

Better Outcomes

Family- focused      Nurturing

High-quality  
Healthy

Low-cost Healthcare

Choice

Woman-Centered

Joyful      Cost-effective

Safe

Personalized Care

Empowering

**The Midwife Center**  
FOR BIRTH & WOMEN'S HEALTH

2825 Penn Avenue . Pittsburgh, Pa 15222  
Phone 412.321.6880 - Fax 412.321.7070  
[www.midwifecenter.org](http://www.midwifecenter.org)

## The Bubbe Hannah Fund

The Bubbe Hannah Fund (formerly the Women's Health Fund) was established in 2005 with the generous support of individual donors, foundations, and corporations. Named after turn-of-the-century Pittsburgh midwife, "Bubbe" Hannah Sandusky, the Bubbe Hannah Fund allows The Midwife Center to provide innovative programs to meet the health needs of a variety of women during their lifetime, such as:

**With Woman Fridays** is a program designed to provide compassionate women's health services to women who experience financial and other barriers to receiving quality care. Women can walk in to our center every Friday from 1:00 to 4:30 p.m. for an exam and additional health education at their convenience. Fees for services provided are offered on a sliding scale according to family size and income. We also accept most private and public insurance plans. TMC staff can provide information on how to apply for Medical Assistance.

**Con Mujeres** is a program designed for Spanish-speaking women to receive well-woman services. Women can walk-in on the first Friday of the month from 2:00 – 4:30 p.m. and are seen by our Spanish-speaking midwife. A Spanish translator is also available to help with paperwork and making referrals to other providers.

**Class Scholarships** are offered to women and their partners with limited incomes so that they can take classes at The Midwife Center such as Childbearing Essentials, Breastfeeding and Newborn Care.

**Postpartum Phone Counseling** is offered to mothers who need additional support during the initial postpartum period. Phone counseling is provided by a TMC nurse who offers information, referrals, and support for breastfeeding, nutrition, and other issues that come up during the first few weeks postpartum.

**Since 1982**, the midwives at The Midwife Center for Birth & Women's Health have provided prenatal, birthing, and well-woman care for thousands of women and assisted in the delivery of more than 4,000 babies. The facility is licensed by the Pennsylvania Department of Health and nationally accredited by the Commission for the Accreditation of Birth Centers.

The Midwife Center accepts most public and private insurance plans and is a member organization of Adagio Health, which enables the center to provide well-woman care to women without insurance on a sliding fee scale.

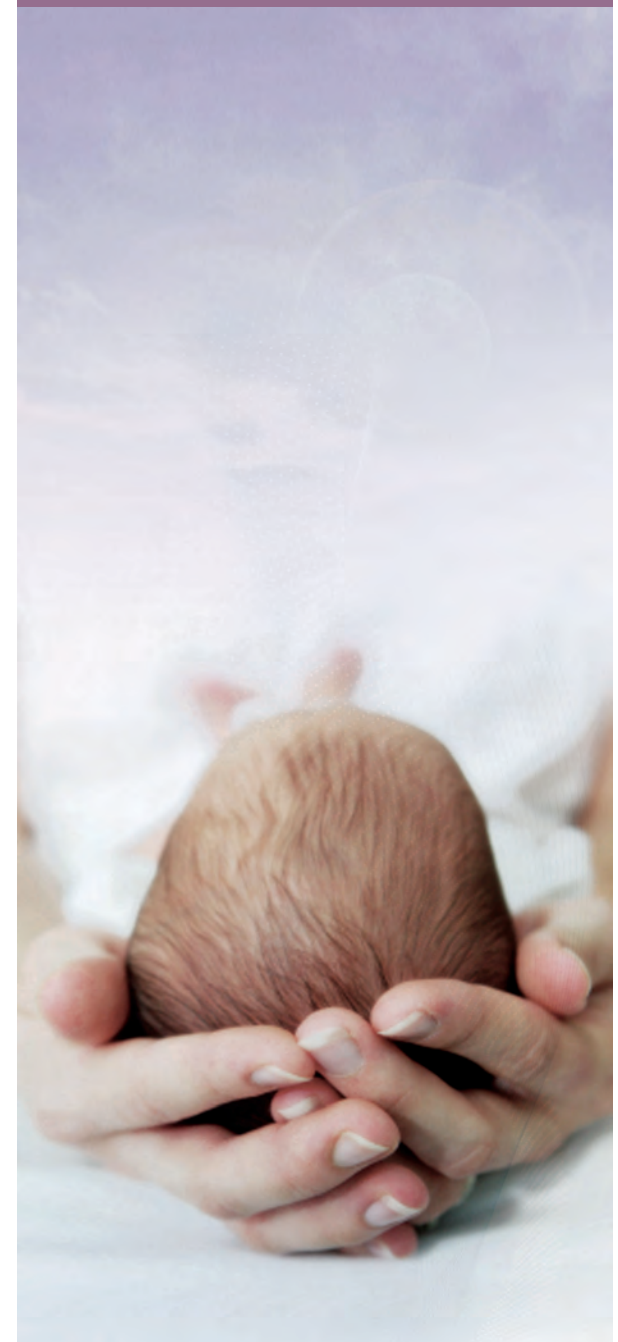
The Midwife Center is a private, non-profit practice supported in part by patient fees, and the generosity of donors, businesses, and foundations. Contributions help sustain the programs of the Bubbe Hannah Fund and other important initiatives of the Center.

Donations can be made in several ways:

- Online at [www.midwifecenter.org](http://www.midwifecenter.org)
- Designating The Midwife Center for the United Way Contributor Choice program #999078.
- Through the Pittsburgh Foundation's [www.pittsburghgives.org](http://www.pittsburghgives.org)
- Mailing a check to The Midwife Center at 2825 Penn Avenue Pittsburgh, PA 15222.

For more information about how to support The Midwife Center, please visit [www.midwifecenter.org](http://www.midwifecenter.org).

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# Our Center



Every woman who seeks care at The Midwife Center for Birth & Women's Health will discover the distinctive benefits of our woman-centered care. Our midwives, nurses, and nurse practitioner consider themselves partners with their clients in the health care process and work to ensure personalized care.

The center welcomes not only expectant mothers; our providers offer well-woman care to all women, puberty through menopause. We believe that pregnancy, childbirth, adolescence and menopause are natural processes. Our approach fosters a close relationship between midwife and client that is mutually enriching and informative.

## THE WORD "MIDWIFE" SIMPLY MEANS "With Woman."

The Midwife Center ( TMC ) is southwestern Pennsylvania's only licensed and accredited freestanding birth center. Our home-like center is conveniently located on Penn Avenue in the Strip District. The first floor of our center houses three themed birth suites, each with its own large bed, bathroom and Jacuzzi, and our family kitchen. Upstairs is a large family-friendly waiting room, exam rooms, and administrative offices.

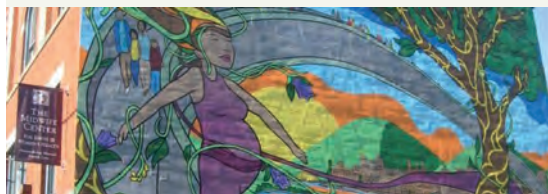
# Our Providers



All of our Certified Nurse Midwives (CNMs) are nationally-certified, licensed by the state medical board, and covered by malpractice insurance. As all CNMs, our midwives are certified by examination through the American College of Nurse-Midwives or the American Midwifery Certification Board.

The providers names are from left to right :

- Kathy McKain, MSN, CNM
- Ann McCarthy, MSN, CNM
- Abby Rizk, MSN, CNM
- Dana Bloomburg, MSN, CRNP
- Theresa Schmidt, MSN, CNM
- Kara Peterson, MSN, CNM



# Our Statistics

TMC clients consistently experience better outcome statistics than women and infants nationally. Over the last five years, The Midwife Center's c-section rate was 17% compared to nearly 33% nationally. Only 2% of the babies born in the practice had low birth weights compared to 8.2% nationally. TMC's rate of premature births was only 3.4% compared to 12.3% nationally. (National rates are from 2008).

# Our Services

## Prenatal, Childbirth, & Postpartum Care

Birth has the potential to be a peak experience for a family and our staff strives to maximize that potential. Our care is family-focused with family members always welcome at appointments and at the time of the birth.

- One-hour initial appointment including detailed history and full physical
- Prenatal visits and education
- Standard prenatal testing
- Consultation with physician specialist (as needed)
- Access to 24-hour midwifery care and phone consultation
- Labor, delivery and postpartum in one of our comfortable birth suites with CNM and RN birth assistant
- Freedom to labor in position of comfort with as many or as few companions as desired
- Use of jacuzzi during labor
- No routine episiotomies, IVs, or separation of mother and baby
- Hospital delivery for mothers who do not meet the safety criteria for birth in our facility
- Postpartum home visit(s) by an RN and 10-day and 6-week postpartum checkup at TMC
- Postpartum phone counseling including breastfeeding support by a TMC nurse
- Lactation counseling visits with TMC's certified lactation consultant

## Well-Woman Care

- Complete history and physical exams
- Pelvic exams and Pap tests
- Menopausal care
- Referrals for mammography
- Wellness promotion
- Contraceptives
- Natural family planning & fertility counseling
- Sexually Transmitted Infection screening & treatment
- Educational programs
- Pre-conceptual counseling & testing.

## Educational Programs & Outreach



Education is an important part of our philosophy. We provide one-on-one education during appointments so that women can make well-informed decisions and be full participants in their own care.

In addition to education that occurs during visits, the center houses a library of books, magazines and DVDs on a variety of subjects, including childbirth, breastfeeding, child development, and women's health issues, adolescence through menopause.

Classes are available on-site, including : Childbearing Essentials, Childbirth Refresher, Breastfeeding, Newborn Care, and Early Pregnancy.



Our staff is available to speak in the community on various aspects of women's health, family planning, childbirth and midwifery philosophy, including "Ten Things Every Women Should Do Before Becoming Pregnant."