

Health Library Resources

HEALTH AND WELLNESS ONLINE INFORMATION PORTAL

The El Camino Hospital website has lots of information related to staying healthy — before, during, and after pregnancy. For example, you'll find an interesting article on stress and the impact it has on sperm count. Visit this portal for this and other valuable content.

www.elcaminohospital.org/Stay-Healthy

HEALTH LIBRARY & RESOURCE CENTER (HLRC)

Both El Camino Hospital campuses have on-site libraries that provide access to a world of high quality health and medical information. You can visit in person or call to speak to a librarian who can assist you in a custom search for topics of interest.

www.elcaminohospital.org/HLRC

HLRC Hours and Contact Information

Mountain View Campus

Monday – Friday, 8 a.m. – 5 p.m.

[650-940-7210](tel:650-940-7210)

Los Gatos Campus

Monday – Thursday, 9 a.m. – 3:30 p.m.

[408-866-4044](tel:408-866-4044)



Preconception Workshop Resources

www.elcaminohospital.org/preconception

[650-940-7302](tel:650-940-7302)



El Camino Hospital[®]

THE HOSPITAL OF SILICON VALLEY

WOMEN'S HEALTH



The resources in this booklet have been compiled by the physicians, midwives and healthcare experts who developed the Preconception Workshop. This document does not represent all resources available in the South Bay; rather it is a list of those that the organizers have experience with and can personally recommend. You should do your own research to determine the best resource for you, your partner, and your individual situation.

Information and Support for When You are Pregnant

PREGNANCY PREPARATION CLASSES

From preparing for the actual birth experience, to a refresher class for those who have had given birth previously, breastfeeding assistance to child safety – El Camino Hospital has a suite of classes to help you and your family prepare for having your baby, transitioning home and beyond.

www.elcaminohospital.org/ChildbirthClasses

Other Resources

SERVICES FOR DOMESTIC VIOLENCE

Next Door Solutions San Jose
24-Hour Hotline: 408-279-2962

Asian Women's Home, San Jose
24/7 Hotline: 408-975-2739

Family Violence Center, Police Department
1671 The Alameda, Suite #100
San Jose, CA. 9512
408-277-3700



Genetic and Family History Resources

GENETIC COUNSELING

Genetic counselors interpret your family and medical history to determine the chance of genetic disease occurring. Your counselor will help you and your family members understand inheritance, testing, management and prevention.

Perinatal Diagnostics Center (PDC) El Camino Hospital

The El Camino Hospital/Stanford Children's Health Perinatal Diagnostic Center, located on our Mountain View campus, offers prenatal testing and consultation services for women during pregnancy.

www.elcaminohospital.org/PerinatalDiagnostics | 650-988-7930

GENETIC TESTING

COUNSYL

www.counsyl.com

23 & ME

www.23andme.com

FAMILY HISTORY

A family health history can help you assess your risk — and take action to prevent diseases you're prone to developing. Learn more and get a link to "My Family Health Portrait" tool by visiting the website.

www.elcaminohospital.org/FamilyHistory

Healthcare Experts – for Health and Pregnancy

PRIMARY CARE AND OBSTETRIC/GYNECOLOGY PHYSICIANS

Having a physician who can help you achieve good health is important every day — but especially when you are planning to become pregnant. If you have a primary care physician, start talking to him or her about your goals for becoming pregnant. Discuss what you learned in our Preconception Workshop, and share the information from your personal assessment.

If you don't have a primary care physician, you should find one in order to have a partner to help you stay healthy, achieve your wellness goals and refer you to specialists, if needed. As you begin actively trying to get pregnant, you will want to select an OB/GYN.

El Camino Hospital has a physician referral service that can help you in selecting the physician who is right for you — from a primary care physician to obstetricians and other specialists. A physician's ability to accept your insurance and offices that are conveniently located are often important considerations. However, you might want to look at other criteria that can make the difference in finding a physician who can be a long time partner in your health.

Consider the following when assessing physician options:

- Would you prefer a male or female?
- Do you have pre-existing health issues that might require an understanding or subspecialty in that area?
- Would you prefer that the doctor speak your native language (Chinese, Farsi, Russian, etc.)?
- Do you prefer a physician who will understand and support your cultural or religious preferences?

Need a physician referral?

www.elcaminohospital.org/Doctors | 800-216-5556

MIDWIVES

Midwifery, as practiced by certified nurse-midwives (CNMs) encompasses primary care for women across the lifespan from adolescence beyond menopause, with a special emphasis on pregnancy, childbirth, gynecologic and reproductive health. Midwives perform comprehensive physical exams, prescribe medications including contraceptive methods, order laboratory and other diagnostic tests, and provide health and wellness education and counseling. Certified Nurse-Midwives have graduated from a nurse-midwifery education program accredited by the Accreditation Commission for Midwifery Education (ACME) and have passed a national certification examination to receive the professional designation of certified nurse-midwife.

Certified Nurse-Midwives (CNM), although independent practitioners, also work closely with OB/GYNs in the local area and refer to high-risk physicians and other specialists, as required.

www.midwife.org

El Camino Hospital in Los Gatos provides for midwife-assisted delivery for women who are receiving care with Bay Area Maternity, a midwifery practice.

www.bayareamaternity.com | 408-883-8233

For more information, and to watch a video of one of our midwives, visit www.elcaminohospital.org/Midwives

Should you have specific cultural questions or requests, be sure to ask when you are registering or call one of our culturally-focused programs:

SOUTH ASIAN HEART CENTER

Created to address the twin epidemics of heart disease and diabetes in people who trace their ancestry to the countries in the Indian subcontinent. South Asians have a higher incidence, more severe presentation, and earlier onset of disease compared to the general population, despite being mostly vegetarian, non-smoking and non-obese. The program consists of clinical, nutritional, and lifestyle modifications specifically designed for South Asians.

www.southasianheartcenter.org | 650.940.SAHC (650-940-7242)

CHINESE HEALTH INITIATIVE (CHI)

[請點擊此轉換成中文](#)

El Camino Hospital is the first in the region with a program designed specifically to support the Chinese community. CHI is a bridge between the hospital clinical team and the community. We strive to connect you with the care, information and resources you need to support your health and well-being. Our services include health education and screenings, access to health information in Chinese, advice from doctors who speak Chinese and other resources such as hepatitis B screenings, nutritional consultation and physician referral. Our Chinese-speaking staff can be reached by phone or email.

650-988-3234 | CHI@elcaminohospital.org

www.elcaminohospital.org/CHI

Culturally Sensitive Care

El Camino Hospital offers culturally sensitive care for all of our patients. This includes providing translation services when requested or needed, specialty menus, respect of spiritual and cultural preferences and resources appropriate for people from a variety of cultural and ethnic backgrounds.

LANGUAGE AND INTERPRETER SERVICES

El Camino Hospital offers interpreting assistance for people who are non-English or limited-English speaking or hearing impaired — including a Chinese (Mandarin) interpreter available on call, 7 days a week. The hospital uses a telephone-based service available to inpatients and outpatients, with access to more than 150 different languages.

If you're staying in the hospital, we also have on-demand interpreters available by iPad video conference for a limited number of languages. Before an inpatient stay, simply notify patient registration staff if you have interpreting needs. During a hospital stay, notify your caregiver or call patient relations at **650-962-5836** (weekdays, 8 a.m. to 5 p.m.) or **650-940-7332** (anytime).

If you're making an outpatient visit, ask the front desk staff to set up interpreter services for you.



DOULAS

Many women prefer the option of having a Doula for support during their labor and delivery. El Camino Hospital in both Mountain View and Los Gatos are welcoming to families who have Doulas. Doulas are trained and experienced professionals who provide continuous physical, emotional and informational support to the mother before, during and just after birth, as well as during the postpartum period.

www.dona.org/mothers

There are many Doulas in the community; here are a few that our midwives work with regularly:

Paula Calhoun

www.deliverydoula.com

Wendy Everett

www.handsoflovadoula.com

Tara Gomez

www.apurejoydoula.com

Kimberly Kamine

www.nurturednewborns.net

Tracie Lynch

www.asimplejourneybirth.com

Viji Natarajan

www.divinejourney.org

Other Doula Groups

www.bayareabirthinfo.org

www.blossombirth.org

www.harmonybirth.com

Getting Healthy – Your Body

EATING DISORDERS

An eating disorder is a serious illness characterized by severe disturbances in eating patterns and harmful thoughts regarding food and body image.

www.elcaminohospital.org/EatingDisorders

DIETITIAN/NUTRITION SERVICES

Good nutrition is important for the maintenance of good health. Our dietitian will meet with you in a private consultation to review your current diet and evaluate your nutritional status. The dietitian will:

- Help you identify personal nutrition goals and create a plan to reach them.
- Help you plan meals at home and dining out.
- Answer your questions about vitamins and other dietary supplements.
- Provide recipes or modify “old favorites” to help you meet your nutritional goals.

Thirty-minute appointments are available the first and third Friday of each month between noon and 2:00 p.m.. An appointment is required, but there is no fee for this service. Offered at the Mountain View campus.

Call [650-940-7210](tel:650-940-7210) to schedule an appointment.

PHYSICIAN-GUIDED WEIGHT LOSS

El Camino Hospital has a physician referral service that can help you find specialists for any medical or wellness need. They will work with you to find the physician who is right for you.

www.elcaminohospital.org/Doctors | [800-216-5556](tel:800-216-5556)

MASSAGE THERAPY & ACCUPUNCTURE

Lisa Wong

Center For Healing By Design
18988 Cox Ave, Suite C, Saratoga, CA 95070

www.healingbydesign.us | [408-337-2887](tel:408-337-2887)

SEX COUNSELING AND COUPLES THERAPY

Mary Buxton

AASECT Certified Sex Therapist, LCSW
15951 Los Gatos Blvd., #14
Los Gatos, CA 95032

www.marybuxton.com | [408-371-4847](tel:408-371-4847)

Monica Stone

Marriage and Family Therapist, AASECT Certified Sex Therapist
1225 Crane Street, Suite 106
Menlo Park, CA 94025

www.monicastone.com | [650-858-1526](tel:650-858-1526)

Beth O'Malley

Marriage & Family Therapist, MA, LMFT
624 University Avenue
Palo Alto, California 94301

[650-262-5681](tel:650-262-5681)

Sara Nasserzadeh

Private Practice Location: Hamilton Ave, Palo Alto, California

www.sara-nasserzadeh.com

Voicemail: [212-696-6732](tel:212-696-6732)

Assistance With Becoming Pregnant

FERTILITY RESOURCES

Arc Fertility

Sutter Health
Palo Alto Medical Foundation
20195 Stevens Creek Blvd. Suite 100
Cupertino, CA
www.arcfertility.com | 888-990-2727

Bay Area IVF

1681 El Camino Real
Palo Alto, CA 94306
www.bayivf.com | 650-322-0500

Nova IVF

2500 Hospital Drive, Building 7
Mountain View, CA
www.novaivs.com | 650-325-NOVA (6682)

San Jose Fertility

2581 Samaritan Drive, Suite 302
San Jose, CA 95124
www.pamf.org/fertility/locations | 800-597-2234

Stanford Medicine

Fertility and Reproductive Health Services
1195 West Fremont Avenue
Sunnyvale, CA
www.stanfordchildrens.org/en/service/fertility-and-reproductive-health
650-498-7911

A good website for general fertility information is www.resolve.org

Support for Addictions and Unhealthy Habits

SMOKING CESSATION: ASH KICKERS (6 GROUP SESSIONS)

Ash Kickers is a six-session smoking cessation program based on the trans-theoretical model of behavior modification. The program helps smokers travel through the various stages of quitting, which include thinking about quitting, preparing to quit, finally quitting, and preventing relapse. Ash Kickers also incorporates tobacco education, group support, and tools for maintenance as part of a comprehensive effort to help smokers as they work their way to a healthier life.

STAYING FREE SMOKING CESSATION PROGRAM (INDIVIDUAL PROGRAM)

Working individually with an R.N. Counselor trained to provide this program, smokers learn how to quit smoking and — more importantly — how to remain a non-smoker. You will focus on identifying your individual triggers and develop strategies to respond with new behaviors.

For the above programs please call **650-988-8225** or visit
www.elcaminohospital.org/Services/Pulmonary-Rehabilitation

SUBSTANCE ABUSE

Addiction — including alcoholism and chemical dependency — is a disease, but it's treatable with proper care and support.

www.elcaminohospital.org/SubstanceDisorders

Getting Healthy – Your Mind

ANXIETY DISORDER

Fear and anxiety are a normal part of life — they can make you more alert or careful. But when these feelings become excessive and interfere with everyday functioning, it can be attributed to an anxiety disorder.

www.elcaminohospital.org/AnxietyDisorders

MATERNAL OUTREACH MOOD SERVICES (MOMS) PROGRAM

Between 10 and 20 percent of women experience prenatal or postpartum depression and anxiety. The MOMS Program offers day treatment options that help women understand that the depression and anxiety aren't their fault, and that many women struggle with similar emotional changes after the birth of a baby.

www.elcaminohospital.org/MaternalMood



MINDFULNESS AND STRESS REDUCTION

This program is designed to teach mind and body awareness techniques to help live with physical or psychological symptoms due to daily stress and stress-related illnesses. After the free introductory session, classes meet for eight sessions and one all-day session.

www.elcaminohospital.org/StressReduction

If you think you might be experiencing stress, this assessment may help you identify its effects on you.

www.elcaminohospital.org/StressResponse

MOOD DISORDERS

Feelings such as depression, sadness or anxiety can impact your health and ability to get pregnant.

www.elcaminohospital.org/MoodDisorders

You can make an appointment for any of the programs above, get information, or schedule a free assessment, between the hours of 8 a.m. and 5 p.m., Monday through Friday. Call 866-789-6089