



# Maternal Health Expert Offers Guidance, Answers Women's Questions

*"Rural Doc" Alan Lindemann, M.D., supports women in taking charge of their health and their pregnancies*

Too often, women find that the healthcare they receive comes with a lack of clear communication, too little information about their bodies or conditions, and a lack of a personal relationship with their caregivers. Women's health, bodies, and pregnancies are more likely to suffer without these and other crucial pieces of information in play...yet most women don't know what questions to ask or which requests to make of their doctors that will bring about a positive and meaningful impact on their care and their outcomes.

Now, there's a doctor women everywhere can rely on to support them in creating the healthy lives and pregnancies they desire: "Rural Doc" Alan Lindemann, M.D.

In his nearly four decades as an obstetric physician, Dr. Alan has delivered more than 6,000 babies — with a maternal mortality rate of ZERO! Still active, he now focuses his practice on maternal health and wellness, offering tips and insights for women before, during, and after pregnancy. He even has a video course to help pregnant women navigate a subject many people find hard to talk about: **reducing maternal mortality**.

"Too many doctors treat pregnant women like problems, not people," he says. "They don't take the time to listen to your story, your concerns, or thoroughly answer your questions. They don't know how to work with nature, so they're too quick to induce labor or order a cesarean section, both of which carry significant risks."

Dr. Alan's goal is to reach women everywhere who might not otherwise have access to this information. He is inspiring women to steer their own pregnancies and deliveries, as well as their long-term overall health.

**About:** An obstetrician and maternal mortality expert, "Rural Doc" Alan Lindemann, M.D. teaches women and their families how to create the outcomes they want for their own personal health and pregnancy. In his nearly 40 years of practice, he has delivered around 6,000 babies and achieved a maternal mortality rate of zero!

**Online Press Kit:** [www.DrAlanLindemann.OnlinePressKit247.com](http://www.DrAlanLindemann.OnlinePressKit247.com)

**Public Website:** [LindemannMD.com](http://LindemannMD.com)

## Story Ideas

### **Pregnant? Top 3 Questions to Ask Your Doctor.**

– Most women don't know what questions to ask or which requests to make of their doctors that will make the most meaningful impact on their care and their pregnancy outcomes. Dr. Alan explains.

### **Demystifying Hormones Before, During, and After Pregnancy**

– Hormonal fluctuations are normal during the course of a woman's life, especially in and around pregnancy. Dr. Alan offers fresh insight into hormones and the role they play in a woman's body as she navigates different life stages.

### **Bone Health: Is There Such a Thing as Too Much Calcium?**

– Women have been encouraged to build calcium intake for decades, but can too much calcium cause harm? Dr. Alan offers tips to help women create the right balance for their bodies and their lives.

### **How to Choose Your Doctor: 5 Things to Ask Your Obstetrician**

– Too many doctors treat pregnant women like problems, not people. Dr. Alan offers five things women should ask their provider before deciding to work with them for pregnancy and delivery.



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