.
- Store in a private cord blood bank. A fee is required for collection and there are annual storage fees. Cord blood is reserved for exclusive use by the family who donated it.
- Donate for research studies, free of charge.

For more information, call The Medical Center OB Education at 270-796-2495 and ask for one of our free brochures on Cord Blood Donation.



Giving your baby a healthy start in life

The Medical Center offers a variety of classes for every member of your family to prepare for the birth of your baby. All classes are offered free of charge.

- A New Baby's Coming – designed especially for siblings
- Breast Is Best
- C-Section Class
- Fatherhood 101 – just for Dads!
- Grandparent's Class
- Newborn Care and Safety – provided through a grant from Kohl's Cares®
- Nutrition During Pregnancy
- Prepared Childbirth Classes
- Ready, Set, Go!
- SIDS Prevention and Safe Sleep
- Twins or More

Online class registration is available at www.TheMedicalCenter.org/OBclasses.

To learn more about these classes, visit our website or call OB Education at **270-796-2495**.



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