



**Left to Right: Mehbeen Khan, MD;
Jonathan Mintzer, MD; Aruna Parekh, MD;
Echezona Maduekwe, MD; Shanthi Sridhar, MD**

Who We Are

The NICU High-Risk Clinic is staffed by a group of skilled Stony Brook Children's Hospital neonatologists trained to assess and monitor babies who were born ill and/or premature. All of the practice's physicians are board certified.

Mehbeen Khan, MD

Echezona Maduekwe, MD

Jonathan Mintzer, MD

Aruna Parekh, MD

Director, NICU High-Risk Clinic

Shanthi Sridhar, MD

Director, NICU

Office Hours and Location

Thursdays, 8 am to noon
37 Research Way, East Setauket

Make an Appointment

Please schedule your first appointment for when your baby will be 3 months (*corrected gestational age).

(631) 444-KIDS (5437)

My baby's appointment is:

Date: _____

Time: _____

Please call (631) 444-KIDS (5437) at least 24 hours in advance if you need to reschedule your appointment.

Thank you.



Stony Brook Children's

stonybrookchildrens.org

NICU

High-Risk Clinic

FOLLOW-UP INSTRUCTIONS



Stony Brook Children's

Why Your Baby Needs the NICU High-Risk Clinic

Whenever a baby, who was born either prematurely or with medical issues, is discharged from our Neonatal Intensive Care Unit (NICU), it is very important for us to continue to follow that baby's progress for two to three years.

Even if your baby seems fine upon discharge from the NICU, there's an increased risk for delays in growth and development.

Fortunately, if caught early and treated promptly, many of these issues can be lessened or eliminated. We created the NICU High-Risk Clinic to provide the support and referrals your baby needs to reach their full potential.

Our team of expert neonatologists is skilled at recognizing any issues that may cause problems down the road. And the good news is that NICU graduates who are tracked by our clinic often have better outcomes than babies whose progress is not followed.



What We Do

- Check on your baby's development through a series of tests
- Monitor how your baby is growing and eating
- Provide you with educational support and materials
- Connect you to specialists and early intervention services if they're needed

What to Expect at Your Appointments (60 min. each)

First Visit	Second Visit	Additional Visits
<p>When your baby is 3 months' corrected gestational age.*</p> <ul style="list-style-type: none">• Meet and greet with parents or caregivers• Initial exam to track progress• Assess transition from the hospital to home• Monitor baby's growth and nutrition• Coordinate care with specialists• Answer questions and determine next steps	<p>When your baby is 6 months' corrected gestational age.*</p> <ul style="list-style-type: none">• Track progress of mental, physical, language and social development• Monitor growth and nutrition• Coordinate care with specialists• Referral to Early Intervention (if needed) for developmental delays and learning difficulties	<p>Follow-up visits take place every 3 to 6 months until your child is 2 to 3 years old, and are based on your baby's needs.</p>

***CORRECTED GESTATIONAL AGE** Corrected gestational age is the age your baby would have been if he/she had been in the womb for 40 weeks. For example, if your baby was born 2 months early and is five months old, the corrected gestational age is 3 months old. If your baby was born full term, you can make your appointment for when your baby is actually 3 months old.



"I would like other NICU parents to know how important the follow-up appointments are for their babies' overall health and development. The specialized NICU doctors really know and understand each individual baby's needs. They are trained in following each child through special developmental needs and special milestones. The follow up appointments are highly needed for premature babies as they get older, because they are very different from regular newborns."

— Gee, Mother of Kadir and Amara, born 3 months prematurely and spent 134 days in the NICU

"The NICU High-Risk Clinic made a world of difference for Hunter. Before his first visit he wasn't meeting his milestones — not sitting up and rolling over when he was supposed to. Because of the clinic visit and Dr. Parekh's recommendations, Hunter was able to get into physical therapy twice a week instead of once weekly, and now he's exactly where he should be."

— Jacqui, Mother of Hunter, born 3 months prematurely