



(APRN) who is certified through the American Midwifery Certification Board as a CNM (Certified Nurse Midwife) since 2004. **I see healthy low-risk women throughout their years.**

I have practiced in private practices, hospitals, free-standing birth centers and home birth. I also did contract assignments attending to underserved women in low resource hospitals and settings.

I believe providers should be a facilitator of health, providing evidenced based care that supports the decisions one makes for their care by providing additional resources to guide their decision making.



I have prescriptive authority for prescription options and also look to bioidentical hormone therapy (BHT) that includes compounding hormones for those in need of relief of their perimenopausal and menopausal symptoms. (Hormones considered are the estrogens, progesterone and testosterone.) These can be through a commercial product or through a

licensed and certified compounding pharmacy.

At this time, I do not do the placement of hormone pellets, IUDs, or Nexplanon or other invasive procedures.

In-network with most commercial, state, and federal insurance policies that include Medicare and Tricare.

For additional questions, please call: 651-698-0891.

Or visit the website and message through the contact form: [www.motherhoodtomenopause.com](http://www.motherhoodtomenopause.com)

Best – Catherine

Motherhood to Menopause  
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