

Loudoun Community Midwives

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Welcome to the Loudoun Community Midwives Newsletter- Volume 1!

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Your Feedback means a lot to us!

So often when babies have been safely delivered, and the moms are leaving the 6-week postpartum visit they say “I’m so disappointed that I won’t be coming in to visit every week now!”... We agree; we miss the wonderful friends that we make with our patients. One way that we often catch up is, of course, the routine annual women’s health visit—but we thought we’d also write an occasional newsletter to keep in touch! Please feel free to contact us if you have any special news to report that might be of interest to the Midwives’ Client Community!

How’s the Practice Doing?—Great

Many people ask us how the business is growing since we took a leap of faith into being the only Full-coverage Midwifery Service outside the Virginia Beltway in September of 2003. The answer is – Great! To date Loudoun Community Midwives have attended over 300 births, with wonderful statistics (see page 2) and in our first to second year, we’ve seen 30% growth.

But we still need and SO appreciate your help! Our best source of new business is still word-of-mouth referrals; when mothers talk to their friends and family about their care, our practice grows. We can’t thank you enough when you share your midwifery

experience with the world! The best way people can learn more about us are by reading our brochure or by visiting our website, www.loudouncommunitymidwives.com. We’re happy to mail a brochure to anyone who requests one by phone. Also, if a prospective client has read through our website and has additional questions, we offer a 15-minute consultation in the office with a Certified Nurse-Midwife, at no charge.

We Have the Nicest Staff, and some New Additions!

Melinda Costello, LPN, the wonderful nurse who helped us start up Loudoun Community Midwives—is now **Melinda Rhoads**! Melinda married Peter Rhoads, (also known as Fireman Pete) in a lovely wedding in a jam-packed church in Waterford, Feb. 12. She was, as would be expected, the Most Beautiful Bride Ever! And the angels that watch over labor and delivery were kind to us: nobody went into labor that afternoon, and all 3 Midwives were able to attend and dance at the reception! Our newest nurse, **Allison Jones, RN**, who helps us on Fridays, is also a newlywed, as of April 30. Congratulations to both of these lovely ladies. This makes us think that if you’re a wedlock-wishing nurse, forget chasing the bouquet, and just come work at the Midwives’ Office!

Terri Jaecklein, the friendly and professional voice on the phone and the helpful lady at the front desk, has new grandsons—yes, that’s plural, *grandsons* –3, in fact! On June 1, Terri’s daughter Jessica gave birth to triplet boys: Will, Evan, and Jack. All babies are healthy and home with their parents after a brief stay at Loudoun Hospital’s special care nursery. If you ask, Terri *might* be willing to show pictures....

And Terri also has a little more help running the business side of the practice, with the addition of **Heather Vincent**, our newest staff member. Heather is a cheerful mom herself, who is very knowledgeable about women’s health after working at Loudoun’s Birthing Inn as a secretary.

FAQ: C-sections

A common question asked at LCM is: "What if I need a C-section?" Our answer is: "Your midwife can rapidly begin the process toward surgery when needed, function as part of the surgical team, and never leave your side. We don't leave you until your baby is in your arms." Recently, Paula Senner, CNM, traveled to Chicago to complete her training as a C-section first-assistant. Now all of the LCM Midwives are fully trained to perform this service when necessary, and provide complete continuity of care. We have a very low C-section rate, but *your LCM midwife helps you through birth*, even if this is the road we need to take!

LCM Statistics: 9/03-4/05

As the only full-coverage Midwifery service outside the Virginia beltway, LCM reports that:

Our Primary C-section rate is only 8.7%, less than half the national average of 19.1%.

(In 2003, 28.3 % of babies born in Virginia were delivered by C-section.)

At LCM, natural (unmedicated) births are about 50%, and LCM's Episiotomy rate is only 2%.

A recent study on episiotomies, conducted by the Center for Women's Health Research, UNC-Chapel Hill, urges the halt of the procedure (Washington Post, 5/4/05)--midwives have always been trained to avoid episiotomies and large lacerations during birth!

Herbal Information available at LCM

If you are considering taking an herbal approach to women's health issues, consider discussing it with your CNM at your next visit. We subscribe to the online **Natural Medicine Database**, which can provide us with a printout of research summaries, evaluations on safety and efficacy, with possible drug interactions, cautions, and other data not readily available elsewhere. Your health and safety is a priority with us!

UPCOMING EVENTS

LCM Receives Award: Join us for Dinner!

The Virginia M.O.M.s Group has selected Loudoun Community Midwives as recipients of their 4th Annual Caregiver's Award, honoring health providers who have increased and supported women's birth options in Virginia. The celebration dinner will be:

Sunday, July 17th

4:00p.m. – 7:30 p.m.

Ida Lee Recreation Center

Leesburg, VA

2005 Awardees:

Tammi McKinley

Zan Ruby, RN

Loudoun Community Midwives

2005 Keynote Speaker:

Martha Hughes, RN CPM

"Join us in celebrating these amazing caregivers!"

Cost:

\$20/person or \$35/couple; includes music & dinner for more information, visit www.virginiamom.org

Free Natural Family Planning Seminar

Ralph Leon, M.D. of Sterling Family Practice has agreed to do an evening presentation on Natural Family Planning and Fertility Awareness, hosted by LCM and open to the public!

When: date to be announced, July/Aug 2005, 7:00-8:30 pm.

Where: Loudoun Community Midwives' Office Reception Area.

Call if you would like to be on the reservation list, and we'll call you to confirm the date.

Breast Cancer Prevention:

Mammograms and self-breast exams may help with early detection, but we *can* do more to *prevent* breast cancer! A recent book by Christine Horner, M.D., "Waking the Warrior Goddess" features well-researched, effective natural approaches to breast cancer prevention including:

- Eat MORE broccoli, cauliflower, cabbage, and other organic fruits & vegetables and LESS red meat, sugar, alcohol
- Consume green tea, tumeric, and 2-3 tablespoons of flax seeds every day.
- Consume garlic, soy-based foods, often.
- Strive for 30 minutes of aerobic exercise daily.