

Gynecology Services

Gynecology is the branch of medicine that specializes in women's health care.

A gynecologist is a doctor with special skills, training, and education in women's health, who provides care to women from adolescence, through the childbearing years to menopause and beyond. In addition, a gynecologist offers preventive health care, such as exams and routine tests. The gynecologist is a resource for care and information on:

- Healthy Lifestyles
- Premenstrual syndrome
- Breast Health
- Endocrinology/Infertility Services
- Family Planning/Contraception
- Genetic Testing
- Menopause & Hormonal Therapy
- Nutrition and Weight Counseling
- Pap Smear/Mammogram Services
- Pregnancy Testing
- Sexually Transmitted Disease
- Urinary Incontinence

Most experts recommend women begin having yearly gynecologic exams at age 21, or when they become sexually active. The gynecologic exam provides the woman and her primary care provider information about her reproductive health.

Midwifery Services

Midwife means "with woman"

Carl R. Darnall Army Medical Center offers the option of Certified Nurse-Midwives (CNMs) to provide care for women with normal pregnancies in collaboration with physicians and other health care providers.

Midwives...

- believe that pregnancy and birth are part of a woman's general health. Midwives expect childbirth to be straightforward but they are skilled and know what to do if there are any complication or difficulties.
- recognize that pregnancy and birth affect a woman and her family deeply. Midwives know that the changes in the childbearing year affect you emotionally, spiritually, and socially, as well as physically.
- get to know you. You will see a midwife and her fellow midwives all through your pregnancy.
- will answer your questions and talk to you about your worries. They will give you information about healthy foods, feeding your baby, different choices for labor pain and other topics.
- are highly trained and experienced and can provide care for most of your needs.



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The Carl R. Darnall
Army
Medical Center
welcomes and
congratulates you
on your pregnancy.

Women's
Health Center



Welcome

to the Women's Health Center (WHC) as it is commonly called serves women of all ages to Soldiers assigned to Fort Hood, as well as military retirees and their families. The clinic's primary focus is the management of women's health care focusing on pregnancy, childbirth, the postpartum period, family planning and gynecological needs of women. The WHC is located on the 1st floor of Carl R. Darnall Medical Center.

WHC Hours

Monday through Wednesday and Fridays
7:30 a.m. – 4:30 p.m.
Thursday 9 a.m. – 4:30 p.m.

Women's Health Center Active-Duty Sick Call

(with the exception of holidays/training holidays)

Monday, Tuesday, Wednesday, Friday 7:30 – 8 a.m.
Thursday 9 – 9:30 a.m.

After duty hours, weekends and Federal Holidays:
Go to Darnall Hospital's Emergency Center if you are less than 20 weeks. If you are greater than 20 weeks pregnant, go to Labor and Delivery, which is located on the 2nd floor of the hospital.

If you are pregnant, providers within the clinic will become your primary care provider. The Patient Appointment Service (288-8888 or clinic # 288-8109) will always attempt to give you an appointment with your primary care provider. If your provider is unavailable, appointments will generally be with a member of the same team. A gynecological appointment may require a referral from your Primary Care Provider.

Eligibility for Health Care

Your eligibility for health care is determined by the information in the Defense Enrollment Eligibility Reporting System (DEERS) database. Although TRICARE Prime is free for family members of active-duty, if information is not current in this database, you may be responsible for some health care expenses.

Getting Health Care

For routine care and follow-up appointments, please schedule appointments in advance. If you need to speak with your primary care provider, call the clinic at 288-8109 and leave a message. If you need a same-day appointment or to ask for advice, please feel free to call our Nurse Triage at 288-8133.

Gynecological appointments for adolescents are available here in our clinic Monday through Friday. Make appointments through the Patient Appointment Service, 288-8888.



Services Offered in WHC

Family Centered Care

When your healthcare needs change, military medicine changes, too. To provide more personalized and responsive care during your childbirth experience, we offer family-centered care. Family, friends, and social support networks are vital to good health. Often during this special time, military families are far from home and these natural support systems. Through family-centered care, we offer an extended "family" that is knowledgeable about the separation aspects of military life. The family-centered care approach ensures that you and your family get the best possible personalized, coordinated care during this special time. You and your family's needs and best interests are at the heart of all our decisions. During your pregnancy you will have the opportunity to tour our Labor, Delivery & Recovery suites. We support breastfeeding and offer breastfeeding support services and classes for prenatal and breastfeeding mothers. Other services include counseling for genetic disorders, and lactation consultation.

Classes

We offer many classes covering topics that help women learn about the childbearing process, anesthesia options, and care options. These classes support thoughtful and informed decision-making during pregnancy, delivery, and beyond. Classes are regularly updated to provide current practices and new information.

Maternal Fetal Medicine

(High-Risk Pregnancy)

The Maternal-Fetal Medicine Program is a department within the Women's Health Clinic. Women experiencing complications during pregnancy can turn to the maternal fetal medicine specialists at the Darnall. Our specialists have advanced training in high-risk obstetric problems - those that put the mother or the unborn child at a serious health risk. Specialists in maternal-fetal medicine are available 24 hours a day to consult with other physicians and care for patients. We treat the following conditions, which generally indicate high-risk pregnancies:

- Diabetes
- Renal (kidney) disease
- High blood pressure (hypertension, preeclampsia)
- Multiple gestations (twins, triplets, etc)
- Prior preterm delivery, preterm labor
- Fetal anomalies (problems with the baby)
- Medical complications along with pregnancy (heart disease, sickle cell disease, lupus, thyroid disease, etc.)
- High Risk Obstetrics

We are also staffed by a board-certified genetic counselor and provide prenatal diagnosis and genetic testing, amniocentesis, DNA and enzyme analysis, specialized ultrasound technologies for prenatal diagnosis of fetal malformations (defects). Our specialists provide personalized, high-quality and cutting-edge care for women and their families.

Individualized nutritional counseling by a certified dietician is available when clinically indicated.

Antepartum Fetal Surveillance for high risk pregnancies is provided within the WHC, which provides non-stress tests and biophysical profiles.