

Growing Families

Women's Health Month



Your birth plan is an important tool in facilitating discussion with your care provider on how you can work together toward a positive birth experience, as well as helping your entire birth team provide personalized care during this special day. Offering one-on-one appointments for birth planning and private yoga session, as well as workshops including:

- Prenatal Yoga
- Baby & Me Yoga
- Your Birth: Beyond the Basics
- Comfort Measures for Birth
- Milk Parties!
- Prenatal Breastfeeding Class
- Postpartum Support Group
- Mommy & Me Fit

Testimonial Corner:

"This is an amazing facility, integrating clinical care with healing services! They hold a high standard to quality & professionalism. Very impressed! I really enjoyed my acupuncture treatment with Ashley. I will be back to explore more of their services. A beautiful vision brought to fruition!"



Mammogram vs. Thermogram

Emily Roling, ARNP

As with many other cancers, early detection and treatment are essential for the best possible outcome. Women are encouraged to start monthly self-breast exams by the time they are in their early 20's. To successfully complete a self-breast exam, women are to touch all aspects of the breast, including the "tail" of tissue leading from the upper outer breast to the underarm. The woman is to check for changes in the size or shape of either breast. She is also looking for any areas of pain, nipple discharge, or new lumps or bumps.

Once a woman turns 40, she is encouraged to obtain breast imaging. The gold standard for breast cancer imaging is a mammogram. In this procedure, the breast tissue is compressed and an x-ray image is obtained. This can identify different densities and masses in the breast.

Another breast imaging tool is thermography. This is currently FDA-cleared as an adjunctive tool, meaning it can add benefit to another screening procedure. Thermography uses infrared technology to show patterns of heat on or near the surface of the body. Any "hot spots" would then require further testing.

If an abnormality is detected on either a mammogram or a thermogram, further studies are needed to determine whether or not cancer is present. The patient may undergo further imaging with ultrasound or MRI. A surgeon may need to perform a biopsy and collect cells from the suspicious area. These are sent to the lab where a pathologist determines whether or not the cells are cancerous.

I would encourage everyone to have an open conversation with their healthcare provider regarding their risks. This discussion should include both personal health and family history to determine which screening tools would be best for your situation.

Schedule your annual wellness exam today to discuss which option is best for you!

3375 Lake Ridge Drive - Dubuque, IA ~ (563) 207-8932 ~ www.stateraintegrated.com

2025 Support Opportunities

Prenatal Breastfeeding Class

This hands-on, interactive class will give you the knowledge you need to feel ready to meet your baby and start the breastfeeding journey. Moms are encouraged to have a support person come along for the class.

Two Sessions, Mondays from 6:30 PM - 8:30 PM
June 2 & 9, August 4 & 11, September 28 & October 6, December 1 & 8
\$100

Mommy & Me Fit

This interactive class blends playtime with fitness, incorporating fun partner exercises, bodyweight strength moves, and energetic cardio designed to engage both you and your child.

Designed for kids 5 and under

May 17, June 21, July 19, August 2, September 20, October 18, November 15, & December 20
9:00 AM - 9:50 AM, \$20

Prenatal Yoga, 5-week Series

Release tension and deepen your connection with your body and your baby by learning ways to move your body in ways that can prevent or ease common discomforts of pregnancy.

May 12-June 16, June 30-July 28, August 18-September 22, October 6-November 3, & November 17-December 15
5:30 PM - 6:20 PM, \$80

Milk Parties!

This support group is for moms and breastfeeding babies of all ages, as well as pumping moms and pregnant women. Come share your victories about breastfeeding and receive help for your challenges.

May 12, June 9 & 23, July 14 & 28, August 11 & 25, September 8 & 22, October 13 & 27, November 10 & 24, December 8 & 22
9:30 AM - 10:30 AM, FREE

Your Birth: Beyond the Basics

Discover how to work with your body, not against it, for a more comfortable, efficient birth. Partners will learn what to expect during the labor process, and how to provide effective support during each stage.

May 5-May 19, July 14-July 28, October 13-October 27
6:30 PM - 8:30 PM, \$150 (support person attends free)

Postpartum Support Group

Join our support group to meet other parents, ask questions, and discuss concerns about baby care, feeding, hormones, sleep and much more.

June 2, August 4, October 6, & December 1
5:15 PM - 6:15 PM, FREE

Comfort Measure

Build confidence for labor as you and your support person practice hands-on techniques and labor positions with guidance, feedback, and tips from a certified doula.

June 16, August 18, & November 17
7:00 PM - 8:00 PM, \$50 (support person attends free)

Baby & Me Yoga

Learn exercises you can do with your little one for better sleep and digestion, less fussiness, and greater body awareness.

Saturday, May 17
9:15 AM - 10:05 AM, \$20

Spring is here! Is your family struggling with seasonal allergies? In the United States, roughly 26% of adults and 19% of children experience seasonal allergies. Orthomolecular has products for the whole family to help combat your seasonal allergy symptoms. Orthomolecular D-Hist products support immune balance in hypersensitive adults and children and enhances sinus and respiratory health. It promotes normal viscosity of mucus and helps to clear the nasal passages.



Statera Integrated Health & Wellness

Mother's Day Glow

This Mother's Day, we invite you to treat Mom (or yourself- you deserve it!) to unwind with a deeply restorative 90-minute Dermaplane facial, enhanced by the healing benefits of LED light therapy. This luxurious treatment begins with gentle exfoliation to reveal smooth, radiant skin, followed by a soothing LED light session designed to calm, restore, and revitalize from within.

90-minute
Dermaplane
Facial w/LED
Light Add-On
\$145
(\$25 savings)



Valid from: May 16-May 31
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At Statera we offer traditional medicine, holistic healing, fitness, and nutrition to support your health and wellness mind, body and spirit. Our multidisciplinary team of professionals work together to provide individualized care for your unique needs and goals.

Not sure where to start?

Schedule a free 20-minute consultation!

