Tri-County Health Care

Jessica Sly, Communications Specialist
Tri-County Health Care Community Relations/Marketing
415 Jefferson St. N. • Wadena, MN 56482
PHONE: 218-631-7460 **EMAIL:** jessica.sly@tchc.org

FOR IMMEDIATE RELEASE

Tri-County Health Care introduces new midwife program

WADENA, Minn. – Oct. 18, 2017 – Women seeking primary or prenatal care now have more options at Tri-County Health Care's Wadena and Sebeka clinics. Tri-County introduced a new midwifery program with the hire of Dawn Dahlgren-Roemmich, certified nurse midwife.

The main components of a midwife's services are prenatal care through postpartum and certain primary care services for women from adolescence through menopause, such as well-woman exams.

Midwifery differs from obstetrics in that midwives typically take a holistic approach, according to Dahlgren-Roemmich. This means they treat the whole person, not just the condition, looking at the complete picture from mental health to socioeconomic status to family dynamics. They also focus heavily on patient education.

Dahlgren-Roemmich attended medical school at the University of Minnesota and is board certified through the American College of Nurse Midwives. She practiced in Shakopee for the last 14 years and likes to incorporate aromatherapy, water birth and nitrous oxide (laughing gas) into her services.

"Striking commonality with people comes easy to me. I get what it's like to be a working mom and juggle work and kids and activities," Dahlgren-Roemmich said. "I try to meet people where they are, and my goal is to empower women to make healthy choices for themselves and their families."

Dahlgren-Roemmich and her husband have four children, as well as a bunny, two border collies, three horses and a pony.

Dahlgren-Roemmich will work Mondays at Tri-County's Sebeka Clinic and Tuesday, Wednesday and Friday at the Wadena Clinic. She will deliver babies in Wadena.

For more information or to schedule an appointment, call Wadena Clinic at 218-631-3510, Sebeka Clinic at 218-837-5333 or visit TCHC.org/midwife.

ABOUT TRI-COUNTY HEALTH CARE
Tri-County Health Care is a private, not-for-profit health care system located in Wadena, Minnesota. It offers care services such as minimally invasive surgery, cancer care, diagnostic imaging, obstetrics and rehabilitation. Tri-County operates a 25-bed hospital and medical clinic in Wadena, as well as six satellite clinics and three physical therapy clinics across Todd, Wadena and Otter Tail counties. Satellite clinic locations include Henning, Bertha, Ottertail, Sebeka, Verndale and Baxter. Visit TCHC.org.

<center>###</center>