Baby Michael’s Story

Michael was born with a heart defect. His parents were told that he was expected to live only a few weeks. Michael’s mother learned of Best Doctors and called.

The Best Doctors team gathered all of Michael’s medical records and found a world-renowned pediatric cardiologist who reviewed the case. Aspects of Michael’s condition had been misdiagnosed and the pediatric cardiologist indicated that Michael’s defect could be repaired and he had a good chance of living a normal life after surgery.

Years later, the Best Doctors team had the pleasure of meeting Michael and watching him run around like any normal four-year-old boy. Michael is a living and breathing testament to what we at Best Doctors strive to deliver every day.

Preventative Health

What Steps Can Women Take For Healthier Babies?

Not all birth defects can be prevented. But a woman can increase her chance of having a healthy baby. Here are some steps a woman can take to get ready for a healthy pregnancy:

- Eat a healthy, balanced diet.
- Take a vitamin with 400 micrograms (mcg) folic acid every day.
- Avoid alcohol and tobacco.
- Avoid unpasteurized (raw) milk and foods made from it.
- Avoid eating raw or undercooked meat.

Did You Know?

- Best Doctors is a free and confidential service
- Best Doctors was founded by Harvard Medical School Physicians
- Over 2 million people are covered under Best Doctors
- 22% of our cases have a change in diagnosis
- 61% of our cases have a change in treatment

If you have questions call 1-866-904-0910.