

Lexington  
Women's Health

OBSTETRICS | GYNECOLOGY | MODERN MIDWIFERY

MODERN  
MIDWIFERY  
*for Today's Women*



From left: Laure Schadler, APRN, CNM;  
Sabrina Tucker, APRN, CNM; and Alisha Morgan, APRN, CNM

## EDUCATING AND EMPOWERING WOMEN

Childbirth can be intimidating, but you will be surprised by what your body can do. The Midwives at Lexington Women's Health use natural techniques with the security of modern medicine. Throughout pregnancy, the Midwives encourage you to listen to your instincts, while they listen to you.

### YOUR CHOICE. YOUR BODY. YOUR STRENGTH.

Caring for laboring women and their families is our Midwives' passion. They are especially interested in patient education—empowering women to make their own decisions regarding health care across their lifespan. During pregnancy, they guide you in creating a birth plan, listen to your concerns and encourage you through labor and delivery—whether you choose medicated or unmedicated birth.

### DID YOU KNOW?

Certified Nurse Midwives are also educated and trained to provide comprehensive gynecologic care for women of all ages.

## MIDWIFERY Q&A

### WHAT IS A CERTIFIED NURSE MIDWIFE?

Certified Nurse Midwives (CNM) are advanced practice nurses with extensive training in the care of women throughout life and childbirth. To become a CNM, a registered nurse must attend an accredited graduate education program, pass a national certification exam and become licensed in the state in which they practice. CNMs have a Master's Degree, however many hold Doctoral degrees. CNMs care for women throughout pregnancy and childbirth, provide annual well woman care, gynecologic exams and contraception.

### WHAT CAN I EXPECT FROM A CNM?

Whether you see our Midwives for pregnancy, annual well woman care, contraception or a gynecologic problem, you can expect compassionate support, education and involvement in decision making regarding your care.

**CAN I STILL HAVE AN EPIDURAL IF I SEE A MIDWIFE?** Yes. Midwives support your decisions for pain control whether you choose an unmedicated or medicated birth.

**IS THERE ANYTHING A CNM DOES NOT DO?** CNMs do not perform surgery, or care for high risk pregnancies or complex gynecologic problems.

**DOES MY INSURANCE COVER MIDWIFERY SERVICES?** Most insurance companies, including Medicaid, cover midwifery services. However, it is always best to consult with your insurance company.



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[www.lexingtonwomens.com](http://www.lexingtonwomens.com)

*Two Convenient Lexington, Kentucky Locations*  
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