

# Minimizing Your Chances of a C-Section

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The number of cesarean deliveries has greatly increased over the past several years (nearly one-third of births nationwide are now C-sections). No one can debate that C-sections can be a life-saving alternative for mother or baby. However, in the absence of clear medical reasons, there is a cause for great concern.

For a mother-to-be, there is much more than a scar to consider. A C-section is a major operation and its risks and benefits are much different than vaginal birth. For example, the chances of maternal death are six times greater. C-sections are also more costly, and recovery time is longer.

C-section rates can vary greatly between obstetrical care providers and from one hospital to the next. Parents-to-be should inquire about the rates and be informed about a number of other factors that could potentially increase the possibility of a C-section delivery.

- Induced labor has a demonstrated higher rate of C-section.
- Too dense of pain medications (epidural analgesia) can result in C-section.
- Many providers do not allow patients to deliver vaginally after a cesarean.
- "Breech" babies can often be turned to allow a normal birth.

Find a provider who, traditionally, does not recommend a C-section too casually. Don't be afraid to ask questions and know a cesarean delivery is still an option in clearly indicated situations.

*Introducing the Bellin Health Partners Team of OB-GYN's and Family Medicine Physicians who deliver babies (pictured on first page). For a referral to any of these physicians, call the Bellin Health Physician Referral Line at (920) 445-7373 or (888) 758-7373.*

**Front Row:** \*Izabella Ditchen, MD, Bellin Health Family Medical Center - Howard, Kathlene Kusiv, DO, Women's Health Care OB-GYN, Paula Hobson, MD, Women's Health Care OB-GYN, \*James Gast, MD, Bellin Health Family Medical Center - Ashwaubenon, Yoon Chun, MD, OB-GYN Associates of Green Bay, \*Michelle Schacht, M D, Bellin Health Family Medical Center - Ashwaubenon.

**Second Row:** Edward Vogel, MD, Women's Specialty Care, \*Daniel Grossman, MD, Bellin Health Family Medical Center - Ashwaubenon, Nicky Plementosh, MD, Women's Health Care OB-GYN, Robert Cavanaugh, MD, OB-GYN Associates of Green Bay, Michael O'Toole, MD, Women's Specialty Care, Megan Temp, MD, Women's Specialty Care.

**Back Row:** \*Maureen Phillips, MD, Bellin Health Family Medical Center - Ashwaubenon, Herb Coussons, MD, Women's Specialty Care, Robert De Mott, MD, OB-GYN Associates of Green Bay, \*Loren Fuglestad, MD, Bellin Health Family Medical Center - Howard, Clark Stevens, MD, OB-GYN Associates of Green Bay and Clinica Hispana.

**Not pictured:** Herbert Sandmire, MD, OB-GYN Associates of Green Bay, Danae Steele, MD, OB-GYN Associates of Green Bay, Allahyar Jazayeri, Ph.D, MD, Women's Specialty Care.

*\*These providers are Family Medicine Physicians who deliver babies.*

**bellinhealth**

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answers  
 help and support.  
 For health, life and happiness.



Her Health  
 from  
**bellinhealth PARTNERS**



## It's Not Just About Women's Health

It's about being a woman.

*Her life:*  
 Expecting a baby.  
 (Need we say more?)

*Her challenge:*  
 To make decisions that make her feel as if she's doing the right thing for her baby.

*Her next step:*  
 To take her baby's future in her hands by calling (920) 433-7494 for a tour of the Kress Birthing Center.

*Her team:*  
 Bellin Health Partners and the entire newborn nursing care team at Bellin Hospital.

*Free event:*  
 A Special Evening for Expecting Parents  
**Dates:** Tuesday, October 28, 6:30-8:30 pm  
**Location:** Bellin Hospital Kresge Center, 3rd Floor  
 744 S. Webster Ave., Green Bay  
 Cost: Free  
 Tour our maternity unit and register to win shower gifts.

*To Register:*  
 Her Health Hotline with 24/7 Nurse On Call  
 (920) 433-7494  
 or toll free (877) 989-0994.

Every woman needs OB/GYN services for every stage of her life...when she's pregnant and when she's not. Through the Bellin Health Partners Team of OB-GYN's and Family Medicine physicians who deliver babies, we provide all the obstetric and gynecologic services you need with the caring touch you deserve.

They provide help with everyday things like breast health and weight control to exciting things like having a baby. From hard-to-face things like sexual dysfunction and hormone imbalance to uncomfortable things like incontinence and pelvic pain.

When a new life begins, the team at Bellin Health Kress Birthing Center makes each birthday special and is committed to making each family's time in our care as safe, comfortable and enjoyable as possible.

As an expecting parent, awaiting the birth of a baby is exciting as well as a big adjustment. To help prepare parents for this exciting event, we offer many classes and programs led by registered nurses for moms, dads and siblings. For class schedules, cost, registration, or more information, call (920) 445-7303.

*Introducing the Bellin Health Partners Team of OB-GYN's and Family Medicine Physicians who deliver babies. Physician listing and contact information on Page 4.*



# Infertility Treated

with Robotic-Assisted Surgery.

When endometriosis hampered Denmark residents Paul and Martina Weyde's six-year effort to conceive, they sought the expertise of Dr. Herb Coussons, OB-GYN with Women's Specialty Care, a Bellin Health Partner, who enlisted the services of a robot to help him perform a precise surgery to increase the couple's chances of having a child.

For Martina Weyde, robotic-assisted surgery allowed Coussons to correct her endometriosis - a painful ailment affecting the region around the uterus - with greater precision, less risk of complications, and an increased likelihood of the desired results.

Bellin's da Vinci Surgical System is one of the hospital's innovations in the field of minimally invasive surgery. The system extends a surgeon's capabilities by offering enhanced three-dimensional visualization, greater dexterity, and an increased level of surgical precision. Bellin was the first hospital in Northeast Wisconsin to perform robotic-assisted surgery. The hospital has been using the technology for more than three years.

Coussons corrected Weyde's endometriosis using the system instead of traditional laparoscopic surgery, or open surgery which



requires an incision large enough for the surgeon to see inside of the body cavity to perform the surgery. In contrast, robotic-assisted surgery requires just three incisions - none more than an inch long - through which a tiny camera and other surgical tools, all attached to robotic arms, are inserted into the targeted areas.

The da Vinci system's arms - acting as robotic extensions of the surgeon's right and left arms with a middle camera arm - are attached to the main console at which the surgeon sits. Positioned a few feet from the

patient, the surgeon peers through the viewer at a 3-D, real-time camera image of the surgical area. The console's hand and foot controls translate the surgeon's movements into precise motions by the robotic arms. The robot mimics the surgeon's motions on a much smaller scale. This translates to less blood loss, reduced risk of complication and a shorter hospital stay for patients.

"I know robotic-assisted surgery sounds somewhat like science fiction but it's not, really," Coussons said. "It's more like using a remote-controlled tool."

"I was in and out of the hospital on the same day," Martina Weyde said. "And there was very little pain. I was a little sore, that's about it."

Although the da Vinci system greatly enhances a surgeon's capabilities, it can't fully replace traditional hands-on contact from a surgeon, Coussons said. "I think the surgeon will continue to be the captain of the ship."



TO FIND A PHYSICIAN WHO IS TRAINED IN ROBOTIC-ASSISTED SURGERY,  
CALL THE BELLIN HEALTH PHYSICIAN REFERRAL LINE AT (920) 445-7373 OR TOLL FREE (888) 758-7373.

# Her Health

CALENDAR OF EVENTS

## HER HEALTH LUNCHEONS

SC Grand, 1250 Mid-Valley Dr., De Pere  
(Located off Highway 41 South)

The following Her Health luncheons include a FREE lunch and cooking demonstration. Preregistration is required.\*

Thursday, October 30, Noon - 1:30 p.m.

"Managing Depression"  
by Donna Rasmussen, MSW, LCSW,  
Bellin Psychiatric Center

Thursday, November 20, Noon - 1:30 p.m.

"Nonsurgical Treatment for Incontinence  
and Pelvic Floor Disorders" by  
Randi Burnham, WHCNP,  
Bellin Health Center for Health & Healing

Thursday, December 18, Noon - 1:30 p.m.

"Weight Management, Including Surgical  
Options" by Tamara Brown, NP, Bellin  
Health Bariatric Center and Cynthia Geocaris,  
MD, Surgery Specialists of Green Bay

## BARE BONES FACTS ON OSTEOPOROSIS

Paula Hobson, MD, Women's Health Care  
OB-GYN will provide an overview of  
osteoporosis. This three-part series will also  
address diet, medications and exercise.  
Preregistration is required.\*

Thursdays, October 16, 23, and 30,

6 - 7:30 p.m. (3-part series)  
Bellin Health Allouez Building,  
2020 S. Webster Ave., Green Bay

## A SPECIAL EVENING FOR EXPECTING PARENTS

To help celebrate the upcoming birth of your  
baby, we planned a special evening for mom  
and dad, or other special guest.  
Preregistration is required.\*

Tuesday, October 28, 6:30 - 8:30 p.m.

Bellin Hospital - Kresge Center,  
744 S. Webster Ave., Green Bay

## MATERNITY EDUCATIONAL PROGRAMS

For expecting parents, awaiting the birth  
of a baby is an exciting time and a big  
adjustment. To help prepare parents,  
Bellin Health offers these classes led by  
registered nurses:

- Childbirth Education Classes
- Sibling Class
- Childbirth Education Plus
- Baby Care Class
- Refresher Childbirth Education
- Family & Friends CPR
- Prenatal Breast Feeding Education
- Breast Feeding Clinic
- Prenatal Fitness Classes
- Growing Together for parents & infants

Cost and class schedules vary. For more  
information or to register for a class,  
call (920) 445-7303.

## HER HEALTH HEART ASSESSMENTS

Bellin Health is offering free heart  
assessments for women that include total  
cholesterol and glucose testing, blood  
pressure and Body Mass Index (BMI)  
measuring, counseling on cardiac risk  
factors, and a customized heart journal.  
Pre-registration is required.\*

Tuesdays, November 25 and

December 23, 7 - 9 a.m.  
Bellin Health Allouez Building,  
2020 S. Webster Ave., Green Bay

## NATIONAL DEPRESSION SCREENING DAY

Have you or someone you know  
experienced feelings of hopelessness,  
overwhelming sadness, or an inability to  
concentrate? Have you noticed changes  
in eating and sleeping habits or loss of  
interest in activities once enjoyed?  
Depression, if left untreated, can lead to

disability or worse, suicide. Fortunately,  
depression can be treated effectively with  
therapy and/or medication. Screenings  
provide awareness about depression and  
enables people who think they might have  
depression to seek necessary treatment.  
As part of Mental Health Awareness Week,  
Bellin Psychiatric Center - Counseling  
Services is offering FREE depression  
screenings. Preregistration is required.\*

Friday, October 10, 8 a.m. - 4:30 p.m.

Bellin Psychiatric Center, 301 E. St. Joseph St., Green Bay  
Bond Community Center, 1201 Park Ave., Oconto  
Bellin Health Family Medical Center, De Pere East  
555 Redbird Cir., De Pere

Bellin Health Family Medical Center, De Pere West  
1800 Lawrence Dr., De Pere

## VASCULAR ASSESSMENT

Do your legs or feet hurt when you walk?  
Or even at rest? Do you have diabetes, high  
blood pressure, or do you smoke?  
You may be at risk for a serious health  
condition called Peripheral Vascular Disease.  
Find out by attending this FREE assessment.  
Preregistration is required.\*

45-minute appointments scheduled daily  
Bellin Hospital, 744 S. Webster Ave., Green Bay

## VARICOSE AND SPIDER VEINS

Tired of the discomfort, swelling, and  
appearance of varicose and spider veins?  
To find out what treatment option is best  
for you, attend one of these FREE screenings.  
Preregistration is required.\*

Wednesday, October 15, 4 - 6 p.m.

By Dr. Stewart Gifford, General & Vascular  
Surgery of Green Bay (inside Bellin Hospital),  
744 S. Webster Ave., Green Bay

Tuesday, November 18, 3 - 5:30 p.m.

Marcelo Grazziotin, MD  
Surgery Specialists of Green Bay,  
720 S. Van Buren St., Ste. 202, Green Bay

ALL HER HEALTH EVENTS ARE FREE.

\* TO PREREGISTER CALL THE HER HEALTH HOTLINE WITH 24/7 NURSE ON CALL (920) 433-7494 OR TOLL FREE (877) 989-0994 \*