



MOTHERHOOD TO MENOPAUSE MIDWIFERY CARE

Motherhood to Menopause Midwifery Care offers women's health visit for all age groups for perimenopause and menopause symptoms, well woman exams, limited prenatal services, collecting and processing of labs for paps, blood, urine and cultures.

Your care is provided in a thoughtful, attentive, and intentional manner with the utmost respect for your goals of health.

I see people who are experiencing hormonal fluctuations indicating perimenopause or in menopause. Physical symptoms of hormonal changes range from being pesky to debilitating night sweats, hot flashes, lack of word recall, cognitive dullness, fatigue, insomnia, irritability, mood swings, vaginal dryness, low libido and others. You deserve support through these challenges and relief of your symptoms.



As well as seeing those for hormonal fluctuations, I also provide well-woman and physical exams that include breast/chest and pelvic exams, collecting a pap smear, collect and order lab work as well as order radiology such as mammograms, bone scans (DEXA) and ultrasounds (breast and pelvic).



Limited prenatal services are available: See me for pregnancy confirmation visits though I do not do routine prenatal care nor attend birth. **Motherhood to Menopause** is available for the community midwives, nurse practitioners, physicians, and their clients. Schedule a brief consult appointment with me for lab services, pregnancy confirmation, first trimester (8-12 weeks) abdominal pregnancy dating ultrasounds and third trimester fetal well-being testing that includes a

biophysical profile (ultrasound) and have available electronic fetal monitoring. I do not do the 20-week fetal anatomical survey ultrasound. I do offer 2D ultrasounds for memory purposes only.

About Catherine Mascari, APRN/CNM, Owner

As a provider who has been practicing in women's health since 1987 and from 2004 as a certified nurse midwife, Catherine Mascari, APRN/CNM (she/her/hers) opened **Motherhood to Menopause Midwifery Care** in 2021 to facilitate the health care needs of women throughout their reproductive years and beyond. I feel honored to be with you throughout these transitional times.

It is about building trust and rapport, decreasing vulnerability and establishing a mutually beneficial relationship. It is providing resources and access to complementary therapies along with purposeful and meaningful ideas.

I purchased the Menopause Center of Minnesota in September 2021 and I also had been a clinician there since 2019 and then re-opened as **Motherhood to Menopause** for broader and expanded services to clients.

I am an independent and autonomous advanced practice registered nurse

(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

Best – Catherine

Motherhood to Menopause
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