



INSTITUTE FOR  
WOMEN'S HEALTH

# What is High Risk Pregnancy?

Although all pregnancies may involve certain risks, a high-risk pregnancy is a pregnancy that entails increased health risks for the pregnant woman, her unborn baby or both.

## WHO ARE AT RISK?

### 1. Women with preexisting health conditions such as but not limited to:

- a. Diabetes
- b. High blood pressure
- c. Kidney disease
- d. Thyroid disease
- e. Liver disease
- f. Cancer
- g. Cardiac disease
- h. Autoimmune disease
- i. Mental health disorders
- j. Blood clotting disorders
- k. Obesity
- l. Abnormalities or tumors in the reproductive tract
- m. HIV/AIDS

### 2. Women of advanced maternal age: 35 years old and above

### 3. Adolescent / Teen pregnancy: 17 years old and below

### 4. Women who had a prior preterm delivery or other complications in previous pregnancies

### 5. Fetuses found to have the following conditions but not limited to:

- a. Congenital anomalies
- b. Genetic defects
- c. Intrauterine growth restriction
- d. Multiple gestation





## WHAT ARE THE AVAILABLE SERVICES IN TMC IWH FOR HIGH-RISK MOTHERS?

1. **First trimester screening test:**
  - a. Aneuploidy
  - b. Preeclampsia
2. **First rate diagnostic ultrasound machines:**
  - a. Biometry
  - b. Biophysical profile
  - c. Doppler Velocimetry
  - d. Congenital anomaly scan
3. **Cardiotocogram**
4. **Fetal 2D Echocardiography**
5. **Fetal Therapy**
  - a. Medical (transplacental)
  - b. Surgical
6. **Genetic counselling**
7. **Fetal amniotic fluid diagnostic and therapeutic procedures:**
  - a. Amniocentesis
  - b. Amnioreduction
8. **Preterm Birth Clinic**
  - a. Cervical elastography
  - b. Cervical cerclage
  - c. Pessary insertion
  - d. Actim partus
  - e. Actim prom

## MD TIPS FOR MOM - TO BE

1. Visit your Ob-Gyn for pre-conceptual counselling to help identify potential health risks
2. Avoid drugs, nicotine and alcohol
3. Maintain a healthy body weight
4. Manage any preexisting health conditions
5. Discontinue smoking
6. Obtain and complete set of vaccinations

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For inquiries and appointments, please call  
**THE MEDICAL CITY'S WOMEN'S HEALTH CARE CENTER**  
at tel. nos. **8988-1000 ext. 6336**, or email **whcc@themedicalcity.com**

