



Brookwood Women's Health, P.C.

OB PATIENT GUIDE

# New OB Patient Information

Welcome to Brookwood Women's Health. In this packet you will find important information about pregnancy. We are thrilled that you have trusted us to help you through this pregnancy journey!

Our practice consists of 6 physicians and 2 nurse practitioners. Five of our physicians see OB patients: Dr. Deisher, Dr. Straughn, Dr. Freeman, Dr. Patterson and Dr. Falkenstrom. During your pregnancy you will see the same physician for all of your visits, and the majority of the time, your physician will deliver your baby as well. However, in some circumstances, one of the other OB physicians may be the one delivering your baby. Please rest assured that no matter who is at the delivery with you, all of our physicians are here to help you have the best birth experience possible. We do everything we can to respect your wishes while also keeping mom's and baby's best interest in mind.

Our office is open Monday through Thursday from 8:00am to 4:00pm and Friday 8:00am to 11:30am.

If you have any questions, most answers can be found under the Obstetrics tab on our website at [www.brookwoodwomenshealth.com](http://www.brookwoodwomenshealth.com). If you cannot find what you are looking for, please call us.



Heidi  
Johnson,  
WHNP

Allison  
Falkenstrom,  
MD

Heidi  
Straughn,  
MD

Jack  
Freeman,  
MD

Heather  
Deisher,  
MD

Brandy  
Patterson,  
MD

Madison  
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WHNP



**Brookwood Women's Health, P.C.**

2006 Brookwood Medical Center Drive, Suite 202 | Birmingham AL 35209

Phone: 205-397-8850 | Fax: 833-450-5671

# Prenatal Care Expectations

## ANTICIPATED COURSE OF PRENATAL CARE

- You will have an OB visit every 4 weeks until approximately 28 weeks.
- From 28-36 weeks, you will have an OB visit every 2 weeks.
- From 36 weeks until delivery you will have weekly OB visits.
- We do not recommend going more than 1 week past your due date (41 weeks gestational age) due to safety concerns. We will discuss scheduling an induction of labor for you if you have not spontaneously labored by then.
- Some conditions may arise during the course of your pregnancy where increased frequency of visits is warranted.
- Some conditions in pregnancy warrant increased fetal monitoring and ultrasounds in the third trimester.
- Some conditions in pregnancy will require referral to a Maternal Fetal Medicine Specialist.
- We cannot guarantee a female provider will be the one to deliver your baby. However, all of our providers have extensive experience and only want the best for you and your baby.
- The OB Emergency room is open 24 hours a day and is located on the 3rd floor of the Women's Tower.

## BROOKWOOD PRENATAL CLASSES

Brookwood Hospital offers a variety of free prenatal classes including hospital maternity tours, Birth Navigator appointments, breastfeeding classes and more. [Click here to register for the classes.](#)

## ULTRASOUNDS DURING PREGNANCY

- Your ultrasound for anatomy and growth will be around 20 weeks.
- Most insurance companies will only pay for two ultrasounds during a normal pregnancy, including those done in the emergency room or in another physician's office. More than two ultrasounds during your pregnancy will not be paid for by your insurance unless your pregnancy is determined to be high risk under Blue Cross Blue Shield or other medical insurance companies' guidelines.
- If your insurance denies payment for ultrasounds, you will be responsible for payment.
- As your physicians, we want to provide you with the best care. There may be times we feel services are necessary for your treatment and care that may not be covered by your insurance. We want to make sure you are informed and understand that you are financially responsible for payment for any non-covered services, including ultrasound.

## ELECTIVE ULTRASOUNDS



### GENDER REVEAL ULTRASOUND

Find out the gender of your baby at 16 weeks.

This elective ultrasound is available for \$75 by appointment.

### 4D ULTRASOUND

4D Ultrasound is only available from 28 to 32 weeks. The price is \$160 pre-paid by credit card or cash.

This includes a CD with all of the pictures from your session.



## Prenatal Care Expectations (continued)

### MATERNITY INSURANCE BENEFITS

Before their first OB appointment, patients will be contacted regarding maternity benefits and OB Pre-payment. If, for some reason, you have not spoken to anyone about this, PLEASE CONTACT OUR OB COORDINATOR IMMEDIATELY.

- This OB charge only estimates your financial responsibility for expected routine charges during your pregnancy.
- This does not cover any lab testing performed in our office or that we may send to an outside laboratory.
- This does not cover any ultrasound or diagnostic testing performed in our office during the pregnancy.

### SYNERGY LAB BILLING

- We collaborate with a trusted second-party lab, Synergy Laboratories. If you receive a bill from Synergy, we advise you to contact them directly for any questions or concerns regarding your bill. Please remember, we are unable to resolve this bill in our office.
- The contact number for Synergy is: 251-662-9760.

### CIRCUMCISION PAYMENT

In the circumstances that your child will be having a circumcision, the billing office requires:

- First and Last Name of child
- Insurance the child will be listed under

The patient will be responsible for \$350.00 if the above information is not provided.

### FMLA/DISABILITY FORMS

- Due to the amount of time spent completing FMLA/Disability forms, we find it necessary to charge for these documents. **FMLA: \$20.00** per SET or per revision. **Disability: \$10.00** per PAGE or per revision.
- We do not bill for completed forms. Payment is due at the time you leave your form(s), or when sending form(s) by email or fax. Please give your paperwork and payment to the front desk or at check out. Please allow **7-10 business days** for forms to be completed.

### LABOR

- Our primary goals for your pregnancy are healthy mom and healthy baby. How we reach that goal is different for every patient.
  - We will try to incorporate your birth preferences as best we can as long as they are safe. Please bring these preferences to us as early as possible so we can guide you as to whether or not these are feasible.
- Many conditions in pregnancy require induction of labor in order to help ensure that both mother and baby are healthy. Induction does not mean cesarean section. It means that we give you medicine in order to start the labor process.
- We recommend fetal monitoring during the labor process so that we can help ensure your baby is tolerating the labor process and is safe.
  - There are wireless monitors available so that you can move around during the labor process as long as both you and baby are tolerating the labor.

## Prenatal Care Expectations (continued)

- › In select circumstances, intermittent monitoring may be an option during the early labor process. However, this will be up to the discretion of the physician as to whether or not this is a safe option for you and your baby.
- During the labor process, we do need to evaluate your cervical dilation every few hours. We will limit these exams as best we can, but they are a necessary part of the labor process.
- Every patient must have an IV during their labor. Artificial rupture of membranes is sometimes necessary during the labor process. When done appropriately, there are minimal risks involved.
- Pitocin is a safe option for both induction of labor or augmentation of labor. It is also an important tool used to prevent excessive bleeding following delivery. It is recommended that everyone receive pitocin in the postpartum to help prevent hemorrhage.
- A cesarean section may be required for the safety of either you or your baby. We will let you know if this is recommended and talk you through the process.
- Pushing is accomplished in a variety of different positions. Sometimes pushing on the back can be the most effective way to push or the safest way for baby to be delivered.
- Vitamin K is recommended for your baby following delivery. Without this medicine, your baby is at increased risk of brain bleeds. There are preservative free options available.

## POSTPARTUM CARE

- On average, patients who deliver vaginally will stay 2 days in the hospital after delivery. Patients who have a cesarean section will generally stay 3 days in the hospital after delivery.
- We recommend a postpartum visit in our office 4-6 weeks following delivery. Some patients will require earlier postpartum visits. We will let you know if you fall into this category.
- We recommend 18 months between giving birth and your next pregnancy in order to allow your body to fully recover from the pregnancy and birthing process. When pregnancies are too close together, it increases your risk of problems during the subsequent pregnancy. We will help you find the best contraception option for you.

## QUESTIONS

Please feel free to contact our office with questions regarding your benefits and coverage. **Should you have any insurance changes, please contact the OB Coordinator immediately so that we can verify your coverage and benefits to ensure accurate patient responsibility.** If we are not made aware of any insurance changes prior to your appointment, you may have to reschedule.

### OB COORDINATOR

Phone (205) 397-8846

Fax (833) 450-5271

Email: [billing@brookwoodwomenshealth.com](mailto:billing@brookwoodwomenshealth.com)

# Vaccines We Recommend During Pregnancy

## TDAP VACCINE

**What?** Tetanus Diphtheria and Pertussis, more commonly known as the Whooping Cough.

**When?** This vaccine is recommended in the third trimester of pregnancy with every pregnancy. We will offer it starting at 28 weeks.

**Why?** Your infant will not have immunity against the whooping cough until 6 months of age. Getting the TDAP vaccine in pregnancy gives your infant passive immunity for the first 6 months. Whooping cough can cause serious illness and adverse outcomes in newborns. Although less serious in adults, illness can last up to 3 months or more.

## FLU VACCINE

**When?** Flu season is considered from September to February. We recommend it during that time but offer it to pregnant women at any point throughout their pregnancy if they have not received an annual flu vaccine.

**Why?** The flu vaccine is the best way to help prevent pregnant women and their newborn babies from the flu. Pregnant women are at increased risk for severe illness, pneumonia, and preterm delivery. The flu vaccine can help protect babies from the flu for up to 6 months after birth.

## RSV VACCINE

**What?** Respiratory Syncytial Virus

**When?** The RSV vaccine is recommended from week 32 to 36 of pregnancy. The most common months of RSV occurrence are September through February, but the vaccine is offered throughout the year.

**Why?** This vaccine provides protection against RSV in infants for the first 6 months of their life. RSV is one of the most common causes of respiratory illness in infants. From 60,000-80,000 infants are hospitalized each year due to RSV.

These vaccines are recommended by both The College of Obstetrics and Gynecology (ACOG) and the Center for Disease Control (CDC). Common side effects from these vaccines may include soreness, redness and swelling at the injection site. We recommend ensuring that your spouse, parents and grandparents also are up to date on their TDAP vaccine and receive an annual flu vaccination before being around your baby.

# Frequently Asked Questions About Medications

## WHAT MEDICATIONS ARE **SAFE** DURING PREGNANCY?

The following medications are considered SAFE for use during pregnancy. For greatest effectiveness, use as directed on the package.

- **Allergies:** Claritin, Benadryl, Zyrtec and Allegra
- **Congestion:** Sudafed (not 1st trimester), Mucinex, Sudafed Shower Soothers, Zyrtec, Allegra, Flonase, Netipol
- **Constipation:** Any fiber supplement such as Metamucil; Stool softeners such as Colace; Stimulants (use only on occasion) such as Senakot, Milk of Magnesia or Miralax
- **Cough:** Robitussin, Robitussin DM, Delsym
- **Diarrhea:** Immodium
- **Gas:** Gaviscon, Mylicon, GasX
- **Headache/Pain:** Tylenol (regular or extra-strength)
- **Heartburn:** Antacids (liquids work best), Zantac, Pepcid
- **Nausea:** Emetrol, Sea Bands
- **Sore Throat:** Lozenges and sprays (Chloroseptic, Halls)
- **Yeast Infection:** Monistat, Gynelotrimin
- **Fever:** Tylenol
- **Hemorrhoids:** Preparation H, Tucks pads, Anusol HCL
- **Nausea:** Unisom 25mg and Vitamin B6 25mg take together at bedtime. If symptoms persist, add 1/2 tablet of Unisom and B6 every morning starting day 3. If symptoms persist, add 1/2 tablet of Unisom and B6 at lunch starting day 4.

## WHAT MEDICATIONS ARE **UNSAFE** DURING PREGNANCY?

The following substances are considered UNSAFE and SHOULD NOT be used during pregnancy.

- **Alcohol**
- **Cigarettes or other tobacco products**
- **Ibuprofen** (Advil, Motrin)
- **Naproxen** (Aleve, Anaprox)
- **Other anti-inflammatory agents** (Celebrex, Relafen, Mobic)
- **Tetracycline**
- **Doxycycline**
- **Retinol**
- **Marijuana, THC and CBD products**
- **Accutane**

If you have questions about medications, do not use them until you have discussed them with your physician.

# DOs and DON'Ts During Pregnancy

## FOOD RESTRICTIONS

- DO NOT eat raw meat or fish.
- DO NOT eat raw eggs.
- Do not eat unpasteurized dairy products such as raw cheeses and milks.
- Do not eat bagged salads.
- Limit caffeine to 200mg or less daily.
- Cold cuts are fine if stored properly and heated in the microwave for 1 minute before consumption.
- Hot dogs are fine if cooked.
- Most fish are fine. Avoid Bigeye (Ahi) tuna, swordfish, king mackerel, orange roughy, marlin, shark, and tilefish. Limit fish to two servings (12 ounces) a week.
- For more information, visit [foodsafety.gov](https://www.foodsafety.gov).

## SWEETENERS

- All artificial sweeteners are safe in pregnancy, but should be used in small amounts.

## DENTAL CARE

- Continue routine dental care.
- If X-rays are needed, ask that a lead apron be used.
- Local anesthetics for procedures are safe.
- Avoid use of Nitrous Oxide (Laughing Gas).

## ACTIVITY AND EXERCISE

- You should continue your normal activities such as household care, errands, and work.
- Exercise is healthy. We recommend that you exercise 4-5 times a week.
- If you were conditioned to a regimen before pregnancy, continue your exercise routine. Be aware that your heart rate will increase more quickly with less effort during pregnancy.
- After 20 weeks, avoid exercises that place you flat on your back for more than 10 minutes.
- Keep yourself well hydrated before, during and after exercise.
- Allow plenty of time to warm up before exercise AND plenty of time to cool down after exercise.
- Lifting up to 45 pounds is safe during pregnancy.
- Painting with latex paint and use of insect repellents or other aerosols is safe if used in well ventilated areas.
- Avoid dangerous activities such as: skydiving, horseback riding, scuba diving and skiing.

## SLEEP

- In the third trimester try to lie on your side while sleeping. It does not matter which side you sleep on. Don't be alarmed if you wake up on your back. Your baby is fine.
- Body pillows and Benadryl are safe sleep aids.

## *DOs and DON'Ts During Pregnancy (continued)*

### **TRAVEL**

- There are no limits on travel until the third trimester (around 28 weeks).
- Do not schedule long distance travel after 32 weeks.
- After 34 weeks, it is best to stay within two hours of the hospital.
- Be sure to stretch your legs every two hours while traveling.
- Drink plenty of water.
- We recommend the use of insect repellents.

### **WATER ACTIVITIES**

- Avoid water that is warmer than 102 degrees.
- Swimming in a pool, a lake, or the ocean is fine.
- Riding in a boat is fine. AVOID dangerous activities such as water skiing, jet skiing, and Seadoos!
- AVOID scuba diving.

### **BEAUTY**

- You may color or chemically treat your hair at any time in pregnancy.
- Sunscreen of SPF 50 or more should be used to protect your skin against skin cancer.
- Spray-on tans are safe.
- Manicures/pedicures are safe.

### **SEXUAL ACTIVITY**

- Intercourse during pregnancy is safe.
- Intercourse does not cause preterm labor or miscarriage; however, spotting or light bleeding can occur because of intercourse.
- For comfort, different positioning for intercourse in pregnancy may be necessary.
- Call your physician if heavy vaginal bleeding occurs after intercourse.

# When To Call the Doctor

## SIGNS OF LABOR

- **Rhythmic contractions:** Contractions will be irregular at first. When contractions become regular and are 5-7 minutes apart for an hour, please come to Labor and Delivery.
- **Broken bag of water:** With ruptured membranes, you will feel a “gush” of fluid which continues to leak. If your water breaks, please go to the OBED.
- **Heavy bleeding:** Bleeding heavier than the first day of your period can be significant, so please call your doctor and please go to the OBED. Blood mixed with mucus or the “mucus plug” should cause no alarm. Also bleeding after intercourse is typically no cause for alarm.
- **Decreased fetal movement:** If you notice a significant decrease in the baby’s movements from what you are accustomed to, please go to the OBED. A decrease in the intensity of movements near term is normal.

## THINGS TO KNOW WHEN YOU CALL

- Our answering service telephone number is (205) 930-4358.
- If you call, be prepared to come to the hospital if instructed.
- **Please reserve routine calls and refills for office hours.**

# Helpful Links for More Information



## **BROOKWOOD WOMEN'S MEDICAL CENTER**

We are excited to offer both in-person and online classes and tours to help prepare parents for their new arrivals. Below are the available options. Patients may register by calling (833) 290-7163. If there is any difficulty with registration, please contact us and leave a message at (205) 877-2626. Someone will return your call within 24-48 hours.

For the in-person and virtual two-hour classes, you will go through four chapters: Labor, Medical Procedures, Newborn and Postpartum. You will be able to access the other chapters at your own pace. The virtual class is offered via Zoom with a live instructor. The e-class is a self-navigated class where you access the materials online at your own pace.

All in-person classes are offered at Baptist Health Brookwood Hospital in the classroom on the sixth floor of the Women's Medical Center. We are excited to share this time with you and look forward to enhancing your journey.

[www.baptisthealthal.com/services-and-specialties/womens-care/events](http://www.baptisthealthal.com/services-and-specialties/womens-care/events)



## **NATERA NIPT**

Natera™ is a global leader in cell-free DNA (cfDNA) testing, dedicated to oncology, women's health, and organ health. We aim to make personalized genetic testing and diagnostics part of the standard of care to protect health and inform earlier, more targeted interventions that help lead to longer, healthier lives.

[www.natera.com](http://www.natera.com)

Each patient is responsible for checking with her insurance provider to find out whether or not this testing is covered by her insurance plan.

# Birmingham Area Pediatric Practices

## JEFFERSON COUNTY DEPARTMENT OF HEALTH CENTER INFORMATION

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The Department of Health provides outpatient health care for under-insured and uninsured residents. These centers are open from 7:45 a.m. to 4:30 p.m. M-F (except on Holidays) and accept patients with the following health coverage: Medicaid, AllKids, Blue Cross and Medicare. However, JCOH does not accept patients who are enrolled in other insurance programs including patients enrolled in an HMO or with TriCare, except for patients wishing to receive family planning services only.

### Central Health Center

1400 Sixth Avenue South  
Birmingham, AL 35233  
205-933-9110 / Fax 205-930-1156  
Dr. Lee Beisher  
Dr. Stephen Mallard

### Eastern Health Center

601 West Boulevard Roebuck  
Birmingham, AL 35206  
205-591-5180 / Fax 205-592-2406  
Dr. Rosemary Faust  
Dr. Laura Burns  
Dr. Lisa Burroughs

### Western Health Center

631 Bessemer Super Highway  
Midfield, AL 35228  
205-715-6121 / Fax 205-715-6192  
Dr. Maria Myers  
Dr. Vera Egorshin  
Dr. Joni Gill

## WESTERN AREA

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### Babi Pediatrics 459

6250 Park South Drive  
Bessemer, AL 35022  
205-425-5440 / Fax 205-425-5513  
Bassam Babi, MD  
Amy Wadsworth, NP  
\*Accepts Medicaid

### Children's Pediatrics West – Bessemer (at UAB Metro West)

1090 9th Avenue SW, Suite 100  
Bessemer, AL 35022  
205-481-1886 / Fax 205-481-9034  
Alternate Fax 205-638-5570  
Janet Harris, MD  
Hugh Cheek, MD  
Catherine Cotney, MD  
Stephen McClanahan, MD  
Charles Schlapp, MD  
\*Accepts Medicaid

### Children's Pediatrics West – McAdory

4730 Bell Hill Road  
Bessemer, AL 35022  
205-426-3010 / Fax 205-481-9034  
Alternate Fax 205-434-9262  
Abby Allen, MD  
Charlotte Prejean, MD  
Tracy Brookings, MD  
Mekeisha Pickens, MD  
Margaret (Maggie) Wester, MD  
\*Accepts Medicaid

### Morgan Pediatrics

2010 Avenue F Ensley  
Birmingham, AL 35218  
205-785-7337 / Fax 205-788-4767  
Roselyn Morgan, MD  
\*Accepts Medicaid

### Simon-Williamson Clinic

832 Princeton Avenue SW  
Birmingham, AL 35211  
205-206-8480 / Fax 205-206-8300  
Kenneth Elmer, MD  
Elizabeth Sahlie, MD  
Natalie Tibbetts, MD  
Suzanne Wallace, MD  
Nancy Zumstein, MD  
\*Accepts Medicaid

## Birmingham Area Pediatric Practices (continued)

### SOUTHERN AREA

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#### **Acton Road Pediatrics**

2409 Acton Road, Suite 171  
Birmingham, AL 35243  
205-978-8245 / Fax 205-978-8249  
Sheridyn Breedlove, MD  
Alison McAfee, MD  
Tiffany Moore, MD  
Lisa Frees, MD

#### **Alabaster Pediatrics**

1004 1st Street North, Suite 370  
Alabaster, AL 35007  
205-663-5547 / Fax 205-663-1990  
Tracey Butcher, MD  
Paula Johnson, MD  
Holly Johnson, MD  
Patti Schroder, MD

#### **Greenvale Pediatrics – Alabaster**

1022 1st Avenue NE, Suite 102  
Alabaster, AL 35007  
205-663-9550 / Fax 205-638-3935  
Robert Bashinsky, MD  
Clayton Buie, MD  
Drew Buie, MD  
Annette Cosgrove, MD  
Ian Flaniken, MD  
Joseph Jolly, MD  
Kami Sester, MD  
Todd Washko, MD  
\*Accepts Medicaid

#### **Greenvale Pediatrics – Brook Highland**

101 Eagle Ridge Drive  
Birmingham, AL 35242  
205-995-1004 / Fax 205-991-6075  
Victoria Anderson, MD  
Clayton Dugan, MD  
Elizabeth Irons, MD  
Darby McElderry, MD  
Kelly L. McMillian, MD  
Jamie Odrezin, MD  
Victoria Sivils, MD  
\*Accepts Medicaid

#### **Greenvale Pediatrics – Hoover**

5295 Preserve Parkway, Suite 10  
Birmingham, AL 35244  
205-987-4444 / Fax 205-987-4451  
Toren Anderson, MD  
Dan Carter, MD  
John Cortopassi, MD  
Brian Dudgeon, MD  
Sarah Spencer, MD  
Julia Stewart, MD  
Jeffery Stone, MD  
Drew Wright, MD

#### **Liberty Mountain Pediatrics**

4600 US-280 #103  
Birmingham, AL 35242  
205-709-1650 / Fax 205-709-1649  
Anne Byars, MD  
Whitney Ford, DNP, CPNP

#### **Pathway Pediatrics**

398 Chesser Drive, Suite 7  
Chelsea, AL 35043  
205-678-1286 / Fax 205-618-9696  
Leslie Sawyer, MD  
Alice Hardy, MD  
\*Accepts Medicaid

#### **Southlake Pediatrics**

5000 Southlake Parkway, Suite 250  
Birmingham, AL 35244  
205-982-2500 / Fax 205-982-2574  
Edward “Butch” Goldblatt, MD  
Andrew McCown, MD  
Margaret Winkler, MD  
\*Accepts Medicaid for Existing  
Patients Only

### NORTHERN AREA

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#### **Healthy Kids of Gardendale**

1127 Pecan Avenue, Suite 100  
Gardendale, AL 35071  
205-608-2055 / Fax 205-608-2045  
Suzanne Stuckey, MD  
Patricia Harris, MD

#### **North Jefferson Pediatrics**

1326 Main Street  
Gardendale, AL 35071  
205-608-1233 / Fax 205-608-1833  
Fadell Savany, MD  
Mario Davila, MD  
\*Accepts Medicaid

#### **UAB Primary Care Gardendale**

960 Rocket Way  
Gardendale, AL 35071  
205-631-3452 / Fax 205-631-3173  
Sarah P. Cribbs, MD  
J. Tyler Fuqua, MD  
Sarah Mayberry, MD  
Thomas McLean Tyner, MD

## Birmingham Area Pediatric Practices (continued)

### OVER THE MOUNTAIN AREA

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#### **Alabama Pediatrics**

2815 Independence Drive  
Birmingham, AL 35209  
205-879-7888 / Fax 205-879-6822  
Amy Albert, MD  
Robert Levin, MD  
Heath Pelham, MD  
Keith Stansell, MD  
Mary O'Neil, MD

#### **Mayfair Pediatrics**

3401 Independence Drive  
Birmingham, AL 35209  
205-870-1273 / Fax 205-870-1276  
Jamie Powell, MD  
Christina Fettig, MD  
Stacey Gilbert, MD  
Judith Habeeb, MD  
Kristin Mizerany, MD

Elizabeth Peters, MD  
Gretel Russell, MD  
Nathan Owens, MD  
\*Accepts Medicaid

#### **Over the Mountain Pediatrics**

3300 Cahaba Road, Suite 102  
Shades Brook Building  
Birmingham, AL 35223  
205-870-7292 / Fax 205-870-3639  
Courtney Baxley, MD  
Lisa Conry, MD  
Julie Dennis, MD  
Elizabeth Hodges, MD  
Elizabeth Luke, MD  
Virginia Menendez, MD  
Melisa Wilson, MD  
\*Accepts Medicaid

#### **Vestavia Pediatrics**

1936 Old Orchard Road  
Birmingham, AL 35216  
205-978-3200 / Fax 205-978-3211  
Elizabeth Crum, MD  
Joseph Hamm, MD  
William Hardwick, MD  
John Simpson, MD  
Richard Stone, MD  
\*Accepts Medicaid

### EASTERN AREA

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#### **Christ Health Chalkville**

2152 Old Springville Road  
Birmingham, AL 35215  
205-838-6000 / Fax 205-838-6078

#### **Pediatrics East**

6729 Deerfoot Parkway  
Pinson, AL 35126  
205-681-5377 / Fax 205-212-7102  
Diane Dietlein, MD  
Phillip Harmon, MD  
Diane Kutny, MD  
Mark Lytle, MD  
Michael Miller, MD  
\*Accepts Medicaid for Newborns

#### **Pediatrics East – Trussville**

520 Simmons Drive  
Trussville, AL 35173  
205-836-8691 / Fax 205-212-7192  
Angela Redmond, MD  
Katherine Rochelle, MD  
Peily Soong, MD  
Rebecca Webster, MD  
Ann-Katrin Wilson, MD  
Garland Youngblood, MD  
\*Accepts Medicaid for Newborns

#### **Pell City Pediatrics**

2850 Dr. John Hayes Drive  
Pell City, AL 35125  
205-884-2260 / Fax 205-884-2351  
Farzana Malik, MD  
Irfan Rahim, MD  
Rubina Siddiqui, MD  
\*Accepts Medicaid

#### **Tots 'N Teens Pediatrics**

3729 Mary Taylor Road  
Birmingham, AL 35235  
205-856-4440 / Fax 205-856-4445  
Steven Barron, MD  
Delinda Davis, MD  
Anastasia Nelson, MD  
Allison Holt, MD  
Elizabeth Law, MD  
\*Accepts Medicaid

#### **UAB Health Center – Leeds**

1141 Payton Way  
Leeds, AL 35094  
205-699-0729 / Fax 205-699-0662  
Stephen Russell, MD  
Hennessy Williams, MD  
Carlie Somerville, MD  
Sarah Bragg, MD  
\*Accepts Medicaid

## Birmingham Area Pediatric Practices (continued)

### DOWNTOWN AREA

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#### **Birmingham Pediatrics Associates**

806 St. Vincent's Drive, Suite 615  
Birmingham, AL 35205  
205-933-2750 / Fax 205-939-4614  
Patrick Farr, MD  
Liesel French, MD  
Teresa Goldsmith, MD  
Max Hale, MD  
Kelli Tapley, MD  
Robert Sellers, MD  
James Wamack, MD

#### **Children's Medical Group**

2316 7th Avenue South, Suite 100  
Birmingham, AL 35283  
205-251-4141 / Fax 205-251-2004  
Tracy Tindle, MD  
Stephanie Denton, MD  
\*Accepts Medicaid

#### **Christ Health Live Oaks Clinic**

5804 1st Avenue South  
Birmingham, AL 35212  
205-972-0264 / Fax 205-972-0267

#### **Christ Health Woodlawn**

5720 1st Avenue South  
Birmingham, AL 35212  
205-380-9455 / Fax 205-380-9459

#### **Dr. Joseph Rogers**

3940 Montclair Road, Suite 404  
Birmingham, AL 35213  
205-871-4123 / Fax 205-871-4416

#### **Magnolia Pediatrics**

1621 11th Avenue South  
Birmingham, AL 35205  
205-930-9500 / Fax 205-930-9593  
Paul Amamoo, MD  
Jackie Stewart, MD  
\*Accepts Medicaid

#### **Metro Pediatrics**

401 Valley Avenue  
Birmingham, AL 35209  
205-941-1414 / Fax 205-941-1313  
Derrol Dawkins, MD  
\*Accepts Medicaid

#### **Midtown Pediatrics**

1400 4th Avenue South  
Birmingham, AL 35233  
205-329-7200 / Fax 205-329-7250  
Alternate Fax 205-638-3857  
Theresa Bolus, MD  
Lauree Jones, MD  
Ashley Beasley, MD  
Lisa Venable, MD  
Malissa Wall, MD  
Amy McCollum, MD  
\*Accepts Medicaid

#### **UAB Sparks Pediatrics**

930 20th Street South, Suite 101  
Birmingham, AL 35205  
205-934-5471 / Fax 205-975-2380  
Snehal Khatri, MD  
\*Accepts Medicaid

Birmingham practice list as of 1.31.2022

## Tuscaloosa Area Pediatric Practices

#### **Tuscaloosa Pediatrics PC**

48880 Harkey Ln  
Tuscaloosa, AL 35406  
205-333-8222  
Tuscaloosapeds.com

#### **Crimson Pediatrics**

353 Jack Warner Pkwy NE  
Tuscaloosa, AL 35404  
205-758-6471

#### **West Alabama Pediatrics**

1060 Fairfax Park  
Tuscaloosa, AL 35406  
205-752-7337

#### **Children's Medical Center**

1800 Rice Mind Rd N  
Tuscaloosa, AL 35406  
205-345-2677

#### **Dr. Thomas Farmer**

657 Helen Keller Blvd  
Tuscaloosa, AL 35404  
205-333-8222

Tuscaloosa practice list as of 10.8.2025