More than 95% of births attended by midwives are in hospitals; some midwives assist women who give birth at home or at a birth center.

Today’s midwife is a skilled healthcare professional who provides high-quality primary health care to women. While midwives are probably best known for their care of women during pregnancy and childbirth, they are also experts in women’s health throughout the lifespan, from adolescence through menopause.

Certified nurse-midwives (CNMs) are registered nurses who successfully complete an accredited graduate education program. CNMs are recognized for practice in all states. Your midwife will give you individualized care guided by evidence-based practices that have been tested and proven successful.

**Pregnancy and Birth**

Midwives take the time to listen, welcoming questions and paying attention to a woman’s physical, emotional and spiritual needs. Prenatal visits with a midwife begin with a complete, personalized assessment and physical exam, including diagnostic and laboratory testing using the latest technology and evidence-based care guidelines.

Midwives are experts in pregnancy and health education, a combination that perfectly matches with the needs of most women. Your midwife will help you maintain and monitor your health and the health of your baby before, during and beyond your pregnancy. During labor, your midwife continually evaluates your progress, helps you give birth and offers emotional support. A midwife will help you make choices that are right for you, including a range of pain management options such as an epidural and hydrotherapy.

Postpartum care begins immediately after birth. Your midwife will examine you and your newborn, provide advice on breastfeeding and infant care and help you adjust to being a new mother.
Primary Care
Midwives are also primary care providers who specialize in the health needs of women throughout the lifespan. An annual visit includes a complete history, physical examination and thorough assessment.

Screening and preventive services include dietary, lifestyle and family planning counseling, immunizations and laboratory testing. Midwives provide referrals for behavioral counseling, diagnostic tests and specialist consults. Midwives treat and manage many common illnesses and primary health conditions, prescribing medication as needed.

Midwives offer sensitive and personal gynecologic care, listening to your concerns about your health and sexuality. They perform Pap tests and breast exams, and provide birth control methods, HIV screening, mammography referrals and diagnosis and treatment of vaginal and sexually transmitted infections. Midwives also manage urinary tract infections, incontinence and many other gynecologic conditions.

Midwifery care is paid for by private insurance carriers, Medicare, Medicaid, managed care programs and military and federal employee health plans.

To locate a midwife in your community, visit the American College of Nurse-Midwives website at www.MyMidwife.org

Midwives Offer:
- Comprehensive Gynecologic Care
- Well Woman Health Visits
- Health Maintenance Education
- Nutrition and Exercise Counseling
- Cancer Screening and Mammography
- Family Planning and Contraception
- Preconception and Infertility Counseling
- Sexual Health Management
- PMS/PMDD
- Immunizations (HPV, Hepatitis, Influenza, etc.)
- Sexually Transmitted Infection Screening and Counseling
- Heart Disease and Osteoporosis Risk Assessment and Reduction
- Menopause Management (Nutrition, Exercise, Hormone, and Alternative Therapies)
- Childbirth Education and Preparation
“Midwives understand and protect the normal physiology of childbirth, and provide safe, satisfying and supportive care to women and their babies.”
– Maureen P. Corry, MPH, Executive Director, Childbirth Connection

“Studies demonstrate over and over again not only the high quality of care that midwives offer to women, but also the enormous satisfaction that women experience with midwifery care.”
– Judy Norsigian, Executive Director, Our Bodies Ourselves American College of Nurse-Midwives

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