

# Modern Midwifery | for today's women.

## Educating and empowering women.

Childbirth can be intimidating, but you will be surprised by what your body can do. The midwives at Lexington Women's Health use natural techniques with the security of modern medicine. Throughout pregnancy, the midwives encourage you to listen to your instincts, while they listen to you.

## Your choice. Your body. Your strength.

Caring for laboring women and their families, and helping to make their birth individualized and special, is our midwives' passion. They are especially interested in patient education—empowering women to make their own decisions regarding health care across their lifespan. During pregnancy, they guide you in creating a birth plan, listening to your concerns and encouraging you through labor and delivery—whether you choose medicated or unmedicated birth.

### Did you know?

Certified Nurse Midwives are also educated and trained to provide comprehensive gynecologic care for women of all ages.

### Q: What is a Certified Nurse Midwife?

Certified Nurse Midwives (CNM) are advanced practice nurses with extensive training in the care of women throughout life and childbirth. To become a CNM, a registered nurse must attend an accredited graduate education program, pass a national certification exam and become licensed in the state in which they practice. CNMs have a Master's Degree, however many hold Doctoral degrees. CNMs care for women throughout pregnancy and childbirth, provide annual well woman care, gynecologic exams and contraception.

### Q: What can I expect from a CNM?

Whether you see our midwives for pregnancy, annual well woman care, contraception or a gynecologic problem, you can expect compassionate support, education and involvement in decision making regarding your care.

### Q: Can I still have an epidural if I see a midwife?

Yes. Midwives support your decisions for pain control whether you choose an unmedicated or medicated birth.

### Q: Is there anything a CNM does not do?

CNM's do not perform surgery, or care for high risk pregnancies or complex gynecologic problems.

### Q: Does my insurance cover midwifery services?

Most insurance companies, including Medicaid, cover midwifery services. However, it is always best to consult with your insurance company.

## CONTACT

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**Office Hours:**  
Monday–Friday  
8:30 a.m.–5:00 p.m.



## SERVICES

- Maternity care ranging from midwifery to elective Cesarean section
- In-office sterilization that is easier and safer than tubal ligation and vasectomy
- Alternatives to hysterectomy
- DaVinci robotic surgery
- Minimally invasive hysterectomy
- In-office treatment of heavy bleeding
- Urinary incontinence
- Bio-identical hormone replacement therapy
- Botox

Considerate care...  
for women, by women.



Visit [www.lexingtonwomens.com](http://www.lexingtonwomens.com) for important facts and helpful tools, such as: medications that are safe to take during pregnancy, appointment requests and patient registration forms.



Use your QR scanner on the code above to schedule an appointment on our website.

Lexington Women's Health

OBSTETRICS | GYNECOLOGY | MODERN MIDWIFERY

[www.lexingtonwomens.com](http://www.lexingtonwomens.com)

Free valet parking.



## LEXINGTON WOMEN'S HEALTH PROVIDERS



**Elizabeth Case, MD, FACOG** was born in Covington, KY and went to Transylvania University. She attended medical school at the University of Kentucky and completed a residency at Indiana University in 2001. She previously worked for UK, teaching residents and seeing patients at the UK North Fork Valley Community Health Center in Hazard. She enjoys obstetrics, especially natural childbirth. Other areas of interest include infertility and pelvic pain as well as minimally invasive gynecologic surgery. In her free time, she loves the theater, travel and spending time with her four kids, including a beautiful set of twin boys.



**Emily Cunningham, MD** is a native Lexingtonian who graduated from the University of Kentucky College of Medicine in 1993. After a residency program at the University of Texas Southwestern, she stayed in Dallas as an assistant professor for four years. While she enjoyed teaching—her heart was in Kentucky. She and her family returned to Lexington where she has been in private practice since 2001. Her interests include pediatric and adolescent gynecology, high risk and routine obstetrics, and family centered care.



**Jennifer Fuson, MD, FACOG** graduated from the University of Kentucky College of Medicine and completed her residency training at the University of South Carolina. She is board certified in OB/GYN and is a Fellow in the American College of OB/GYN. She has special

interest in helping women have a health pregnancy and birth. She loves helping women with excessive bleeding, urinary incontinence, and pelvic pain achieve the best possible outcomes medically or surgically with minimally invasive approaches, including DaVinci Robotic surgery.



**Leah Mitchell, MD** is from Louisville and graduated from Centre College and the University of Kentucky College of Medicine before completing her OB/GYN residency at UK. Prior to starting her practice in Lexington, Dr. Mitchell practiced at the University of California–Davis in Sacramento. Her medical interests include general gynecology, such as management of abnormal uterine bleeding, abnormal pap smears, and infertility. She enjoys spending time with her husband and two children, as well as swimming, exercising and reading.



**Alisha Morgan, APRN, CNM** moved to central Kentucky from her hometown of Monticello in 2001. That year she began her career working in a high-risk obstetrical setting as a labor and delivery, post partum and newborn nursery nurse. In 2010, she graduated from the University Of Cincinnati with a Masters Degree in Nurse Midwifery. One of her favorite parts of practice is getting to know her clients so that she may provide the most individualized care possible. Her clinical interests include natural childbirth, breast feeding and adolescent care. In her spare time Alisha enjoys spending time with her husband and son. She loves traveling, knitting and attending University of Kentucky basketball games.



**Laure Schadler, APRN, CNM** was born and raised in a farming family near Owensboro, KY. She received a Bachelors Degree in Nursing from Murray State University in 1980. After years of working labor and delivery, she obtained a Masters Degree in Nurse Midwifery from the University of Kentucky in 1993. Prior to joining LWH in 2008, she worked as a nurse midwife in Richmond, KY. She strives to help women achieve optimal health by listening to their needs and concerns, educating them about their bodies and working with them to achieve their goals. Away from work, she enjoys spending time with her large family, genealogy, gardening and travel (especially cruises).



**Melissa Willmarth, DNP, APRN, CNM** has midwifery and women's health care experience as a practitioner and educator. Her midwifery background encompasses care of the woman throughout life—well woman gynecology, menopause, family planning, infertility, pregnancy, birth, and postpartum and lactation care. Passionate about patient-centered care, she builds a relationship with women and their families in order to individualize their care, enhance the experience of birth, ensure that every detail is discussed, and that the woman and her family are involved with each decision made. In 2011, she received the national Kitty Ernst Award for creative and innovative endeavors in midwifery education, clinical practice and/or research. Melissa currently lives in Florence, KY with her husband, sons and dogs.



**Crystal Brown, APRN** received her formal education at Emory University in Atlanta, GA. She has experience in all areas and ages of women's health, including but not limited to OB/GYN, infertility, and advanced gynecological procedures. She is also a registered OB/GYN sonographer. Crystal resides in Lincoln County, and is married with two children. In her free time, she enjoys spending time with friends and family—including her grandchildren.



**Angela Reich, APRN** is from Chattanooga, TN, and received her Bachelors Degree in Nursing from the University of Tennessee in Knoxville. She worked as a high risk labor and delivery nurse for several years. She obtained a Masters Degree in Advanced Practice Nursing from Vanderbilt University in Nashville, TN. She enjoys spending time with her family and friends. She loves to travel and looks forward to participating in medical mission trips.



**Deborah French, PA-C** has over five years women's health care experience including: routine GYN care, prenatal/post-partum care, ultrasounds, artificial insemination, IUD insertion and endometrial biopsies. She enjoys all aspects of women's care but has a particular interest in infertility, recurrent miscarriages, obstetrics, adolescent gynecology, STD treatment and prevention, PCOS, bio-identical hormone replacement therapy, ultrasonography, and urinary incontinence.

