

Rutgers Robert Wood Johnson Medical School
Department of Obstetrics, Gynecology and Reproductive Sciences'

Pregnancy Loss and Pre-Term Delivery Evaluation Service

For women who have experienced:

Recurrent first-trimester miscarriages | History of fetal demise or stillbirth | Previous pre-term delivery

Experiencing a miscarriage or fetal loss can be a devastating event that may have a long-lasting impact on a woman, the expectant couple, and their families. It is common to have questions and doubts:

- Why did this happen?
- Will it happen again?
- What, if anything, can be done to prevent it from happening again?

Our Pregnancy Loss and Pre-Term Delivery Evaluation Service (PLES) is designed to provide patients with answers to some of these difficult questions, and—if risk factors are identified—can serve as an opportunity to optimize maternal health and possibly improve future pregnancy outcomes.

Our comprehensive, three-step evaluation process includes an initial telephone intake; a consultation with a specialist in maternal-fetal medicine, along with genetic counseling and additional studies, if required; and a follow-up visit in which a clearly outlined plan and options for future pregnancies are developed and discussed.

PLES Co-Directors



Valeria DiStefano, MD, FACOG
Maternal-Fetal Medicine Specialist



Elena Ashkinadze, MS, CGC
Board-certified Genetic Counselor

Additional team specialists include individuals with backgrounds in placental pathology, genetics, reproductive endocrinology, nursing, and social work.

For patient referral or more information, please call 732-235-6630.

For provider inquiries, email questions and comments to ashkinel@rutgers.edu.

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Medical School

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