PC Mike Internet colum

Page 4, Section day. November 7, 1999

MEDICAL **BRIEFS**

Nursing homes

Nursing homes

A public hearing will be held by Michigan State Representatives Bob Brown, Elleen DeHart and Tom Kelly on the House Democratic Nursing Home Task Porce from 7-9 p.m. Monday, Nov. 8. All interested persons are encouraged to attend and give your perspective about nursing home issues or just to listen. The RESA Annex Auditerium will be the host site—located at 5464 Venoy Road in Wayne. Call Rep. Kelly's office for details, toll-free (888) 346-8017.

Nutrition lecture

Dr. Earl Mindell, author of the book "The Vitamin Bible," will book "The Vitamin Bible," will speak on nutrition and nutri-tional supplements from 7-9:30 p.m. Tuesday, Nov. 16 at the Novi Hilton (1-275 and Eight Mile). There is no charge. For more information call (313) 534-8876.

Drug free ADD

Drug tree ADD

Brackney Chiropractic Health
Center will present a "Drug Free
Approach to A.D.D. and Hyporactivity" at 7 p.m. Tuesday, Nov.
16. Learn more about drug free
approaches to attention deficit
disorder and hyporactivity in
children and ndults. Free consultation and exam will be available. Space is limited. Call (1744)
456-5565. Brackney Chiropractic
Health Center is located at 8612
Canton Center Road in Canton
(across from the high school).

The road less traveled

Midwives are popular with families seeking alternative to traditional birth experience

BY KURT KUBAN SPECIAL WRITER

Modern midwives are emerging from an age-old shroud of misconceptions. In recent years, word has spread, often by word of mouth, that midwifery is no longer about an old woman, a farmhouse and a pot of boiling water.

longer about an old woman, a farmhouse and a pot of boiling water.

Rather it has become an intimate alternative to the often overwhelming and sometimes less-than-personal experience of giving birth with a buy obstetrician and a tesm of nurses. While your great-grandmother may have had no choice but to rely on a midwife during the birthing process, today midwives are just one of many options available to pregnant women.

Most women do not choose this avenue, instead deciding on a more traditional birth with an obstetrician. However, the number of women choosing midwifery is growing. According to the American College of Nurse Midwives, each year there are over 220,000 deliveries performed by nearly 5,000 certified midwives nationwide. Women choose to go with a midwife for various reasons, but one of the main attractions is the personal, intimate relationship that often develops.

"We look at ourselves as a

develops.

"We look at ourselves as a middle-of-the-road option. A lot of people like the fact that we're

a small practice with just two people," said midwife Jennifer Cartwright, who, along with partner and follow midwife Cheryl Bachman, performs midwifers services for Integrated Health Associates of Ann Arbor. Women feel comfortable with us, because we will talk to them any time they need it. A physician is often unable to take the time to directly talk to them in the time leading up to the birth. We are available and accessible." It was this type of

It was this type of person-to-person care that convinced area resident Michelle Friss to choose the midwife option. Although she had not used a midwife during her previous two delivery experience, Friss set up an appointment with Bachman during her olighth month of pregnancy and decided it was the right option for her.

She was not disappointed with

She was not disappointed with the results.

"The whole experience was great. It was exactly what I had hoped for. I received extremely good labor support," Fries said. "They make you feel very well cared for. Cheryl suggested a lot of things that helped me get



it, it is there," said Cartwright.
Cortified midwives also perform a number of other gynecological services outside of the actual delivery. For instance Cartwright and Bachman both perform paps mears and pelvid and breast examinations. They also conduct courseling sessions on issues such as family planning, contraception and menopause.
One of their main functions is to educate patients during the preconception period. Once a patient receives a positive pregnancy test, they sit down with Cartwright and Bachman and determine a schedule that will help prepare them for the seen rula delivery. While the goal is to have as "smooth and quick" a delivery with as little intervention as possible, most midwives will admit that such a scenaric is rare.
Oftentimes a woman will need some type of labor medication, either to achieve stimulation or to combat dehydration or pain of the continues of the continues and the services of an obstetrician or naesthesiclogist, who can.
"Women need to know that they have the same options of pain manangement when they choose us as they would have during a traditional birth with

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