

Ob/Gyn at MKMG: Renowned Expertise, Complete Spectrum of Services, In-Office Convenience

Though hundreds of women visit MKMG's Obstetricians and Gynecologists every week, many are not aware of the vast scope of services the Group provides. From routine gynecological care to advanced surgical procedures, MKMG's Ob/Gyn services are some of the most cutting edge and comprehensive in the area.

"No other medical group in Westchester county provides the variety of in-office procedures or vast range of experience we offer," said Dr. Elisa Burns, MKMG Obstetrician & Gynecologist and Chief of the Ob/Gyn department at Northern Westchester Hospital Center. "Our physicians are trained in the most advanced medical procedures and therapies, and our technology is state-of-the-art. Our office procedures include colposcopy, laser surgery, ultrasound, hysteroscopy, LEEP, D&C, and endometrial biopsy."

Personalized Attention & Care for All Ages

MKMG has a staff of 11 Gynecologists who specialize in both routine and advanced care for both younger and older women. From caring, first-time gynecological examinations for teens, to attending to older women's menopausal issues, MKMG physicians are experienced in providing comfortable, attentive care. MKMG Gynecologists provide all types of well-woman and preventive testing and procedures, including Pap smears, screening for sexually transmitted diseases, HIV testing, and breast exams. Mammography and breast needle biopsies are also performed on-site.

Family Planning & Contraception

MKMG assists women in family planning and offers a large selection of contraceptive alternatives. Physicians help patients select from the myriad of contraceptives available, including oral and injectable contraceptives, diaphragms, two types of intrauterine devices (IUDs), and cervical cap fittings.

"We take great care in helping our patients choose the right contraceptives for them, and we focus on educating them about the associated benefits and risks," said Dr. Burns. "We also spend time explaining how to properly use these methods, to ensure the greatest success."

The Childbearing Years

As women age, they can count on MKMG throughout their childbearing years and beyond. MKMG physicians have the training, skills and experience women count on to help them manage both low-risk and high-risk pregnancies and births, from natural childbirth and alternative birth techniques and positions, to cesarean sections, breech babies and multiple births. Mothers-to-be can count on MKMG Obstetricians to provide the wide range of care they need as they grow their families. For women with difficulties conceiving, MKMG offers fertility evaluation and treatment. Ovarian stimulation, follicle sonography and intrauterine inseminations are done here in the office.

As Women Age

MKMG physicians are highly skilled in the treatment of menopausal and post-menopausal patients, and they utilize the latest in hormone replacement therapies.

"For older women, we pay special attention to the prevention of osteoporosis, and bone density screenings can be performed right in our offices," Dr. Burns said. "We also offer a wide range of traditional and alternative hormone replacement therapies, including commercial pharmaceutical estrogen and progesterone, individually compounded estrogen, progesterone and testosterone, phytoestrogen treatment, and SERMS (selective estrogen receptor modulators) like Evista."

"Women who once thought they needed to travel to New York City to receive the latest procedures and treatments no longer have to leave their community to receive state-of-the-art care," Dr. Burns said.

For more information, contact MKMG's Obstetrics & Gynecology Departments:
Mount Kisco: 242-1380 • Brewster: 845-278-4300 • Carmel: 845-278-7000

Dr. Carolyn Clarick, Internal Medicine



Board certified in Internal Medicine in 1995, Dr. Carolyn Clarick recently relocated to Westchester from Chicago, Illinois. Dr. Clarick earned her medical degree from the University of Pennsylvania School of Medicine in 1992. After that, she completed her internship and residency at the University of Chicago Medical Center.

After completing her post-graduate training in 1995, Dr. Clarick served as an attending physician and clinical instructor at Northwestern University Medical School.

She also started a clinical practice in internal medicine at Northwestern Memorial Physician's Group, affiliated with Northwestern Memorial Hospital.

Dr. Clarick practiced there for the next five years, during which time she had two children with her husband, a pediatrician. Last year, they decided to relocate to New York, to be closer to their families. Her husband accepted a job with Montefiore Medical Center, and they moved to Westchester in July 2000. She began practicing in MKMG's Mount Kisco office in November 2000.

"I enjoy the diversity of my practice here, and I love to treat various generations in one family," she said. "I am impressed by the Group's staff and its professionalism. MKMG is a very efficient and well-managed organization, and I am proud to be a part of it," she added.

Dr. Clarick describes herself as friendly and down-to-earth. She maintains an informal rapport with her patients, and makes certain that they understand fully about their health and any diagnoses she makes.

"I communicate eye-to-eye with my patients," she said. "I try to answer all their questions before they leave my office, so that they walk away with a complete understanding of their health."

Dr. Clarick treats men and women ages 18 and older. To schedule an appointment with her, call MKMG at 241-1050.

Meet MKMG's Obstetricians & Gynecologists

While all of our Ob/Gyn staff are highly trained in all aspects of care, some MKMG physicians have particular interests and expertise:



**Bruce L. Brofman
MD, FACOG**
Offices: Mount Kisco, Yorktown
Special interests: gynecologic surgery, obstetrics



**Elisa E. Burns
MD, FACOG**
Office: Mount Kisco
Special interests: gynecologic and laser surgery, menopause, high risk obstetrics



**Deborah M. Cerar
MD, FACOG**
Office: Mount Kisco
Special interests: menopause, gynecologic surgery



**Alyssa Dweck
MD, FACOG**
Offices: Mount Kisco, Brewster, Carmel
Special interests: nutrition, adolescent gynecology, women's sports/fitness



**Amy B. Fleming
CNM, MS (Midwife)**
Offices: Mount Kisco, Yorktown
Special interests: natural childbirth, alternative birthing positions



**Regina M. Giuffrida
MD, FACOG**
Offices: Mount Kisco, Yorktown
Special interests: menopause, osteoporosis, breast cancer - early detection and prevention



**Scott D. Hayworth
MD, FACOG**
Office: Mount Kisco
Special interests: gynecologic and laser surgery, menopause, infertility



**Helene Kaminski *
MD, FACOG**
Office: Mount Kisco
Special interests: menopause, osteoporosis, adolescent medicine



**Adina H. Keller
MD, FACOG**
Offices: Mount Kisco, Brewster, Carmel
Special interests: gynecologic surgery, laparoscopy, adolescent medicine, menopause



**Antoinette Nigro
MD, FACOG**
Office: Mount Kisco, Yorktown
Special interests: gynecologic surgery, laparoscopy



**Kevin B. Reilly
MD, FACOG**
Office: Mount Kisco
Special interests: prenatal diagnosis, including CVS, ultrasonography, sonohystography



**Jodi J. Sutton *
MD, FACOG**
Offices: Mount Kisco, Brewster, Carmel
Special interests: menopause, birth control counseling, gynecologic surgery, laparoscopy

* practice limited to gynecology

Comprehensive Services, In-Office Convenience

Well-Woman Gynecology
First Gynecological Exams & Treatment for Children
PAP Smears
STD Screening
HIV Testing
Breast Exams
Mammography
Needle Biopsies
Contraception & Family Planning

Ultrasonography
Hysteroscopy & Colposcopy
Bone Densitometry
Hormone Replacement Therapy (traditional & alternative)
Biophysical Profiling
Endometrial Biopsies
LEEP
Cervical Monitoring
Amniocentesis

CVS (Chorionic Villus Sampling)
Non-Stress Testing
Biophysical Profiling
Cesarean Sections
Multiple Births
Diabetic Pregnancies
Midwifery
Fertility Counseling
Laser Surgery

Triplets (continued from front page)

"We are proud to offer a broad spectrum of diagnostic technology and services right here in the office," said Dr. Hayworth. "For busy moms-to-be, this convenience is much appreciated and an important benefit. Our patients also value the dedication and personal attention they receive from our physicians and our excellent team of nurses and medical assistants."

Dr. Hayworth is the President and Chief Executive Officer at MKMG, as well as current Chairman of the American College of Obstetrics & Gynecology for the Hudson Valley. He was formerly President of the Westchester Obstetrical & Gynecological Society.

Internist Carolyn J. O'Connor, M.D. Joins MKMG

Originally from Westchester County, NY, Dr. Carolyn O'Connor earned a Bachelor of Science degree in Biology from Fordham University in the Bronx before moving on to medical school at the University of Vermont. She earned her medical degree in 1996; then, she trained for three years at Rhode Island Hospital, Brown University.



She completed her internship and residency in Internal Medicine in 1999, then stayed on for another year as Chief Medical Resident. Dr. O'Connor was board-certified in Internal Medicine in 1999 and served as an attending physician at Rhode Island Hospital, as well as a clinical instructor in Medicine at Brown University School of Medicine, until December 2000.

This year, Dr. O'Connor chose to return to the Westchester area to be near family and friends. She pursued a career with MKMG

because of its "outstanding reputation for high quality care."

Dr. O'Connor began her practice in MKMG's Carmel office in January 2001, where she treats both men and women ages 17 and up. She is affiliated with Putnam Hospital Center.

"I am thrilled to have joined such a comprehensive Group," she said. "MKMG patients have such a great advantage, having so much specialized care available in one group. Each and every job is done well, from the administration to the medical care."

Dr. O'Connor has a strong interest in women's health issues, and how risk factors and symptoms of certain medical conditions present differently between the two genders.

"I absolutely love the practice of medicine, and I am very committed to all my patients," she added. "I look forward to expanding my practice here with MKMG."

Dr. O'Connor treats men and women age 17 and up and is currently accepting new patients in MKMG's Carmel office. To schedule an appointment with her, call MKMG at 845-278-7000.

MOUNT KISCO MEDICAL GROUP

MOUNT KISCO
241-1050 Main • 242-1580 Pediatrics
90 & 110 South Bedford Road

YORKTOWN
962-5060 Main • 962-8989 Pediatrics
1825 Commerce Street

BREWSTER
845-278-4300 Main • 845-278-6626 Pediatrics
Route 22 and Milltown Road

CARMEL
845-278-7000 Main
Southeast Executive Park, 185 Route 312

Is your goal to have as natural a child-birth experience as possible, with the least possible medical intervention? Are you interested in alternative birthing positions, such as using a birthing stool, and labor therapies, such as soaking in a jacuzzi, walking or taking a hot shower during labor?

If so, you might consider delivering your baby with a midwife. Amy Fleming, MKMG's Certified Nurse Midwife, is an expert in natural childbirth, and specially qualified to provide low-risk obstetrical care, as well as routine and well-woman gynecology.

"My practice is tailor-made for women who want to be a part of the birth experience, who want guidance with less intervention, and who believe in letting nature take its own course," Ms. Fleming said.

What is a Midwife?

"Midwives teach women to trust their bodies to deliver healthy babies naturally, with less medical intervention," she explained. "Our training is in low-risk pregnancy and childbirth, and our focus is on education. We provide mothers-to-be with a complete understanding of the options available to them, so they can make educated decisions about how they want to have their babies."

Midwives are registered nurses who graduate from an advanced educational program accredited by the American College of Nurse Midwives. Certified Nurse Midwives (CNMs) must pass a national certification exam and meet strict requirements for state licensure.

Ms. Fleming has practiced as a CNM for more than 16 years. In 1984, she received a Masters degree in Midwifery from Columbia University, and is licensed in the state of New York.



Amy B. Fleming
CNM, MS

Mutual Goals of Midwifery

Ms. Fleming's goal is for patients to feel informed, and to know what to expect every step of the way. Her hope is that patients have a euphoric and empowering birth experience.

To this end, Ms. Fleming consults extensively with patients, learning their beliefs and desires, and educating them about their choices. Throughout the process, she focuses on preparing them as much as possible for pregnancy and childbirth, and what to expect physically, emotionally and psychologically.



Midwifery: A Natural Alternative

Planning the Birth

Together, she and her patients develop a birth plan that includes a "wish list" of everything the patient hopes to achieve during childbirth. This list might include the desire to give birth in a squatting position, to use relaxation aides such as a jacuzzi or hot shower, and to avoid using medications for pain or inducing delivery unless they become medically necessary.

Of course, patients are free to change their minds about things like epidurals or pain medications during the birth process. "My patients are not required to have a natural childbirth," she said. "They can change their minds at any time, and they know that if they ask me for pain medication, they will get it. The difference is that my patients seek me out because they want to try not to intervene in the natural process."

In fact, Ms. Fleming herself may recommend procedures or medications when they are medically necessary, or when she believes they will help the mother progress through labor more effectively.

"Patients know that their 'wish list' is exactly that -- we follow it to the best of our ability, but circumstances sometimes make medical intervention necessary. In these cases, I always explain exactly what the procedure will entail, what it will accomplish, and why I am recommending it. I make sure that there are never any surprises, so mothers can feel comfortable about everything that is going on."

The Birth Process

All patients under Ms. Fleming's care

deliver their babies in Northern Westchester Hospital's Birthing Center, which can accommodate most alternative birthing therapies and procedures.

During every delivery, an MKMG obstetrician is available to provide immediate consultation and care, in case of a medical emergency. The hospital's neonatologists are also on-hand to provide care for infants with medical problems.

"All of my patients receive the expert care of an MKMG board-certified obstetrician whenever they need it; we work collaboratively," she explained. "If a problem should arise during pregnancy or childbirth, a physician is available immediately to provide whatever services or guidance are necessary."

The Rewards

As many of her patients attest, the experience of natural delivery with a midwife can be extremely rewarding.

Karen Stachowicz delivered her son, Jacob, with Ms. Fleming two years ago, and was "absolutely thrilled" with the experience.

"I never felt nervous or scared," Stachowicz said. "Amy was right there to help me relax and let me know how I was doing. I was very lucky that I had no serious complications, and everything went as we had planned. It was an amazing experience," she said.

Jennifer Ceisler, who gave birth to her third child in February, explained, "With Amy, I never felt like a patient, it felt more like a friendship. At the same time, I knew I could trust Amy with my care. She is up-front and cautious, and there are no surprises. It could not have been more perfect."

Patient Karen Landers echoes these accolades. "You never feel alone in the process -- Amy is always there to hold your hand," she said. "Even after I gave birth, she called to check on me and see how things were going. I always felt very cared for."

"Having my first baby with Amy was a wonderful experience," said Claire Howard-Coster, who will deliver her second baby with Amy this year. "Amy is extremely knowledgeable -- I felt completely comfortable with her. She is a very calming presence throughout the process. Walking and using the jacuzzi also really helped during labor."

Curious about whether midwifery is right for you? Interested in learning more? Ms. Fleming encourages women to contact her to ask questions and discuss their options. She can be reached at 242-1441.

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MEET OUR OBS

Tuesday, April 24, 2001 • 7-8:30pm

(informal gathering - coffee & dessert served)

RSVP: 242-1380

MKMG's YEAR 2000 TRIPLETS

January 6, 2000

Louis, Samuel and Thomas

Louis: 6lbs • Samuel: 5lbs 5oz
Thomas: 4lbs 14oz

February 3, 2000

Carter, Julia and Tyler

Carter: 4lbs 9oz • Julia: 3lbs 14oz;
Tyler: 3lbs 5oz

May 31, 2000

Michael, William and Laura

Michael: 5lbs 8oz • William: 4lbs
15oz Laura: 3lbs 7oz

October 14, 2000

Lindsey, Kendra and Colette

Kendra: 3lbs 8oz • Colette: 3lbs 5oz
Lindsey: 2lbs 12oz

MKMG Delivers Four Sets of Triplets



Dr. Scott Hayworth, clinical staff members Susan LaDuke, Jodi Baskin, and Eileen Leon, with the four moms and their triplets.

The Year 2000 was a "record breaker" for MKMG's Obstetrics & Gynecology Department. Of the four sets of triplets born last year at Northern Westchester Hospital Center, all four were delivered by MKMG Obstetrician & Gynecologist Dr. Scott Hayworth.

"Delivering four sets of triplets in one year was unique. It was a pleasure and an honor to play a role in all of those deliveries," said Dr. Hayworth. "In general, multiple births are becoming more frequent at MKMG -- last year, our obstetricians also delivered many sets of twins. The rising use of fertility drugs has certainly increased the incidence of multiple births in recent years, but many are still conceived naturally."

MKMG's Obstetricians are specially qualified to handle a wide range of high risk cases, including: pregnancies after multiple miscarriages, premature deliveries, pre-term labor, toxemia or preeclampsia, cervical incompetence, and intra-uterine growth retardation. They also provide care for pregnant mothers with pre-existing medical conditions, such as diabetes, high blood pressure and lupus.

"Our obstetricians are pleased to handle all types of pregnancies, whether normal or high risk cases," said Dr. Hayworth. "While we can provide expert care for mothers with specific, high-risk concerns, our comprehensive range of obstetrical services was designed with all kinds of moms in mind."

Dr. Hayworth emphasized that the obstetricians at MKMG are attentive not only to the medical needs of their patients, but also to their preferences during the birth experience. "We try very hard to accommodate each mother's wishes," he said. "When mom and baby are doing well, we are very liberal about what the mom can do during labor. She can walk around, relax in a whirlpool bath, and even eat."

"Mothers also have choices about having epidural anesthesia or other pain relief," Dr. Hayworth noted, "and we strive for all mothers to deliver vaginally, rather than by C-section, if possible."

All patients are monitored closely, from conception through delivery, using the wide range of advanced imaging and diagnostic procedures available in MKMG's offices. All babies are delivered at Northern Westchester Hospital Center, where three board-certified neonatologists can provide infant care for babies as small as two pounds.

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