

UC San Diego Health System Among Nation's Best in Women's Health

January 15, 2014 | Michelle Brubaker

Named to Becker's Hospital Review's "100 Hospitals with Great Women's Health Programs"

UC San Diego Health System has been featured in the latest *Becker's Hospital Review* list of "100 Hospitals with Great Women's Health Programs." Hospitals were selected based on clinical excellence, quality care and women's health awards and were also recognized for offering outstanding programs such as gynecology, obstetrics, reproductive medicine and other women's health needs.

"We are honored to be listed with our nation's very best for the innovative care and advanced treatment options we offer in obstetrics and gynecology," said Thomas Moore, MD, chair of the Department of Reproductive Medicine. "As the only academic hospital in San Diego, our patients have access to a wide range of experts ranging from gestational diabetes and high-risk pregnancies to pelvic floor disorders and menopause."

Eleven California hospitals made the list, two of which are University of California based medical centers.

Editors at *Becker's Hospital Review* recognized UC San Diego Medical Center for offering the most birth options to San Diego families. UC San Diego Medical Center has the only in-hospital Birth Center on the West Coast with nurse-midwives and volunteer doula services. The medical center was also recognized for being designated as a Baby-Friendly facility by Baby-Friendly USA with a wide range of resources for breastfeeding mothers.

The 49-bed Regional Level III neonatal intensive care unit (NICU) is a national center of excellence that provides the highest quality of care for premature and sick newborns. UC San Diego Health System is unique in that the medical center's Regional Level III NICU and labor and delivery service are in the same facility.

UC San Diego Health System's fetal surgery program is also nationally recognized and provides a potentially lifesaving treatment for identical twins with a rare but serious complication called twin-

to-twin transfusion syndrome, when blood flow moves from one twin to the other.

Editors also recognized UC San Diego Health System for the number of gynecological services offered such as blood pressure and cholesterol screening, pelvic exams and pap smears, breast exams and bone density scans.

Recent clinical achievements and women's health programs launched at UC San Diego Health System include the Maternal Weight and Wellness Program, which offers women who are overweight or who have had bariatric (weight loss) surgery comprehensive, compassionate obstetric care. The Menopause Health Program offers a multidisciplinary service designed to meet the complex needs of women approaching or experiencing natural, surgical or premature menopause.

The UC San Diego Women's Pelvic Medicine Center offers a multidisciplinary approach to conservative and surgical care for women with incontinence and vaginal prolapse. It is one of four sites in the nation that participated in the clinical trials from the National Institutes of Health (NIH) Urinary Incontinence Treatment Network and the Pelvic Floor Disorders Network.

Further data for hospitals on *Becker's Hospital Review* list was analyzed from sources including *U.S. News & World Report*, Healthgrades, UNICEF's Baby-Friendly Hospital Initiative and CareChex.

For more information about our Women's Health programs, [click here](#).

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