

# Planning a Family? Get the Very Best in Care

## Compassion and expertise

are two key qualities to look for in any physician — but they're essential when you're having trouble conceiving. Bayville resident Nicole Ettari and her husband, Tom, understand this all too well.

After trying for a year to start a family, 28-year-old Nicole was feeling pressured by her doctor to pursue aggressive fertility treatments. Not yet ready for this step, Nicole found David Moskowitz, M.D., of Jersey Shore University Medical Center.

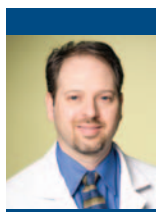
### One Step at a Time

"Dr. Moskowitz understood I was upset and worried," recalls Nicole. "We tried more conservative treatments first. Only when they didn't work did he refer me to a fertility specialist. I felt so much more comfortable moving on knowing I had exhausted other options."

That specialist was Jersey Shore's William Ziegler, D.O. He began by conducting tests and discussing possible treatment options. "By the time a woman comes to our office, it can be difficult for her to see light at the end of the tunnel," explains Dr. Ziegler. "Together, we address problems standing in her way."

### Benefits of Coordinated Care

With Dr. Ziegler's help, Nicole was able to conceive through in vitro fertilization.



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Nicole Ettari was thrilled with the support she received throughout her pregnancy with Sebastian (10 months old in this photo) at Jersey Shore University Medical Center.

She still remembers the day she learned she was pregnant. "It was one of my best moments," remembers Nicole. "Tom and I drove to each family member's home to give them the news."

After close monitoring for six weeks, Nicole "graduated" from Dr. Ziegler's care and returned to Dr. Moskowitz. But the two physicians stayed in close communication throughout the entire process.

"When fertility issues arise, it's important to treat the couple as a whole," explains Dr. Moskowitz. "By referring Nicole to someone within the system whom I work with closely, we were able offer seamless care."

Nicole enjoyed a healthy pregnancy, and in May 2011, she and Tom welcomed a baby boy, Sebastian. "My time at Jersey Shore was amazing. There was so much support," says Nicole. "As a first-time mom, I hit that nurse button constantly, and they were always there for me."

Nicole took advantage of the hospital's lactation consultants, talking with them in the hospital and on the phone after she went home. She and Tom also took childbirth classes a few months before her due date.

"From the coordination of my doctors to the one-on-one attention I received in the hospital, everyone made me feel comfortable. I couldn't be happier with the outcome," says Nicole. "I am so grateful to have a happy, healthy little boy." ★



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