



WOMEN'S HEALTH

# OB/GYN SERVICES & BIRTH CENTER



## WHY CHOOSE McLAREN?

At McLaren we are committed to doing what's best for our patients by delivering the highest quality evidenced based care. We offer a multitude of educational classes, support groups, screenings, seminars, and other special events to benefit you and your health.

McLaren is a fully integrated healthcare system including 13 hospitals and countless outpatient sites in Michigan, and we have over 400 employed primary and specialty care physicians.

We also operate Michigan's largest network of cancer centers and providers. Our Karmanos Cancer Institute is one of only 54 national cancer institute designated comprehensive cancer centers in the US.

## FIND AN OB/GYN YOU CAN TRUST

An Obstetrician Gynecologist, or OB/GYN, is a doctor who has been trained in both obstetrics and gynecology and specializes in the specific medical needs of the female reproductive system. The area of obstetrics involves working with matters of pregnancy and childbirth, whereas gynecology is more targeted toward treating a wide range of conditions such as menstrual pain, infertility, or ovarian cysts.

Every woman is unique. Our skilled and caring medical providers understand this and are here to provide a range of services specific to a woman's health needs. Whether it is for the diagnosis of gynecological disorders such as bladder control problems and pelvic organ prolapse, or for procedures such as breast exams and imaging, pap tests or child birthing. McLaren is ready to provide women in our communities with the best in specialty services and diagnostics.

## THE IMPORTANT ROLE OF AN OB/GYN

Your OB/GYN will assist you with some of the most important health concerns of your life, including childbirth or menopause concerns.

These are often very personal issues, so it is important to find a physician you trust—someone with whom you feel comfortable. Women often find the right OB/GYN by getting a referral from their primary care physician. Your primary care physician can perform some of the important screening procedures, but will offer a referral if a specialist is needed.

At McLaren, our women's health team and family medicine physicians are your personal advocates, ready with the medical support you need to take control of your own health.

Comprehensive services include:

- Preventive care, like pelvic exams, mammography and bone density tests
- Proactive care, like immunizations, weight management and contraception counseling
- Reparative care, for problems like urinary incontinence, fibroids and heavy periods
- Restorative care for menopausal symptoms, like insomnia, decreased sex drive and hot flashes

## CHILDBIRTH EDUCATION CLASSES

Being prepared for childbirth gives a woman confidence in her ability to give birth. It helps to reduce fear by increasing a woman's knowledge of the birth process. Preparation also enhances you and your partner's ability to experience the joy of childbirth together, thereby increasing the bond between you and your new baby.

Our childbirth education class includes:

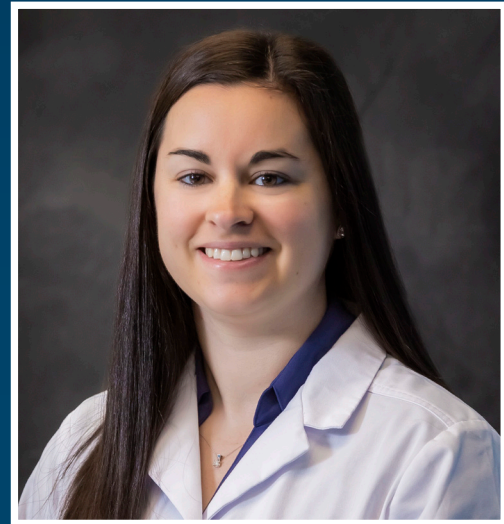
- Nutrition and healthy lifestyle
- Anatomy, physiology and terminology of pregnancy
- Labor and delivery process
- True versus false labor
- Warning signs in pregnancy
- Role of the support person
- Relaxation techniques
- Stages of labor
- Pain management
- Postpartum care
- Breastfeeding



# MEET YOUR WOMEN'S HEALTH TEAM



**KURT AURAND, DO**  
*Obstetrics/Gynecology*



**MICHELLE BURGESS, FNP**  
*Obstetrics/Gynecology*

McLaren Thumb OB/GYN providers are available to care for your obstetric and gynecologic health needs. Our office offers a comprehensive array of services for all seasons of your life. The staff is knowledgeable in all aspects of women's health and offer a full range of obstetrics and gynecological services such as contraceptive counseling, pregnancy care, menopause management and surgical procedures.



**Family Birth Center**  
1100 S. Van Dyke Rd.  
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**Women's Health Clinic**  
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