RUTGERS
Robert Wood Johnson Medical School

Department of Obstetrics, Gynecology and Reproductive Sciences
Division of Maternal-Fetal Medicine
Section of Perinatal Genetics
Rutgers, The State University of New Jersey
125 Paterson Street,
Clinical Academic Building – 2nd Floor
New Brunswick, NJ 08901-1971

Vania.Lyons@ rutgers.edu

Phone: 732-235-6630
Fax: 732-235-5230



Pregnancy Loss Evaluation Service (PLES)

The Department of OBGYN at Rutgers-Robert Wood Johnson Medical School in New Brunswick, New Jersey is pleased to announce the launching of the Pregnancy Loss and Pre-Term Delivery Evaluation Service (PLES) for patients with the following indications:

- Recurrent first trimester miscarriages
- History of fetal demise or stillbirth
- Previous pregnancy with ultrasound abnormalities
- Previous preterm delivery

The service will be co-directed by a Maternal Fetal Medicine physician and a Board certified genetic counselor.



Valeria DiStefano, M.D., FACOG



Elena Ashkinadze, M.S., CGC

Additional specialists who will complete the team will have a background in placental pathology, genetics, reproductive endocrinology, nursing and social work. All patients referred to the service can expect a three step approach to their evaluation:

Step 1: Initial telephone intake
- All records will be collected prior to their visit
- Case reviewed by the PLES team in advance of initial visit

Step 2: Initial consultation with MFM physician
- Assessment
- Additional studies for patient, partner, previous pregnancy tissue (if indicated)
- Genetic counseling scheduled (if indicated)
- Case re-assessed by PLES team (as needed)

Step 3: Follow-up visit
- Review results
- Provide a clearly outlined plan/options for future pregnancies
- A clearly outlined summary sent to referring doctor and patient
- Support resources provided (as needed)

Experiencing a miscarriage or a fetal loss can be a devastating event which may have a long lasting impact on the patient, couple and their families. Patients always question why this happened, if it will happen again and what, if anything, can be done to improve the outcome of a future pregnancy.

Our service is designed to provide patients with answers to some of these difficult questions and if risk factors are identified, can serve as an opportunity to optimize maternal health and possibly improve her future pregnancy outcome. For patient referral or questions/ comments, please call **732-235-6630 (Vania).** For provider inquiries, email questions or comments to ashkinel@rutgers.edu.