

What is a Maternal-Fetal Medicine (MFM) Subspecialist?

MFMs, also known as perinatologists, are obstetricians with extra training and expertise in managing complex, high-risk pregnancies.



What is a High-Risk Pregnancy?



Pre-existing Health Complications

Chronic health issues such as diabetes, high blood pressure, or kidney disease, that may worsen during pregnancy or affect the course of a pregnancy.

Pregnancy Complications

A complication during pregnancy, such as preterm labor or preeclampsia, or a complication in a past pregnancy.

Fetal Complications

Concerns such as a birth defect or genetic disorder affecting fetal health.



What do MFMs do?

Perform advanced ultrasounds and testing to diagnose and monitor complications.

Lead innovation and research to improve high-risk pregnancy care.

Work with other specialists to ensure the safest outcomes.

Offer genetic testing and genetic counseling to help patients understand their options.

Manage pregnancy complications with the latest treatments and procedures.

When Should You See an MFM?



If you have a pre-existing medical condition and are thinking about becoming pregnant or are pregnant.



If you have had a high-risk pregnancy or complication in the past.



If you develop a pregnancy complication.



If an ultrasound exam suggests a health concern with the fetus.



If you are pregnant with more than one fetus.

How do MFMs Work With Other Professionals?



Collaborate

MFMs work with obstetricians, nurses, midwives, and other specialists.



Full Pregnancy Care

MFMs may provide all the pregnancy care for certain patients.



Consult

MFMs may be called in to give advice about a particular problem or perform special testing on a patient.



To find an MFM near you, go to www.smfm.org/find-an-mfm