



BUILDING A FAMILY ON A FOUNDATION OF TRUST.

Developing a close relationship with her Kaiser Permanente physician delivered hope and a healthy baby to a first-time mother.

"She was right there with me the whole time. She gave me information. She gave me choices."

—Elaine Granados on Dr. Colleen Wittenberg



For Elaine Granados, a normal conception was a miracle. She had been prepared to have problems conceiving because of a previous ectopic pregnancy. "But before I knew it," she exclaims, "I got pregnant!"

Then, just weeks into her pregnancy, Elaine started spotting. She rushed to the emergency department at Kaiser Permanente Riverside Medical Center, where doctors found a mass protruding from her cervix. Was she miscarrying? Colleen Wittenberg, MD, chief of obstetrics and gynecology, came to examine the worried mother-to-be. Amid the bustle of the emergency room, Dr. Wittenberg found a tiny heartbeat.

Elaine followed up with Dr. Wittenberg for a biopsy, which revealed that the mass was a large polyp that was forcing her cervix to dilate. Dr. Wittenberg believed that Elaine had a 25 percent chance of losing the baby if they removed the polyp. But without surgery, the chance of miscarriage doubled.

Worried about the risk that surgery would place on the baby and Elaine, her family advised her against it. "But I trusted in Dr. Wittenberg," explains Elaine. "I went with my gut feeling and followed her recommendations. Thank God they were the right ones."

After recovering from the surgery, Elaine developed weakness in her cervix, which posed another threat of miscarriage. Dr. Wittenberg put a stitch around Elaine's cervix and monitored her closely, seeing Elaine twice a week until she was ready to deliver.

On the morning of the delivery, Dr. Wittenberg removed the suture and performed the delivery herself. "It was great that Dr. Wittenberg was there to deliver my baby," says Elaine. "She was there from the beginning. I wouldn't have wanted any other doctor."

Elaine sums up the whole experience this way: "I felt blessed to have Kaiser Permanente."

Today Elaine, Marissa, and proud papa David are all doing fine. Marissa, now 2 ½, has the passions of any little girl her age: crayons, playing in the pool, and SpongeBob SquarePants.

Marissa is a little smaller than other kids her age, but that doesn't worry Elaine and David. "We're not worried about her being petite because she has this attitude where she gets her way," Elaine explains. "She's like a little dog with a big bite."

And there's one other thing about Marissa that both parents agree on: "We can't imagine life without her."