

Resource

FOR SOUTH TEXAS

WINTER 2008

GUIDE

A South Texas Birth and
Women's Health Collaborative
Publication.

What's Inside
THIS ISSUE

South Texas
resource guide

The Power
of milk

Midwives
common questions

Health Statistics
Maternal &
Child Health

Welcome

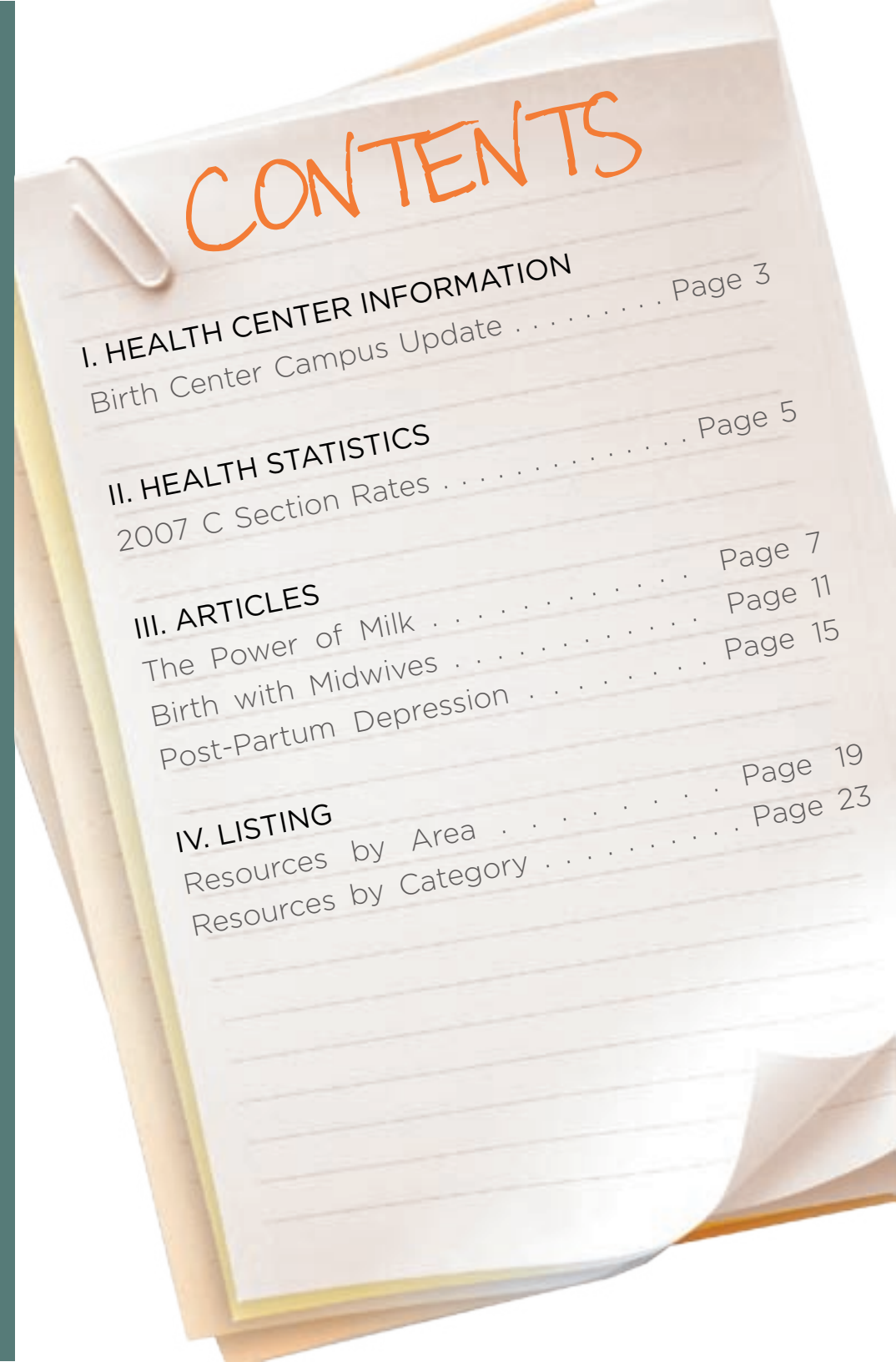
In the summer of 2007, a group of talented, compassionate professionals came together to help alleviate the overwhelming need for options in the current delivery of women's reproductive healthcare in South Texas.

Over the next two to three years, the Collaborative will rally support at all levels to bring the birth and women's health center to fruition and give South Texas women a true choice in their birth and reproductive care options. We believe that an evidence-based approach, with midwives and doctors working side-by-side, will deliver the most cost-effective, highest-quality care possible, with the best birth outcomes.

With your help and support, we CAN make this happen.

Isn't it time?

www.texasbirth.org



I. HEALTH CENTER INFORMATION
Birth Center Campus Update Page 3

II. HEALTH STATISTICS
2007 C Section Rates Page 5

III. ARTICLES
The Power of Milk Page 7
Birth with Midwives Page 11
Post-Partum Depression Page 15

IV. LISTING
Resources by Area Page 19
Resources by Category Page 23

Our progress to date

Fall 08



The South Texas Birth and Women's Health Collaborative is well on the/its way towards achieving our mission of providing education and options for South Texas women and their families.

This fall we will be working hard to get our hands around the amazing amount of maternal and child health data and create an up-to-date online resource library for the community.

This will bring us one step closer to our goal of launching our evidence-based educational campaign this winter. We are creating an online resource like nothing you've ever seen before, to get the word out to savvy, health conscious families like you. Look for the announcement of our celebrity spokeswoman this Fall 2008!

Each quarter, we will continue to share information and tips via our newsletter - Empowerment. Join us for the release of the second issue in October.

Finally, we will continue to develop the operational model for our hybrid birth center and center for excellence in women's healthcare, and join hundreds if not thousands of other professionals next March at the Controversies in Childbirth Conference in Dallas, Texas.

Education...

our new online library and outreach campaign

Options...

a hybrid center for excellence in women's healthcare

Empowerment...

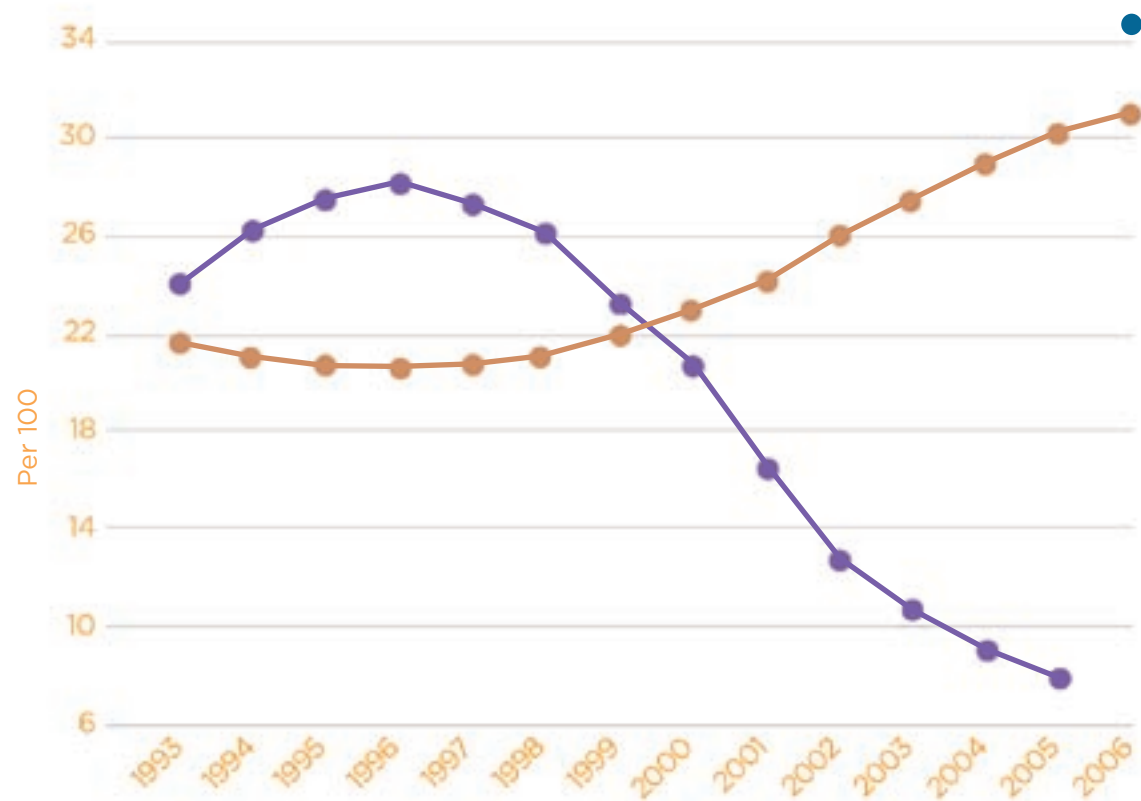
for your daughters, and their daughters

HEALTH STATISTICS

did you know?

C-sections are on the rise in the United States, and fewer women are having a vaginal birth after a cesarean (VBAC). The blue dot below shows the number of cesarean deliveries in Bexar County, Texas, in 2006, so you can compare it against the national average.

Total Cesarean and Vaginal Birth After Cesarean (VBAC) rates, United States 1993-2006



Sources:

Centers for Disease Control and Prevention; National Center for Health Statistics (2004 and 2005 primary cesarean and VBAC rates are limited to 37 jurisdictions with unrevised birth certificates; 2006 total cesarean rate is preliminary); San Antonio Metropolitan Health District

- 2006 Cesarean deliveries - Bexar County, TX
- Total Cesarean deliveries - United States
- Total VBAC deliveries - United States



The Power of Milk

how the milk bank works

The Mothers' Milk Bank at Austin (MMBA) is a non-profit organization whose mission is to accept, pasteurize, and dispense donor human milk by physician prescription primarily to premature and ill infants.

How the Milk Bank Works:

The Power of Milk

The Mothers' Milk Bank at Austin is a national leader in providing donor human milk for hospitals and outpatients. The second largest milk bank in the US and one of the largest in the world, MMBA spearheaded nutritional labeling for donor milk. Founded in 1998 by two prominent neonatologists in Austin, MMBA is in the forefront of milk banking innovations and evidence-based practices. The vision of the Mothers' Milk Bank at Austin is to continue to be a leader in advancing the use of donor hu-

man milk to improve the quality of human life. MMBA was established on the principle that human milk is of paramount importance for premature and ill infants. However, since some mothers are unable to provide sufficient milk, the only alternative, without organizations like ours, is infant formula that simply does not provide the easy digestibility, superior nutrient absorption, and live infection-fighting factors present in human milk.

The need for human milk becomes paramount for premature and ill infants, who are six to ten times more likely to acquire life-threatening infections during the critical neonatal period if they are fed infant formula instead of human milk. The most common and most-feared infection in this group, necrotizing enterocolitis (NEC), can damage the intestines so quickly and so severely that up to 62% of those neonates who acquire it will

die from it, and the remainder will likely face life-long complications. On the other hand, those neonates fed human milk, either their mother's own or pasteurized donor milk, are substantially protected from this devastating disease. For these reasons, it is standard practice for hospital neonatologists to strongly encourage mothers of premature infants to breastfeed or to express their milk for tube-feeding to their very small babies.

Some mothers are unable to provide sufficient milk: they may be ill or attempting to feed multiple infants or the lactation hormones may not be working properly due to the very premature birth. The Mothers' Milk Bank at Austin can provide safe donor human milk for hospitals that need it. We also serve critically ill out-patients until they can transition to other foods.

Measures of Success:

The steady growth of MMBA is a result of incredible dedication from the Board and founders; ongoing financial support from individuals, corporations and foundations; and the generosity of hundreds of donor mothers and volunteers. We have increased production from 10,416 ounces of milk in 1999 to over 158,000 in 2007. Since opening its doors MMBA has served thousands of babies in 21 states and territories across the US.

MMBA has delivered milk to more than 50 hospitals, including many in central and south Texas, and over 175 outpatient babies.

As more health care providers learn about the importance of donor milk the need for donor milk continues to increase. The eleven Human Milk Banking Association of North America (HMBANA) milk banks dispensed over 1 million ounces of milk in 2007 which is equivalent to 7,812 gallons.

Our true measure of success is best described by the mother of one of our recipients: "The milk that you sent to my son saved his life. You would never know how you helped us, he was so sick and little and we all know the big difference that breast-milk makes. We would never finish expressing our gratitude for all your help, please give my thanks to all the people that make this miracle possible. And never forget that your society helped save my son's life."

Donor Power:

The measures of success listed here are possible because of the thousands of ounces donated by our exceptional group of women. Each donor is carefully screened to determine her eligibility to donate. The screening includes completing a verbal and written health history and submitting to a blood

test. Additionally we provide medical release forms to be signed by a healthcare provider. Donors collect and freeze their milk at home and then drop it off at one of our ten depots. We provide hard plastic collection bottles to conveniently collect and store milk. One of our donors described her experience sharing such a unique gift: "I was thrilled not only to be able to provide the best nutrition for my own child, but to share that with other, more fragile little ones. It makes all those hours spent pumping that much more worthwhile."

Our goal is to ensure that babies receive the best possible nutrition for optimal growth and development. When mom's own milk is not available donor human milk is the next best option. Human milk banking continues to evolve to address the needs of those who need the benefits only breast milk can provide. Donor human milk truly is powerful and lifesaving to many babies.

*Article submitted by
Mother's Milk Bank at Austin*



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- Nursing Supplies & Accessories
- Gifts & Accessories



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Your Baby, Your Body, Your Birth

→ birth with midwives



What do Pamela Anderson, Kelly Preston, Demi Moore, Cindy Crawford, and Ricki Lake have in common?

We may have already given it away by naming Ricki Lake but in case you haven't guessed, they all gave birth to their babies with midwives! Ricki Lake recently released "The Business of Being Born" a documentary that reveals the benefits of employing a midwife during birth.

Some think of home birth or birth center births as "alternative" while in all reality more babies in history have been born out of the hospital than in. It is nice to live in an era where women have many choices. We have choices in fashion, choices in careers and choices in where we give birth to our babies. Women who birth at home benefit because not only is their home a comforting place, but midwives bring the equipment and medications that are found at a birth center to the home. Doing this makes the home a temporary birth center.

Research has proven that in a low-risk pregnancy, homebirth is a safe and affordable option for families. In Texas, the rate of medical interventions including episiotomies and caesarean sections,

*Article by
Stacy Lewis, LM and Joi Brock, LM*

are greatly reduced in midwife-assisted births. Women who have had a previous caesarean section have the option of having a vaginal birth with subsequent pregnancies when using a midwife.

Below are some of the principles women who are seeking a successful homebirth experience share:

They believe their bodies are designed to birth without unnecessary interventions.

They feel out-of-hospital birth will satisfy their choices for birth.

They like knowing their midwife will be with them from their prenatal care through the postpartum period.

They enjoy choices such as water birth and/or hypnobirthing.

They like having the option to breastfeed their baby immediately following the delivery.

Midwiferytoday.com and **gentle-birth.org** are excellent resources when investigating home birth. Local midwives can also assist you in finding the information and research that supports a variety of birthing options.

Many state governments have recognized the practice

of midwifery and have established educational and licensing programs to establish accountability and credentialing criteria for midwives.

A Licensed Midwife, LM, and a Certified Professional Midwife, CPM, are midwives who have met educational criteria and have been trained in clinical skills to meet the credentialing requirements set by the state.

As you search to find the midwife to meet your birth requirements, here are some questions you might consider asking:

What is your experience in caring for pregnant women?

What are your protocols in an emergency?

Do you offer waterbirth?

What care will I receive after the birth?

Your birth experience is one that you will remember for the rest of your life. Cindy Crawford, Demi Moore and Kelly Preston did their research and decided that midwife-assisted birth met their needs. Do your research and find a healthcare provider that fits your needs and remember --

This is your baby, your body, your birth!

Texas Midwives Group

Your Baby Your Body Your Birth

Empowering women through choices in birth

Empowerment NEWSLETTER

Go to **texasbirth.org** and download your copy today!

ISSUE 01 MAY 2008

Empowerment NEWSLETTER

community spotlight
We are pleased to collaborate with the Texas OB/GYNs and hope you will have a better idea of the care we may offer. Let us know who you'd like to hear from here.

ask the practitioner
What about labor? This is probably one of the more important questions you should ask yourself before the birth of your child. Only women get to experience this.

resources for you
Join us for our inaugural school of the month: Birth Inevitable. We will provide this directory free to the public. In June 2008 we will download from the www.texasbirth.org web site.

Welcome to the Collaborative!

South Texas Birth and Women's Health Collaborative

We've been doing our best to keep up with the enormous number of volunteers that have stepped forward since our *Business of Being Born* movie screenings in late January. However, if we've missed your call or e-mail, please speak up. We'd love to hear from you and have your help.

Due to an overwhelming need in the community, we have decided to launch a pregnancy and women's health resource guide for the South Texas area. Practitioners and organizations that would like to be included should go to www.texasbirth.org for more information and to sign up. The deadline for registering is May 31, 2008, so we can have the guide available online FREE of charge in late June.

Finally, the Collaborative is making great strides in building our online learning library and community advisory panels. If you would like to learn more about ways in which you can support these efforts, e-mail us at info@texasbirth.org. You can also help shape the vision of the birth center and centering care.



Post-Partum Depression

What are the Baby Blues?

The “Baby Blues” refers to mild symptoms of depression or anxiety, such as sadness, tearfulness, worrying, & irritability, primarily caused by postpartum hormonal shifts and/or adjustment to having a newborn. It is temporary and usually resolves by itself.

What is Postpartum Depression (PPD)?

The commonly used term “Postpartum Depression” really means moderate to severe symptoms of anxiety, depression and/or psychosis that starts shortly after a baby is delivered, and persists over time. It is an illness that will not go away by itself. Immediate medical attention is required.

What are the symptoms of PPD?

- Irritability & Anger
- Lack of Patience
- Excessive feelings of guilt

- Self criticism and self doubt
- Feeling you are a horrible mother
- Hatred of your body
- Sleep Issues (too much/not enough)
- Eating Issues (too much/not enough)
- Feeling Sad
- Frequent Tearfulness
- Feeling edgy & nervous
- Not enjoying anything
- Frequent headaches and/or muscle aches
- Difficulty concentrating
- Thoughts of harming yourself or the baby
- Upsetting thoughts that you can't get out of your head, for example “What if I hurt the baby? What if I die? What if the baby dies?”
- Upsetting images in your mind that won't go away, for example: Seeing your baby drowning
- Anxiety Attacks
- Withdrawal from social contact
- Agitation and restlessness

- Psychosis: Seeing or hearing things that aren't there
- Paranoia: Feeling like some one is out to get you
- Feeling like "I am not normal; something is wrong with me."

If you have recently had a baby and are moderately to severely experiencing two or more of these symptoms, then you may have PPD. The most important symptom is the very last one. You are the expert on yourself. If you just feel like you are "not right" and that feeling is not resolving quickly, please seek professional help immediately.

Where should I go for help?

Because of the 2001 tragedy of Andrea Yates drowning her 5 children due to postpartum psychosis, midwives and doctors who deliver babies are now required by law to give postpartum women a list of local resources for PPD. The easiest place to start is with the midwife or doctor who delivered your baby, especially if you felt comfortable with that person. Many medical professionals listed in

this guide are familiar with the psychiatrists and therapists that appear on your resource list, and they can facilitate a referral. If you prefer, you can contact a therapist or doctor directly.

Another good resource is Postpartum Support International. PSI is the leading national non-profit organization for PPD, and offers a free weekly phone chat to get more information and discuss concerns about oneself or a loved one. The call is anonymous and free.

There are PSI chapters all over Texas, including one in San Antonio that offers a free support group called Beyond the Joy. The group is facilitated by Maria Zietz, LPC, RN, and she can be reached at 210.226.8407 or 210.275.6047. In Austin, a group called Family Connections is run by Kelly Boyd, a licensed psychologist. Kelly can be reached at 512.733.5224. All of this information is also available at the PSI website, www.postpartum.net.

While PSI is a dynamic and dedicated group of volunteers with an amazing amount of great information, it is not a substitute for treatment.

PPD is a highly treatable illness, but it will not go away by itself. Most women require medication and counseling in order to fully recover. Because these symptoms, thoughts and feelings are the opposite of what women associate with being a "good mother", women feel a great deal of shame around what they are experiencing. Women often carry this burden in silence.

If you are feeling poorly, remember that you may have an illness. It is not your fault and it does not make you a bad mother. As soon as you ask for help, the healing can begin.

*Article by
Stacy Hoffer, MA, M.Div, MSW, LCSW*



SAN ANTONIO:

BEYOND THE JOY

Maria Zietz (210) 226.8407
(210) 275.6047

AUSTIN:

FAMILY CONNECTIONS

Kelly Boyd (512) 733.5224

IN CASE OF
EMERGENCY
ALWAYS CONTACT
911

RESOURCES BY AREA

ALL OF SOUTH TEXAS

Eden's Baby

555 West Bitters #6 • San Antonio, TX 78216

(210) 545-4872 • edensbaby.com

Eden's Baby is a natural mother and child boutique featuring organic, natural and chemical free products. We carry everything from maternity and nursing supplies, cloth diapers, infant to 6T clothing, furniture, strollers and unique gift items. We also provide cloth diapering, baby wearing and smart baby essentials classes.

Enchanted Always Beautiful

13409 NW Military Hwy, Suite 309 • San Antonio, TX 78231

(210) 862-8077 • enchantedpermanentmakeup.com

Permanent Make-up and Camouflage, Medical Aesthetics includes chemical peels with 100% pure Acids and NO downtime (can be done during Lunch breaks), Acne Treatment for Teens and Adults, Microdermabrasion medical grade, permanent hair removal, IPL rejuvenation, non surgical facelift with the new Rejuvenator Facial Treatment, and Botox.

Janet Dirmeyer

13031 Park Crossing, 4001 • San Antonio, TX 78217

(210) 656-5959 • birthcentersa.com

I have been providing home birth services since 1981. Prenatal care is provided at the San Antonio Birth Center where I also have privileges for those wanting birth center deliveries. Birth is one of the most amazing experiences in a woman's life. I strive to make it the most memorable. Birth...the miracle of life! It is a joy, a privilege, and an honor to be a part of this life changing event.

Mother Nurture Massage

7336 San Pedro • San Antonio, TX 78216

(210) 286-6141 • mothernurturemassage.net

I am a licensed massage therapist. I provide therapeutic Swedish massage for all types of people, but I specialize in prenatal and infant massage. I also offer doula services.

Mothers' Milk Bank at Austin

900 E. 30th St #214 • Austin, TX

(512) 494-0800 • milkbank.org

The Mothers' Milk Bank at Austin is a nonprofit organization that accepts donations of surplus milk from healthy breastfeeding women, pasteurizes the milk and dispenses it by prescription to premature and sick babies, primarily those in the hospital. We have drop off locations for our donors located across Texas.

Professional Birthing Services

151 Lakeside • Sequin, TX 78155

(830) 556-3404 • empowermentbirthing.com.com

I am a licensed midwife and a certified doula. I also teach Childbirth Education and Workshops relating to Natural Childbirth.

AUSTIN

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Special Addition Maternity and Nursing Botique

3800 N Lamar, Suite 550 • Austin, TX 78756

(512) 326-9308 • maternityandnursing.com

Special Addition has been serving the Austin community since 1994 as well as offering online services since 1998. Not only do we offer maternity and breastfeeding fashions, but we professionally fit bras, support garments, and baby slings as well as offering breastpump rental, sales and service. Breastfeeding classes for singletons and multiples and private consultations are provided by our lactation consultants.

NEW BRAUNFELS

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Francisco Avery Massage Therapy

San Antonio, TX

(210) 508-9439 • franciscomassage.homestead.com

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SAN ANTONIO con't...

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20658 Stone Oak Parkway, Suite 108 • San Antonio, TX 78258

(210) 447-9275 • greycanyonmed.com

Dr. MacGillivray's standard is to strive to increase overall wellness and early disease detection in a preventative fashion. Establishing a relationship with Grey Canyon Family Medicine insures you and your family the best available health care combined with the personal attention and service you deserve. Call us today for a free, no obligation visit with Dr. MacGillivray, clinic tour and experience healthcare and wellness as it should be.

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Professional Birthing Services

151 Lakeside • Sequin, TX 78155

(830) 556-3404 • empowermentbirthing.com.com

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Rapid Relief Counseling & Psychotherapy

11107 Wurzbach Road, Suite 104 • San Antonio, TX 78230

(210) 846-9804 • rapidreliefcare.com

Stacy Hoffer, MSW, LCSW specializes in the treatment of the emotional problems women experience prenatally through the post partum period. The emotional issues addressed may include infertility, body image dysphoria, eating disorders, adjustment to motherhood, sibling rivalry, depression, anxiety, psychosis, and trauma issues triggered by pregnancy, labor or birth.

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Texas Midwives Group

P.O. Box 461501 • San Antonio, TX 78246

(210) 378-4550 • texasmidwivesgroup.com

Licensed midwives care for you during pregnancy including complete prenatal care, labor and delivery and postpartum care. Offering a variety of birth options, the licensed midwives at Texas Midwives Group specialize in water birth and woman centered care that encompasses the entire family. Birth on your terms because it is "Your Baby! Your Body! Your Birth" Call today for a consultation appointment!

SAN MARCOS

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WACO

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WESLACO/HARLINGEN

Holy Family Services

5819 N FM 88 • Weslaco, TX 78596

(956) 969-2538 • holyfamilybirthcenter.com

Holy Family Services is the oldest freestanding birth center in the Rio Grande Valley of South Texas. We provide prenatal care; birth center birth; waterbirth; the option for a CNM-attended birth if you deliver at our local hospital; post-partum care; new baby exams; childbirth education; breastfeeding support and assistance; gynecological care; natural family planning instruction; STD testing; free pregnancy testing; and infertility evaluation and assistance.

RESOURCES BY CATEGORY

Birth Centers

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Janet Dirmeyer

13031 Park Crossing, 4001 • San Antonio, TX 78217

(210) 656-5959 • birthcentersa.com

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Breastfeeding

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Childbirth and Parent Education

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Community Resources and Non Profits

--- Coming Soon!

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Fitness/Yoga

--- Coming Soon!

Massage

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Midwives

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Texas Midwives Group

P.O. Box 461501 • San Antonio, TX 78246

(210) 378-4550 • texasmidwivesgroup.com

Licensed midwives care for you during pregnancy including complete prenatal care, labor and delivery and postpartum care. Offering a variety of birth options, the licensed midwives at Texas Midwives Group specialize in water birth and woman centered care that encompasses the entire family. Birth on your terms because it is "Your Baby! Your Body! Your Birth" Call today for a consultation appointment!

Nutrition Counseling

--- Coming Soon!

Physicians

Grey Canyon Family Medicine

20658 Stone Oak Parkway, Suite 108 • San Antonio, TX 78258

(210) 447-9275 • greycanyonmed.com

Dr. MacGillivray's standard is to strive to increase overall wellness and early disease detection in a preventative fashion. Establishing a relationship with Grey Canyon Family Medicine insures you and your family the best available health care combined with the personal attention and service you deserve. Call us today for a free, no obligation visit with Dr. MacGillivray, clinic tour and experience healthcare and wellness as it should be.

Products

Eden's Baby

555 West Bitters #6 • San Antonio, TX 78216

(210) 545-4872 • edensbaby.com

Eden's Baby is a natural mother and child boutique featuring organic, natural and chemical free products. We carry everything from maternity and nursing supplies, cloth diapers, infant to 6T clothing, furniture, strollers and unique gift items. We also provide cloth diapering, baby wearing and smart baby essentials classes.

Special Addition Maternity and Nursing Botique

3800 N Lamar, Suite 550 • Austin, TX 78756

(512) 326-9308 • maternityandnursing.com

Special Addition has been serving the Austin community since 1994 as well as offering online services since 1998. Not only do we offer maternity and breastfeeding fashions, but we professionally fit bras, support garments, and baby slings as well as offering breastpump rental, sales and service. Breastfeeding classes for singletons and multiples and private consultations are provided by our lactation consultants.

Other

Enchanted Always Beautiful

13409 NW Military Hwy, Suite 309 • San Antonio, TX 78231

(210) 862-8077 • enchantedpermanentmakeup.com

Permanent Make-up and Camouflage, Medical Aesthetics includes chemical peels with 100% pure Acids and NO downtime (can be done during Lunch breaks), Acne Treatment for Teens and Adults, Microdermabrasion medical grade, permanent hair removal, IPL rejuvenation, non surgical facelift with the new Rejuvenator Facial Treatment, and Botox.

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