

HealthMatters



Baby Michael's Story

Michael was born with a heart defect. His parents were told that he was expected to live only a few weeks. Michael's mother learned of Best Doctors and called.

The Best Doctors team gathered all of Michael's medical records and found a world-renowned pediatric cardiologist who reviewed the case. Aspects of Michael's condition had been misdiagnosed and the pediatric cardiologist indicated that Michael's defect could be repaired and he had a good chance of living a normal life after surgery.

Years later, the Best Doctors team had the pleasure of meeting Michael and watching him run around like any normal four-year-old boy. Michael is a living and breathing testament to what we at Best Doctors strive to deliver every day.

Did You Know?

- ▶ Best Doctors is a free and confidential service
- ▶ Best Doctors was founded by Harvard Medical School Physicians
- ▶ Over 2 million people are covered under Best Doctors
- ▶ 22% of our cases have a change in diagnosis
- ▶ 61% of our cases have a change in treatment

If you have
questions call
1-866-904-0910.

Preventative Health

What Steps Can Women Take For Healthier Babies?

Not all birth defects can be prevented. But a woman can increase her chance of having a healthy baby. Here are some steps a woman can take to get ready for a healthy pregnancy:

- ▶ Eat a healthy, balanced diet.
- ▶ Take a vitamin with 400 micrograms (mcg) folic acid every day.
- ▶ Avoid alcohol and tobacco.
- ▶ Avoid unpasteurized (raw) milk and foods made from it.
- ▶ Avoid eating raw or undercooked meat.