

The Nurse-Midwife Advantage

National health care studies report that nurse-midwife/physician teams have significant advantages over facilities where nurse-midwives are not available. These collaborative teams incur lower health care costs, maintain higher birth weight figures and lower infant mortality rates. There is also a reduce need for episiotomies, anesthesia, and cesarean sections. Studies have shown that women who use nurse-midwives have a high rate of vaginal births compared to cesarean births.

The cesarean birth rate for women who use nurse-midwives is 5-6 percent, comparable to that in Europe. The U.S. average is about 20 percent. Our nurse-midwives counsel you throughout your pregnancy to help you make more informed decisions about your health care, prepare you for a safe and satisfying birthing experience, help you best cope with the pain of delivery and offer guidance about nutritional, newborn and postnatal care.

Our nurse mid-wives care for women before, during and after pregnancy; deliver babies; provide regular ongoing gynecologic care such as pap smears and breast exams; offer advice about reproductive health; and provide information about birth control options, nutrition and exercise, childbirth methods, and infant health. Nurse-midwifery services are covered by most insurance carriers.