



Medicīnas centrs
ARS

Arna 1288



TAKING CARE OF YOU AND YOUR BABY

Maternity Care

please read
*For future
parents*
to be informed





ARS Medical Centre takes special care of future parents by offering a full range of required services – **timely diagnostic screening and health care during pregnancy as well as postnatal care** – in accordance with the latest guidelines for gynaecological care used around the world.

- Gynaecological examination
- Pregnancy monitoring (acc. to Latvian Cabinet of Ministers Regulation No 611)
- Gynaecological diagnostics:
 - gynaecological ultrasound: diagnostics during early pregnancy stages
 - pregnancy ultrasound screening: examination of fetal anatomy and development, placenta and umbilical cord
 - examination of fetal spatial imaging and organs using 3D and 4D premium ultrasound diagnostic machines
 - cardiotocography (CTG)
 - laboratory tests at the E. Gulbis Laboratory
- Inviting other specialists for assistance, and conducting extra tests if necessary (impaired glucose tolerance, gestational diabetes, elevated blood pressure etc.)

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Our Team



Dr. Dace MATULE

Head of the Gynaecological Department of ARS Medical Centre

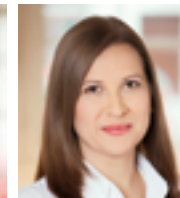
ARS Medical Centre is proud of its Gynaecological Department which employs over 20 gynaecologists, recognised specialists in their field of professional activity, ensuring a wide range of examination and treatment options thanks to their expertise and use of modern top quality diagnostic equipment. We have addressed the needs of women at all ages, from teenage girls to aged women.

Special attention is paid to care during pregnancy since the waiting period is particularly emotional, wonderful and unforgettable in the life of every woman. We are ready to help so as to ensure that the waiting and postnatal periods are safe and full of joy.

We provide care for more than 400 women during their pregnancy each year.



Jana Zodzika, PhD



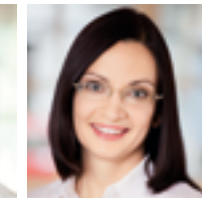
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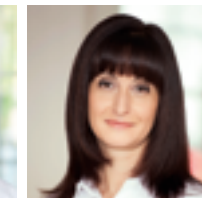
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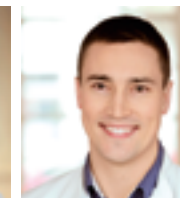
Larisa Antonova



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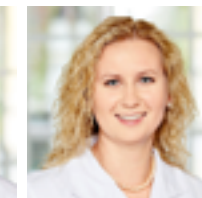
Marija Mohova



Antons Babuskins



Aksana Evart



Olga Plisko

Pregnancy and Fetal Diagnostics

ARS Medical Centre takes special care of future parents by offering a full range of required services.

Pregnancy ultrasound

Ultrasound (US) is a harmless, painless and highly informative type of visual diagnostic examination used to assess the structures of different organs and soft tissue. Ultrasound examination is based on the use of high-frequency

sound waves – ultrasound. Ultrasound examination does not affect fetal development and poses no risk to health. Ultrasound examination at *ARS Medical Centre* is performed using premium class ultrasound machines ensuring

precise, highly informative quality examination. Ultrasound examination of gynaecological patients and pregnant women at *ARS Medical Centre* is performed using premium class 3D and 4D sonography.



Fetal ultrasound screening

Performed at the right time, high-quality fetal ultrasound examination plays a very important role in controlling the progress of pregnancy and timely identification of congenital fetal pathology. This examination is used to assess fetal development, possible anomalies, condition of the umbilical cord and placenta as well as to update the possible time of birth.

Examination is performed by ultrasound specialists–gynaecologists:

Dr. Dace Matule
Dr. Dace Ezeriņa
Dr. Inese Cekula

Genetic screening

Genetic screening, which allows to determine pregnancy time and to identify possible fetal pathologies, is performed during the 1st pregnancy trimester (11th-13th pregnancy week).

Specialists who perform 1st trimester genetic risk re-calculation for medium genetic risk group pregnancy using the FMF (Fetal Medicine Foundation) risk calculation software:

Dr. Dace Ezeriņa
Dr. Inese Cekula



In-depth fetal3D/4D ultrasound examination

This exam provides important information about the visible fetal structures (face, spine, limbs etc.) and allows to obtain spatial imaging.

Examination is performed by ultrasound specialist – gynaecologist Dr. Dace Ezerina.

Fetal echocardiography ultrasound examination

Echocardiography ultrasound is used to examine fetal heart anatomy and functions. This examination helps to assess the heart, structures and the functional condition of major blood vessels and enables early identification of congenital heart disorders.

Examination is performed by echocardiography specialist, paediatric cardiologist Dr. Med., Associated Prof. Inguna Lubaua.



Pregnancy ultrasound: Doppler ultrasound of fetal blood vessels and biometry

Doppler ultrasound is performed in addition to the normal foetal ultrasound exam to examine blood flow in specific blood vessels which helps determine the foetal condition in the uterus.

Foetal heartbeat examination – cardiography

Cardiotocography (examination of foetal heart sounds) record is taken and examined by a certified midwife using foetal monitor equipment of the latest generation for a precise assessment of the fetal health condition after the 36th

pregnancy week (or earlier in case of relevant indications). Foetal heartbeat is controlled using the direct heartbeat and uterine activity monitoring method. This equipment also enables monitoring the heartbeat of twins at the same time.

Laboratory tests at E. Gulbis Laboratory





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Future Parent School



The time spent waiting for a baby to be born is a beautiful and emotionally intense experience. Parents-to-be are always concerned about the question of whether to take preparatory courses before the childbirth, whether it is something they really need. The answer is: Yes, of course! Any useful information and knowledge that you can learn directly from professionals in this area is valuable, and it helps to deal with perplexity that may occur during this important period. We invite you to attend courses for future parents organised by *ARS Medical Centre*. We've got a comprehensive offer for you!



Important information!

During the 29-30th pregnancy week at the latest the expectant mother must choose a general practitioner (GP) for her baby and request a written confirmation from the GP that he/she is willing to provide care for the newborn baby.

For your information!

- The courses are held at the following address: Room 239, *ARS Medical Centre*, 5 Skolas Street in Riga.
- The courses take place once a week, the duration is 90 minutes.
- A lecture costs EUR 18, the fee is covered by some insurance companies
- The pregnancy passport of the expectant mother is stamped at the end of the courses.

Introductory lectures for future parents

We recommend you to attend these lectures before the 20th pregnancy week

- Pregnancy and course thereof
- Physiological and emotional change during pregnancy
- Pregnancy and beauty issues
- Healthy food and correct diet
- Vitamin ABC during pregnancy
- Prevention of varicose veins
- Physical activity
- Sling therapy before and after the childbirth
- How does the expectant father feel?
- Discussions

The lectures are read by midwife Sandra Neilande.

A course of lectures about childbirth

Includes four lectures.

We recommend you to attend these lectures starting from the 30th pregnancy week.

Benefits of birth preparation courses

- A possibility to clarify any question that is unclear or alarming for the future parents
- A possibility to meet other future parents
- Awareness of a healthy and happy pregnancy and the process of childbirth
- Understanding engagement in childbirth
- Information about prenatal and postnatal leave

Lecture 1. Getting ready for the childbirth

- Physiological change in the woman's body during the final three months of pregnancy
- Woman's emotional state
- Fetal movement counting
- Birth precursors
- When is the time to go to the Maternity Department?
- Things you must take with you when going to the Maternity Department
- Partner's role during childbirth

The lecture is read by midwife Inta Zuimaca.

Lecture 2. Childbirth. Postpartum process

- Process of labour and birth
- Labour and birthing positions and use thereof
- Types of relaxation during childbirth
- Pain relief options in labour
- Differences between natural birth (vaginal delivery) and Caesarian section (c-section)
- Kas notiek sievietes ķermenī pirmajās dienās pēc dzemdībām?
- Processes in the woman's body during the first days after childbirth
- Psycho-emotional state after childbirth
- Things that worry the new mother
- When to call the doctor
- An introduction to stem cells

The lecture is read by midwife Inta Zuimaca.



Lecture 3. Breastfeeding and newborn care

- Breastfeeding as the most important precondition for a healthy growth and development of the child
- Breastfeeding and its role in forming and consolidating the emotional bond between the baby and the mother
- The importance of healthy and correct food during the breastfeeding period
- Postnatal contraception
- First hours spent together with your baby
- Baby feeding and care
- How does the baby feel?
- How to know if the baby is healthy and alright?

The lecture is read by midwife Jelena Lendele.

Lecture 4. Supplementary feeding from 6 months

- When supplementary feeding should be started?
- What to start supplementary feeding with?
- Differences between paediatric and academic supplementary feeding
- Introducing porridges, vegetables, fruit, meat, fish and other products into baby diet
- Feeding regime to be observed after starting supplementary feeding
- Food allergies: in what ways and how fast they manifest themselves. What to do to prevent it.

The lecture is read by midwife Jelena Lendele.

For booking or more information call (+371) 672 01 061 and 22 010 172.

All expectant mothers – both those under pregnancy care provided by ARS Medical Centre and those attending other medical institutions – are welcome.



Health and Wellness during Pregnancy



Medical gymnastics during pregnancy

It is advised for expectant mothers, starting from the 12th pregnancy week, to start doing gymnastic exercises for muscle strengthening, training the pelvic floor muscles, relaxation and developing proper breathing techniques which will provide a significant relief during labour and birth.

Purposeful physical activity and endurance training, which plays an important role in overcoming the expected physical and emotional stress during labour and birth, is required to be done during pregnancy.

- The activities include warm up, flexibility and power exercises, breathing technique and stretching exercises. Special attention is paid to the woman's posture during the pregnancy period, which is affected by the increase in weight. Correct posture helps to prevent back pain and ensures better supply of oxygen to the fetus. Expectant mothers are taught how to do household chores correctly to keep the back healthy and protected.
- Special exercises help both to feel better during pregnancy and to get back into shape after giving birth.
- Two options available: exercises on an individual basis, and exercises in small groups.

Massage for expectant mothers

Muscle tension, sense of heaviness and leg swelling causes various problems during pregnancy. We offer pregnancy body massage that is suitable for the prenatal period: gentle strokes and touches that relax muscles, calm the anxious mind and cause overall wellness. This type of massage is also perfectly fit for the postnatal period.

Breathing exercises during pregnancy

Physiological change in the body during pregnancy may cause a sense of scary discomfort, for example, dizziness, dyspnoea and tiredness, shortness of breath, arm and leg muscle pain etc. It is very important to learn how to breathe correctly so as to ensure the levels of oxygen required both for the mother-to-be and for fetal development. These techniques help the body to overcome the sense of discomfort as well as to gain extra energy and to relax.

Benefits:

- Stabilises the rate of heartbeat
- Levels out blood pressure
- Normalises metabolism
- Reduces muscle pain
- Improves blood circulation

The exercises are provided by midwife Sandra Neilande

Recommended specialist consultations



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Pregnancy places an extra load on the entire body.

Specialists of *ARS Medical Centre* are available to help expectant mothers to avoid unnecessary health problems and to preserve wellness.

• Consultation by a dental hygienist

A mother-to-be has to take care not only of the hygiene of her oral cavity and dental health but also of the development of her baby's teeth in the future since the milk teeth already start developing during the prenatal period, in the period of time from the 12th to the 17th pregnancy week.

Note this!

A mother-to-be should go to the dental hygienist on a regular basis, no less than two times during the pregnancy, in order to keep her oral cavity in good condition and to take care of the development of her baby's teeth.

• Regular consultations by a dentist

Regular visits to the dentist are required during pregnancy since changes in the body may also cause changes in the oral cavity and facilitate tooth decay and gingivitis (inflammation of the gums).

For your information!

Regular oral cavity checks are also important even if you had healthy teeth before becoming pregnant. A visit to the dentist is necessary to control and to prevent immediately any possible change in the oral cavity. The dentist will introduce you to the best individual solutions of dental hygiene for you.

Consultations by doctors

• Consultation by a GMP

For assessing the general health condition.

• Consultation by an endocrinologist

In case of a thyroid gland disorder, diabetes mellitus, or if impaired glucose metabolism is identified during pregnancy.



• Consultation by a proctologist

Most expectant mothers suffer from haemorrhoids during the second half of pregnancy. They can flare up both during the last months of pregnancy as well as after giving birth. A proctologist's consultation is necessary to prevent this problem. If complaints persist also during the postnatal period, a proctologist's consultation is desirable 6 months after giving birth in order to assess the objective situation and to select the best treatment tactics.

• Consultation by a cardiologist

In case of an elevated blood pressure or past record of any cardiovascular diseases.

• Consultation by a pulmonologist

Particularly advised for pregnant women suffering from bronchial asthma.

• Consultation by a nephrologist

In case of any chronic renal disorders.

• Consultation by a diet expert

The new mother should pay special attention to her food and diet during pregnancy and while breastfeeding. If you're breastfeeding your baby, you should avoid certain products that cause allergic reactions in the baby, change the taste and colour of breast milk. We recommend a consultation by our diet expert who will explain the most important principles of a diet, suggest the best menu to ensure complete development of the baby, while preventing you from becoming overweight.

Diet expert Anna Nikolajeva





Leg Health and Wellness

Problem: swollen legs

Leg oedema and swelling are natural consequences of pregnancy, unless they are caused by a health problem, for example, by heart or kidney diseases. As the body is getting prepared for blood loss during labour and birth, the volume of blood circulating in the body increases by 40% on average during pregnancy, which causes oedema. There are two ways to reduce it: you should either drink a lot of water or wear compression socks. Drinking water on a regular basis is the best way to promote a healthy pregnancy because it helps maintain the required tone and blood pressure, reduces oedema and moisturises skin.

To prevent blood clots and keep your veins healthy, it is advised to wear compression socks throughout the period of pregnancy, especially if the pregnant woman has a sitting or standing job. Stockings are a good support for legs because the congestion forms in the ankle zone. Compression socks for preventive purposes are suitable only if there are no vein problems. Consultation by a phlebologist on appropriate compression socks is recommended in case vein problems already existed before pregnancy.

Compression socks

High-quality compression socks are recommended for all pregnant women for the prevention and treatment of vein disorders. They should be selected by a phlebologist on an individual basis depending on the health condition and leg parameters. We offer compression socks produced by the German company *Medi* which are characterised by high quality and attractive price of the product. A phlebology nurse will select the most appropriate compression socks for you and help you try them on, instruct you how to put them on and use correctly. You can buy one compression sock only, buying two socks may not be necessary.

Phlebology nurse Ineta Andersone,
phone No. (+371) 29 925 412



Leg vein diagnostics

Ca. 50% women develop enlarged varicose veins already during their pregnancy which cause pain, sense of tiredness and heaviness in the legs, oedema and dilated vein nodules. Therefore we recommend a consultation by a phlebologist for preventive purposes and a venous duplex ultrasound scan to clarify the condition of deep and superficial veins and to determine the required therapy.

Vascular surgeon, phlebologist, duplex ultrasound specialist Dr. Med. Sergejs Kovalovs



For your information!

If complaints persist also during the postnatal period, a phlebologist's consultation is desirable 6 months after giving birth in order to assess the objective situation and to select the best treatment tactics.



Podometry. Feet examination and instep insoles

Gradual growth of body weight causes the risk of feet deformity, which is signalled by feet, back pain and difficulty in walking. To avoid this, it is recommended to visit a podiatrist who will perform computed diagnostics of foot load to determine the distribution of body weight on the feet. On examination of the results of the examination and complaints of the expectant mother, the podiatrist will select the best instep insoles to support feet arches thus facilitating walking and reducing the risk of feet deformity.



Using instep insoles every day ensures uniform distribution of body weight on the feet. They also act as shock absorbers, thus reducing the problems caused by foot overload:

- tiredness and unpleasant sense in the feet
- the risk of formation of bone spurs
- changes in foot skin: calluses, skin thickening, corns, ingrowing nails etc.
- foot, leg, back pain

Podiatrist Laima Melke



Therapeutic foot care

The woman's body changes during the waiting period: her body weight increases significantly, her posture changes, resulting in additional pressure on the knees and feet. This causes change in the feet arches contributing to the development of the flat foot and many other feet problems.

An increase in weight increases the foot deformity risk as it may cause:

- skin thickening on the feet
- cracked heels
- ingrowing nails
- corns
- foot and heel pain
- risk of a nail fungus infection due to reduced immunity
- leg oedema caused by impaired venous and lymphatic return

An expectant mother will find it difficult to take proper care of her feet on her own, therefore we recommend to turn to a professional specialist of therapeutic foot care who will:

- provide professional therapeutic care of your feet using feet care products that are delicate for the expectant mother and her baby
- take the required hygiene and preventive measures
- recommend feet care products that are suited best for use at home.

New Mother and the Baby

Gynaecological examination after childbirth

A visit to a gynaecologist is to be appointed 6-8 weeks after giving birth for gynaecological examination. Gynaecological examination is performed during the visit to make sure that there are no complications during the postnatal process, and the doctor provides advice on postnatal contraception and provides consultations on breastfeeding.

Visit to the paediatrician before and after childbirth

We recommend consulting an experienced paediatrician both before and after childbirth in order to get the best recommendations for the complete development and good health of your baby; this will help you feel safe and have confidence at all times. A paediatrician provides consultations in all matters related to baby feeding, breastfeeding, development and vaccination of the baby, and performs a thorough examination during each visit. The doctor also provides treatment and makes home visits in case of necessity.

Baby's health

The basis for a healthy and happy life is formed during the early years of life of a baby, therefore we recommend you to **trust your baby to a considerate and experienced paediatrician** working at *ARS Medical Centre* who will provide consultations:

- join care of the newborn baby
- answer questions about breastfeeding and feeding your baby
- on baby vaccination
- on issues of health prevention, diet, physical load, toughening up, immunity boosting and other issues
- provide treatment for children from their birth to 18 years of age

Important!

Vaccination of children according to the national immunisation programme is available at *ARS Medical Centre* (you only have to pay the fee for medical inspection by a doctor prior to vaccination).

Lesser pelvic muscle rehabilitation with biofeedback therapy

The biofeedback therapy is an innovative and efficient method for the treatment of urinary incontinence that is used for exercising and strengthening the muscles of the pelvic floor.

Urinary incontinence during pregnancy and after birth is not the norm. It should not be that way! One should visit a specialist (a gynaecologist or urologist) to do tests and to identify the causes for that.

The most common cause is weakening of the deep perineal muscles. These muscles are specifically responsible for the physiological state of the bladder neck and urethra at the time of physical load when pressure in the abdominal cavity rises causing a urinary leak. This is also provoked by pregnancy and delivery; also, heredity (weakness of connective tissue), overweight etc. plays a very large role, too.

There is a modern solution – *biofeedback* – that has been created to teach how to **control the pelvic floor muscles** and to prevent urinary incontinence. Using computed equipment and audio-visual signals, a physiotherapist helps the patient to understand which muscles should be exercised and how. The results are quite good. **The patients can resolve this problem completely in about 70-90 per cent of cases.** The biofeedback method strengthens the pelvic floor muscles in a complex way and reduces the risk of pelvic organ prolapse (vagina, uterus, bladder, rectum).



Home visits

Home visits by paediatricians

A paediatrician goes on home visits to attend to both newborns for the first fosterage visit and to children up to 18 years of age. If the child is ill, our paediatrician will come over on a home visit also on a week-end to do a thorough examination and to prescribe a proper course of treatment.

Paediatricians Dr. Silvija Latkovska and Dr. Astrida Dzirniece

For paediatrician home visits call: (+371) 672 01 003,
from 8:00 AM to 8:00 PM, including week-ends and holidays.



Home visit by a midwife

A midwife not only helps the new mother to understand the process of pregnancy and the process of labour and birth; she also provides support and sense of safety after birth, helps to learn the proper breastfeeding techniques, and teaches the new mother how to care after the newborn and herself during the postnatal period.

Home visits by midwife Jelena Lendele from 9:00 AM to 5:00 PM every working day.
To arrange a home visit by the midwife, call (+371) 672 01 003.

During a home visit the midwife helps to learn the following:

Breastfeeding skills:

- Latching the baby onto the breast correctly, breastfeeding techniques, rhythm, ending a breastfeeding session
- Breastfeeding positions: practical advice
- Choosing the mother's diet during the breastfeeding period as it has an effect on the normal bowel movement and evacuation of the baby
- Understanding the problems associated with breastfeeding and finding the most appropriate solution in case of flat/retracted nipples, breast turgidity, insufficient milk supply, blocked milk ducts, mastitis etc.
- How to hand express milk (using hands, a milk pump). How to store and use it correctly.

Care after the newborn:

- Daily hygiene: face, eye, ear, skin fold care
- Cleaning the baby's belly button
- Bathing
- Colic: what to do? Practical advice, choice of medication
- What to do if the baby is crying? Practical advice

Paediatric specialists, diagnostics

Our paediatric specialists will provide preventive care and treatment for your baby



Paediatric specialists:

- Paediatrician
- Paediatric neurologist
- Paediatric cardiologist
- Paediatric ENT (ear, nose and throat) specialist
- Paediatric ophthalmologist
- Paediatric dentist
- Early development speech and language therapist
- Micro-speech therapist

Diagnostics for children

Ultrasound:

- neurosonography (infant head sonography)
- abdominal ultrasound
- kidney and urinary tract ultrasound
- thyroid ultrasound
- hip joint ultrasound
- Doppler echocardiography (heart ultrasound)

Other exams:

- X-ray exams etc.
- CT (computed tomography)
- MRI (magnetic resonance imaging)
- Lithotripsy
- Laboratory tests at *E. Gulbis Laboratory*

Vaccination

Baby Development

Veselības centrs
ARS ARS FILIĀLE

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+371 27 827 224
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Physiotherapy

Huge changes occur in the development of a baby during the first year of its life, there are so many new things to learn: raising one's head, grasping objects, rolling, crawling, sitting, getting up, walking. Gymnastics helps the baby feel its body, balance the muscle tone, prevent body asymmetry and master a large range of movements.

Doing physical exercises in a purposeful way has a significant impact on the baby's physical and mental development. It's been proven that children who do exercises in the first year of their life feel safer, have a better sense of orientation and feel joy from making movements. Physiotherapists of *ARS Medical Centre* have mastered advanced rehabilitation techniques – handling and Bobath therapy – which contribute to the harmonious and comprehensive development of babies.

Bobath exercises

Bobath therapy is organised on an individual basis for infants aged from 3-4 months to 12 months. The baby takes an active part in the activities, forming a sense of its body, developing new movement skills, stabilizing the body, developing a sense of balance, movement coordination, muscle tone and learning how to connect with the surrounding world. We invite infants, starting from from the age of 3-4 months, to take part in pleasant activities together with their parents. The duration of a session is ca. 30 minutes, depending on the baby's ability to pay attention.

Handling techniques

This is a training for parents together with their baby for daily activities regarding baby care: changing baby's clothes, lifting and carrying the baby, placing and laying down the baby, holding and feeding the baby. Using proper handling techniques, parents help the baby form a sense of its body and to arrange its body, ensuring symmetrical and complete development of the baby in the long term.

Massage/therapeutic gymnastics for infants and children

Therapeutic massage has a beneficial effect on the entire baby's body:

- it strengthens muscles
- it tones up the circulatory and lymphatic systems
- it stimulates the functioning of the digestive system
- it Improves coordination and overall development of the baby
- it helps prevent bloating

For your information!

One should not do a massage right after feeding the baby. It is better to do this when the baby has had a good sleep after eating.



Recommended for babies, starting from the age of 4 months, together with their parents.

Infant school *Skoliņa Oliņa*

Classes at Infant School are organised for babies together with their parents. These classes provide early musical experience for babies, since music is the first form of art that human beings react to consciously already in their infancy. Musical activities stimulate the sensory functions and help develop the eyesight, the sense of touch, taste and smell, etc. These senses are required for the complete development of the baby and language acquisition.

The classes are given by music teacher and music therapist Gunta Liepina.



Pregnancy Care Calendar

First visit to the gynaecologist: before the 12th pregnancy week	The consultation includes gynaecological examination, referrals to specialists for appropriate further examinations in view of complaints (if any), and an appointment for a follow-up visit, provision of information on fetal development, the importance of a balanced diet, the impact of harmful habits on the progress of pregnancy, and information on symptoms when medical help should be sought
Starting from Day 1 of the 11th pregnancy week till Day 6 of the 13th pregnancy week	Ultrasound: Measurement of nuchal translucency and assessment of biochemical serum markers for purposes of genetic screening
16th to 18th pregnancy week	Body weight measurements, blood pressure control, issuance of maternal passport, referrals to necessary examinations, appointment for a follow-up visit
Starting from Day 1 the 20th pregnancy week till Day 6 of the 21st pregnancy week	Ultrasound: detailed assessment of fetal anatomy and growth
24th pregnancy week	The glucose tolerance test is performed if necessary
25th-26th pregnancy week	Consultation by a gynaecologist: information about the progress of pregnancy, body weight measurements, blood pressure control, measurement of fundal height, monitoring of fetal heartbeat. Referrals to necessary examinations upon assessment of the expectant mother's wellness, appointment for a follow-up visit
29th-30th pregnancy week	Information from the gynaecologist regarding the necessity for the expectant mother to choose a general practitioner (GP) or a paediatrician and to start preparing for childbirth by learning how to do proper breathing exercises etc. Referrals to necessary examinations upon assessment of measurements and patient complaints, fetal movements and heartbeat, appointment for a follow-up visit
34th-36th pregnancy week	Information from the gynaecologist on labour precursors, process of labour and birth, postnatal procedures. Assessment of the expectant mother's wellness, fetal movements and fetal lie, performance of measurements, referrals to necessary examinations and appointment for a follow-up visit
35th-37th pregnancy week	Sample collection from the vagina, perineum and rectum for GBS (Group B strep) test
38th-40th pregnancy week	A consultation for the assessment of fetal heart rate by recording the baby's heartbeat using a cardiotocograph, measurement of fundal height, performance of measurements, referrals to examinations, appointment for a follow-up visit
41th pregnancy week	Assessment by a gynaecologist of the expectant mother's wellness, fetal movements, performance of measurements and examinations to assess the state of the fetus, and deciding on the steps to prevent overdue pregnancy
6th-8th week postpartum	Gynaecological postpartum examination by a gynaecologist



The first postnatal visit to a gynaecologist at our clinic is free of charge for all new mothers whose pregnancy care is provided by specialists of *ARS Medical Centre!**

* This offer does not apply to patients covered by health insurance policies

Aesthetic Gynaecology

The birth of a baby is a very important event in the life of every woman and every couple. Happiness, excitement and love fill the hearts and minds of the new parents. Over time, the first excitement fades away, and at some point the woman notices that, besides the unconditional love and happiness that the baby has brought into her life, pregnancy and birth have left indelible marks on the woman's body.

These changes increase with each new baby that is born and become increasingly noticeable over the years. A feeling of looseness in the intimate area, vaginal prolapse, appearance of the symptoms of urinary incontinence, and, over time, intimate life no longer gives the same satisfaction as before.

In the past, a woman had to put up with it. Today, undesired changes in a woman's body can be corrected successfully.

Using state-of-the-art technology – laser therapy, hyaluronic acid and PRP injections, modern surgical correction – strengthening the pelvic floor muscles by various physiotherapy methods, makes it possible to prevent birth injuries and tissue change associated with scar formation and natural ageing. It offers a modern, unprecedented opportunity to restore and significantly improve the functionality and visual aesthetics of the intimate area. The new methods not only help reduce and prevent physical complaints but also significantly improve the quality of life of women.

Problems and solutions

- **Laser therapy** with *MonaLisa Touch* – vaginal rejuvenation, correction of urinary incontinence, prevention and treatment of vaginal and vulvar atrophy and its side-effects without surgical intervention using laser equipment.
- **Labiaplasty and labia minor reduction:** a surgical procedure to reduce the size of the labia major or labia minor using a CO2 laser.

- **Vaginal plastic surgery:** surgical vaginal correction in case of vaginal prolapse or postnatal injury.
- **Vulvar mucosa laser therapy:** in case of atrophic or autoimmune changes.
- **Gentle removal of various growths** (papillomas, warts, moles) in the intimate area using laser technology.

- **Gynaecological injections** or *NEAUVIA* hyaluronic acid filler injections in the intimate area.

Aesthetic gynaecology procedures are performed by gynaecologists Dr. Dace Melka and Dr. Daiga Baranovska of ARS Medical Centre with extensive experience in surgical gynaecology.





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