

FUNCTIONAL OBSTETRICS

We must revamp our approach to prenatal care. Testimony to that statement comes from the fact that the maternal mortality rate in the US is rising, not falling. There are many reasons for this change, which disproportionately affects Black, Native and Hispanic women. Obstetric patients are frequently only seen for 5-10 minutes by their provider, with a brief review of urinalysis, blood pressure, weight and fetal heart tones.

Unfortunately, prenatal care has remained relatively unchanged in the last fifty years, with the exception of prenatal diagnostic testing. Often there is little time committed to education and support.

Functional Medicine is defined as a systems biology-based approach that focuses on identifying and addresses root cause of disease. Applying this functional model to the Obstetrics world is an area that has remained relatively unexplored. While there are many societal and cultural reasons why our maternal mortality rate is rising, Functional Obstetrics applies a Functional Medicine approach to get to the medical root of our poor OB/perinatal outcomes.

In spite of its widespread use, prenatal care in its current application has debatable cost-effectiveness and is often inadequate in reducing poor outcomes. Dr. Poppy and Aimee Alviar use a combination of medical, hormone and vitamin testing to optimize wellness in pregnant women. Prenatal, postnatal and breastfeeding support is provided and encouraged. A plethora of birth options are explored in the context of a woman's medical, social and obstetrical history.

The Functional Obstetrics co-care that is provided at Dr. Poppy's office helps to position women to be in a healthier and more informed position to advocate for themselves in whatever place they choose to birth. An individualized program of medical care, hormone support, pharmaceutical grade supplements and on-going monitoring are available to pregnant women interested in the Functional Obstetrics model.

We are looking forward to offering group prenatal visits utilizing this model in the very near future!