

Health Pro: Cartechine wanted to be 'baby doctor' from early age

FLORIDA TODAY Published 6:14 a.m. ET Oct. 22, 2019



Dr. Rachel Cartechine is an Obstetrician-gynecologist for Health First. (Photo: Keith Betterley/Health First)

Dr. Rachel Cartechine is an Obstetrician-gynecologist for Health First.

Q: Why did you go into this career?

A: Since I was young, I have always known that I wanted to go into medicine and wanted to be a “baby doctor.”

While in medical school, I was able to be a witness to part of the joys of childbirth, and that solidified my desires to help women conceive and remain healthy during their pregnancies. I also enjoy the technical aspects of surgery, so gynecology was a natural fit.

Q: What services do you provide?

A: I provide full service obstetric care, including routine and high-risk pregnancies, labor and delivery. I also provide preventive gynecology services such as contraception and well women exams.

Additionally, I treat a spectrum of gynecologic concerns, some of which include heavy menstrual bleeding, fibroids, endometrial polyps, abnormal pap smears, chronic pelvic pain and endometriosis.

I have a special interest in pediatric and adolescent gynecology, as there is a great opportunity to educate and provide a non-intimidating first experience for these patients that equips them to make life-long healthy choices.

Q: What makes this area of medicine fulfilling for you?

A: I love my job. It is an amazing privilege to be able to be part of a family’s childbirth experience. I also enjoy the ability to follow my patients throughout their lives and help them with any gynecologic concerns that might occur along the way.

Q: When did you realize this was the right medical career path for you?

A: While in medical school, I was exposed to the vast spectrum of care that is obstetrics and gynecology and absolutely fell in love with the field.

Q: What’s the latest advancement in your field that will benefit patients?

A: There are constant changes in gynecologic surgery that allow for a minimally invasive approach. My patients usually are able to have surgery (including major surgery, such as a hysterectomy) and go home the same day to recover. It is exciting to see what additional advancements the future will bring.

Q: What is your best advice for current and potential patients?

A: Although sometimes going to the gynecologist can be uncomfortable or embarrassing, going in for gynecologic care should be part of your routine health maintenance. If you are having concerns or you just have not had a pap smear in some time, take control of your health and make an appointment with your doctor today.

Have a suggestion for FLORIDA TODAY's Know Your Health Pro feature? Contact Tim Walters at twalters@floridatoday.com

Get to Know Your Health Pro

Name: Rachel Cartechine, MD

Title: Obstetrician-gynecologist

Health Pro: Cartechine wanted to be 'baby doctor' from early age

Where you're based: Health First Medical Group, 1223 Gateway Drive, Suite 1D, Melbourne, Florida 32901

Education: Bachelor of Arts in Biology, Bachelor of Science in Biochemistry, University of South Florida, Tampa, Florida; Doctor of Medicine, Florida State University.

Professional background: I recently joined Health First Medical Group after working for several years at Winnie Palmer Hospital in Orlando. I have also worked as a Laborist in Orlando.

Contact: 321.312.3483

On the Web: myHFMG.org

Read or Share this story: <https://www.floridatoday.com/story/life/wellness/2019/10/22/health-pro-cartechine-wanted-baby-doctor-early-age/4026400002/>