

## Welcome to Loudoun Community Midwives' Newsletter #5; Winter 2007!

We at LCM love to stay in touch, even after the baby is born! Besides your annual visits, we try to keep in touch through the Newsletter. We also really enjoyed lots of cute baby photos that came in with cards during the Holiday Season—thank you, for staying connected! Sooo...*Here's "the News"!*

### New Office Suite

Yes, again; in mid May, LCM is moving *one more time*, to a "Home of our Own," where we intend to stay. We will be in the building across Riverside



Parkway, right at the intersection with Lansdowne Boulevard, on the 3<sup>rd</sup> floor...it's under construction right now. We love our collaborating relationship with Loudoun Gynecology Associates, Virginia Hackenberg, MD, and Anne Marie Spooner, MD, so we are all moving together. The new suite has been designed (by us!) for the midwives' clients to have a separate entry and hallway, bathroom, a child-play space, and room for us all to work and grow...all bright and shiny and new! Please remember after May 07 that we will be in a different address, and watch the website for an Open-House announcement! The above photo is of the completed Phase 2 building...ours will be very similar, just Phase 3!

### Staff News/ Life's Passages

There's always good news tempered with bad news in life. LCM has had a hard winter in terms of family losses. On Dec. 2, 2006, Margie's mother unexpectedly passed away at her home in Buffalo, NY. And on Jan 14, 2007, Terri Jaecklein's daughter Jennifer passed away also, ending a 7-year struggle with breast cancer. Both Margie and Terri are doing okay, and appreciate the love and concern that so many patients, friends, and colleagues have shown.

On the brighter side, we still have room for rejoicing in new life! We all know that having babies is wonderful; in fact, our nurses know it, too! We're happy to announce that our Friday nurse, Allison Focht, gave birth to her beautiful 8-lb. boy, Grayson, on Christmas day, ...and both Melinda and Michelle are expecting babies in May!! We are all excited about the new little ones; more boys, of course!

### New Face at LCM

Our "someone new" this time is Pamela Irby, BSN, SNM. Pamela is coming to LCM as a Student Nurse-Midwife. An experienced labor and delivery nurse, Pamela is currently enrolled in the Frontier School of Midwifery and Family Nursing; the largest and oldest CNM-training program in the US. Starting in March



2007, Pamela will be working in the office and in the hospital, with Wendy and Anne, to learn and perfect her clinical skills in nurse-midwifery. In order for midwives to be there for our families in the future, we need to train more, today; so, please join us in welcoming Pamela!!

### **Infant Massage Class**

Laylah Gaeta, N.P. is not only one of our LCM birth-moms, and not only a Pediatric Nurse practitioner, she is also a certified instructor in Infant Massage. The last time she offered an introductory class at LCM, it filled immediately. This time Laylah is offering a more complete, 2-session class, which will be taught at LCM on Weds. March 21 & 28, 6:45-7:30pm, \$40 for 2 sessions. [Click here to view the full flyer](#), or call Laylah at 703-727-2686 to register. Classes can hold a maximum of 6-7 families, so call soon!

### **Our Statistics are Done for 2006**

And they continue to be excellent! Loudoun Community Midwives have currently attended more than 800 deliveries since we opened in 2003. In a Northern Virginia Hospital environment where the norm is 25-45%, our C/section rate continues to hover around 11%. We are just beginning to track our rate of episiotomy, lacerations, and epidural, but it appears that about 1 in 3 women have natural childbirth, and 2 in 3 have epidurals for delivery with LCM midwives, and 66% have no need for stitches after their vaginal births. Our episiotomy rate is only 4%. [For the “full report” with all the numbers, click here!](#) And thanks for sharing the good news with friends and family: Not only is CNM care safe, satisfying to women, and has great outcomes, but we have numbers to prove it!

### **We Need Your Birth Stories!**

Our website has some wonderful birth stories, but they are OLD—some of those babies are now potty-trained and talking! As we update the LCM website, we hope we can retire some of the previous stories and that you'll send us new stories of births!! A paragraph or two, or a long saga, all are welcome, and a photo is great, too! To send your birth story or photo to our webmaster, [click here!](#)

### **FAQ's: What's All This about HPV?**

Human Papilloma Virus, or “HPV” is getting more media attention lately, due to updated research findings and also a new vaccine available on the market. Research clearly shows that HPV, a sexually transmitted virus, is the key cause of nearly all cervical cancers. Newer research also shows that:

- Women, especially healthy, women under 30 years old, can often clear HPV out of their system over time. HPV is not necessarily forever!
- The Pap smear sample that is collected in liquid media can also be tested simultaneously for the HPV virus. This test is becoming routine for women over 30, and should be covered by most insurances.

- A woman over 30, who has an unchanging, monogamous relationship, with normal pap smear and negative HPV results, can safely schedule a pap smear only every 3 years, instead of annually.
- Women under 30, or with other results, should continue to have annual pap tests.
- Annual visits for breast and pelvic exam should still be scheduled for optimal health.
- The new Gardasil vaccine is now offered in pediatric and gynecology offices (and at LCM!). A full series of 3 shots is considered effective against 70% of the high-risk HPV strains. Ask your LCM midwife if you are a possible candidate for this vaccine.

**And Finally**—We Still Need You!

We still need to grow, and hope to be the midwives of choice for Loudoun County and the surrounding community for many years. ***Your referrals of friends, neighbors, and family are the most vital key to our success.*** We couldn't do this without you, your kind support, and your friendship. Thanks so much! Keep In Touch, and Be Well.

---Your Friends at Loudoun Community Midwives