

Meet the Midwives!

Teverbaugh Croland & Mueller OB/GYN & Associates offers “Meet the Midwives” meetings three times a year.

We invite a speaker from our community and highlight specific topics from the pregnancy and post-partum period.

We offer refreshments, door prizes and will have time for Q&As with the TCM midwives.

Feel free to bring a significant other, friend or family member.

Look out for more information on our advertise-

Citations available upon request

TCM Midwives

Ashley Frerichs
Karen Collins
Kristin Burns
Lynnette Davis
Krystal Heggestad

We work collaboratively with our physicians to offer the best, evidence-based care. We see our patients at our office location and attend births at two Peoria hospitals (Unity Point Health Methodist and OSF St. Francis Medical Center)

**Teverbaugh, Croland,
Mueller, OB/GYN and
Associates**
2419 W. Cornerstone



**Certified
Nurse
Midwives**

What you may not know about Midwives...

We are continually surprised how few people actually know what a midwife is...

A lot of people mistakenly believe that midwives only desire to assist with a medication free birth or a home birth.

The truth is that our patients have many options! Not only can a midwife provide patients with massage, position changes, heat/hydrotherapy, nitrous oxide (hospital dependent) but we can also order IV pain medications or epidurals.

Most of the midwife attended births in the U.S. are hospital births. At TCM we do not partake in home births, we chose to only attend births in the hospital setting.

This is your birth experience, and we will try to include all of your preferences while keeping you and your baby safe. Everyone has unique



Certified Nurse Midwife

Midwife means “with woman”.

Midwifery as practiced by certified nurse midwives (CNMs) encompasses a full range of health care services. CNMs are skilled healthcare professionals that are educated in two disciplines: Nursing and Midwifery. CNMs have a Bachelor’s of Science in Nursing (BSN) degree followed by Master’s in Nursing (MSN) degree-while specializing in Midwifery and are board certified by the American Midwifery Certification Board (AMCB).

CNMs work collaboratively with physicians to offer high quality healthcare services for women from adolescence beyond menopause.

Knowledge is power...

CNMs specialize in caring for women during pregnancy, labor & delivery and during the postpartum period.

However, many women seek midwifery care for primary healthcare and gynecological exams. Your midwife can refer you to a specialist, prescribe medications including controlled substances, offer birth control counseling, preconception counseling, interpret laboratory and diagnostic tests and may order medical devices.

CNMs emphasize the importance of health promotion, education and disease prevention. We approach major life events such as puberty, birth and menopause as “normal” life events and assist women in developing and maintaining good health habits. Thank you

