



# *Pregnancy, Birth, and Beyond*



**Shawnee Health Care**  
"Your Health Home"



# Pregnancy, Birth...

## Our Clinicians



**Sherry Jones, MD**  
Obstetrics & Gynecology  
Shawnee Health Care, OB/GYN  
Carbondale



**Megan Walker, DNP, APN, CNM**  
Certified Nurse Midwife  
Shawnee Health Care, OB/GYN  
Carbondale



**Jeff Ripperda, MD**  
Family Medicine & Obstetrics  
Shawnee Health Care  
Murphysboro



**Rachael Wernsman, APN, CNM**  
Certified Nurse Midwife  
Shawnee Health Care, OB/GYN  
Carbondale



**Clare Williams, MD**  
Family Medicine & Obstetrics  
Shawnee Health Care  
Murphysboro



**Theresa Bainbridge, APN, CNM**  
Certified Nurse Midwife  
Shawnee Health Care, OB/GYN  
Carbondale



**Amanda Bowers, MSN, APRN-FNP**  
Advanced Practice Registered Nurse  
Shawnee Health Care, OB/GYN  
Carbondale



**Lynn Flamm, BS, RDMS**  
Sonographer  
Shawnee Health Care, OB/GYN  
Carbondale

**\*What is a Midwife? A midwife is a trained health professional who helps healthy women during labor, delivery, and after the birth of their babies.**

Shawnee Health Service (SHS) is an equal opportunity employer and provider in compliance with the U.S. and Illinois Constitutions, the Illinois Human Rights Act, the U.S. Civil Rights Act, and other U.S. and Illinois applicable statutes, rules, and regulations.

Shawnee Health Service (SHS) is a non-profit 501(c)(3) corporation. SHS operates community health centers that are supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under Grant No. H80CS00667, Project Title: Health Center Cluster. This funding is \$4,746,202 annually; 17% of total operational costs. 83% of operational costs come from patient fees, state and local government, medical schools, foundations, hospitals, and individual tax deductible contributions.

Shawnee Health Service (SHS) is a Health Center Program grantee under 42 U.S.C. 254b, and an Federal Tort Claims Act (FTCA)-deemed Public Health Service employee under 42 U.S.C. 233(g)-(n). This health center receives HHS funding and has Federal Public Health Service (PHS) deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.

Funds in part for Shawnee Alliance publications were provided through an award from the Illinois Department on Aging under Title III of the Older Americans Act.

Shawnee Health Service (SHS) serves all patients regardless of inability to pay. A sliding fee scale based on patients' family size and income is available to eligible community members for many of the services offered by SHS. For more information or an application, please call, visit our website, or ask at the front desk.

## Prenatal Care

Prenatal (before birth) care is an important part of a healthy pregnancy for both mother and baby. This care should begin very early in the pregnancy and continue regularly throughout the pregnancy. Your doctor or midwife\* will discuss many issues with you such as nutrition and physical activity, what to expect, breastfeeding, and much more.

## Family Planning

Family planning allows a woman and her partner to plan and control the number of children in their family and the amount of time between their births. At Shawnee Health Care, we can help you understand the many birth control methods and help you choose the method that is best for you.

## Ultrasound

An ultrasound, or sonogram, is used to take a picture or video of your baby in the womb. Ultrasound images can help your doctor or midwife measure your baby's growth and development. Ultrasound allows you to see your baby and watch his or her tiny heart beat months before delivery. One of the latest advancements in imaging and ultrasound technology is the 4D Ultrasound. Our 4D Ultrasound provides you with "live action," detailed images of your baby in the womb.

## Fertility

A woman who has been trying to start a family unsuccessfully for six months or more may wish to have an infertility evaluation. This will help determine the cause of infertility and treatment options.

## Healthy Families Program for low-income, first time parents

Healthy Families is a voluntary, free parent education and support program that offers home visiting to eligible first time parents (and some second time parents). Home visiting offers new parents support around pregnancy, child development, parenting, school readiness, health, and community resources.

Doula services are available for pregnant families who enroll in Healthy Families at or before 7 months of pregnancy. Our doulas can help families who are expecting a baby prepare for their labor and delivery experience, offer **non-medical** support during labor and delivery, and provide after-delivery education and support. This includes breastfeeding support and newborn and maternal health education for 6-8 weeks after your baby is born.





## Our Clinicians

### Pediatrics

A pediatrician is a doctor who specializes in the care of babies, children, and teenagers, usually from birth to age 18.



**Anna Little, MD**  
Internal Medicine, Pediatrics  
Shawnee Health Care  
Carbondale

### Family Medicine including Pediatrics

Our Shawnee Health Care doctors, nurse practitioners, and physician assistants are able to care for your newborn. They are trained in Family Medicine which includes infant and child care.

## Services

### Pediatric Services

- Newborn care
- Well-child visits
- Acute/sick care
- Immunizations/vaccinations
- Hearing, vision, and developmental screenings
- School and sports physicals
- Nutrition counseling
- Behavioral health counseling
- Asthma education

### Support Services

- Interpretation services
- Shawnee Financial Assistance Program
- Enrollment assistance - Moms and Babies, AllKids, Medicaid, Medicare, Insurance
- Family support through Healthy Families Shawnee Health for eligible parents
- Referrals to pediatric dentistry at Shawnee Health Care, Dental
- Referrals for other needed services

Your feedback is important to us. If you have a complaint or concern, please email [shsinfo@shsdc.org](mailto:shsinfo@shsdc.org), or call (618) 519-9200 (opción 9 para español), choose a service, and ask to speak with a manager.

