

## What is a Midwife?

Today's professional midwife is educated in the two disciplines of nursing and midwifery, and cares for women from preconception to post-menopause. To become certified, midwives must complete a course of study in a program accredited by the American College of Nurse-Midwives (ACNM) and pass a certification exam administered by the American Midwifery Certification Board (AMCB). Midwives are also licensed by New York State.

Our midwives hold master's degrees from such universities as Columbia, Georgetown, Yale, University of Michigan, SUNY Stonybrook, the Oregon Health and Science University and the University of Rochester. All are faculty members of the University of Rochester School of Medicine.

If you think a midwife is the right health professional to care for you, we would be happy to meet with you. A free consultation is offered. Office hours are available daily by appointment at our three convenient sites.

Our fees are covered by most insurance companies. If you do not have health insurance, talk to us about financial assistance. To make an appointment, or for more information, please call 585.275.7892 or visit [midwifery.urmc.edu](http://midwifery.urmc.edu).

For centuries, women have looked to midwives to advise and assist them in childbirth. Today's midwife carries on this tradition by combining professional skills with individualized and personal reproductive health care for women of all ages.



## URMC Midwifery Group



A Special Approach  
to Pregnancy  
and Well-Women Care

HIGHLAND  
HOSPITAL

An Affiliate of the  
UNIVERSITY of  
ROCHESTER  
MEDICAL CENTER

The URM Midwifery Group, formerly known as the Strong Midwifery Group, is part of the University of Rochester Medical Center and provides high quality, personal pregnancy and well-women care.

We offer a full array of primary health care services to women from puberty through post-menopause.

The URM Midwifery Group also serves teens in the Rochester Adolescent Maternity Program (RAMP), a prenatal health care program for pregnant young women age 18 and under.



## Women's health care

We can advise you about reproductive health, contraception and pregnancy planning. We provide yearly breast and pelvic exams, pap smears and STI testing. In addition, we provide basic primary care including screening for cholesterol, hypertension, diabetes and thyroid disease. We treat urinary tract and upper respiratory infections.

## During pregnancy

We will diagnose your pregnancy, provide counseling and monitor your health and that of your baby throughout your pregnancy. We help you with nutrition, exercise, choosing a childbirth method and preparing for parenthood.

## During labor and birth

Within the calm, friendly atmosphere of Highland Hospital's Family Maternity Center, we offer a special approach to pregnancy and childbirth, helping families achieve a safe, personalized and fulfilling birth experience. We will be with you throughout your labor and birth to offer you emotional and physical support. We make every effort to help you achieve the kind of birth you want. Should you or your baby need specialized care, we have immediate access to Highland's fine staff of maternal-fetal medicine specialists, obstetricians, neonatologists, pediatricians, anesthesiologists and nurse anesthetists.

## After your baby is born

We will help you with breast feeding and infant care. We also provide your postnatal office care and GYN visits.

