



Haywood Regional OB/GYN Expands with New Doc and Nurse Midwife

Patient, Sabrina Cafaro, is due on Dec. 10, 2017 with her second daughter.

For women planning a family, there are a number of things to consider when choosing an OB/GYN physician. The expertise and experience of the physician and how close to home the hospital is located play major roles in the final decision of where to go for care.

Haywood Regional had the needs of

women in our community in mind when they recently added physician Jenny Van Winkle, MD and nurse midwife Jody Schmit, CNM to the hospital's OB/GYN team. Van Winkle and Schmit join David Kirk, MD, and Robin Matthews, MD, who understand the importance of expanding services to meet the needs of

the community.

"There is an increasing demand for women's services," states Matthews, "and a rural community hospital can't be a viable hospital without them. Our goal is to continue expanding our well-established practice and improve women's access to quality health care in our region."

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— Robin Matthews, MD

Services:

- Prenatal care
- Women's health
- Family planning
- Infertility evaluations and treatment
- Laparoscopic and vaginal surgeries
- Well-woman exams
- Menopausal care

Meet Jenny Van Winkle, MD

Both new providers joined the staff with an eye on serving a rural community. Van Winkle, along with her husband and children, chose to move from Houston to the western North Carolina mountains for a better quality of life. Her passion for women's health is rooted in the long-term relationships she gets to cultivate with her patients.

"I like surgery a lot, but I also wanted to practice preventive care," she explains. "You get the best of both worlds in getting to interact with people and knowing them for a long time."

Van Winkle, who is fluent in Spanish, is particularly excited about Haywood Regional's efforts to become a center of excellence for minimally invasive women's surgery. Her specialties include prenatal care, contraception, infertility, women's surgery, incontinence, menopause and other women's health issues.

Meet Jody Schmit, CNM

When Jody Schmit moved here from the northeast, she didn't come alone. "We actually ended up moving here with 15 of our family members," she says. Schmit wanted to be a midwife since undergraduate nursing school. After her fourth child was born, she went back to graduate school to achieve her goal. Today, she cares for patients across their lifetimes – from the start of the menstrual cycle to post-menopausal conditions.

A nurse midwife has a unique role in an OB/GYN practice; it goes beyond medical care and can include counseling on birth options and developing a valuable relationship with patients. "In addition to labor and delivery expertise, midwifery also focuses on patient education and getting to know people," Schmit explains.

The addition of Jenny Van Winkle, MD and Jody Schmit to Haywood's OB/GYN team are setting the course for Haywood Regional's continued enhancement of



Jody Schmit, CNM, Jenny Van Winkle, MD, David Kirk, MD, Robin Matthews, MD

women's health care in the region.

"With the addition of Dr. Van Winkle and Schmit, we now have unique skill sets and capabilities," says Matthews, "and we are proud of our focus on minimally invasive surgery, low rates of caesarean deliveries and our efforts to minimize labor

inductions."

For more information on the comprehensive women's health services available at Haywood Regional, visit MyHaywoodRegional.com or call the Physician Referral Line at 800.424.DOCS (3627) to make an appointment.



Talk with a Doc

**A complimentary dinner program that features a variety of health care providers speaking on health topics of interest to you. Held at 6 pm at the Haywood Regional Café.
RSVP required: 800.424.DOCS (3627)**

Breast Care @ Haywood Regional, Oct. 17 - 6 PM

**Announcing: Shine a Light on Lung Cancer:
Lung Cancer Panel + Reception: Nov. 28 - 4:30 - 6PM**