HOUSEKEEPING Woman's Day Women's Health

OKLAHOMA CITY () HEALTHCARE PROFILES

A Team of Superheroes



r. Lydia Nightingale is a powerful woman. Oklahoma publication The Journal Record recently acknowledged Dr. Nightingale by naming her in their Fifty Making a Difference list spotlighting local-area female business and community leaders. There is a secret weapon hiding in plain sight behind Dr. Nightingale's ability. It's the strength of an entire team of dedicated providers all working to harness their power to expand

healthcare for the women of Oklahoma.

Today, Dr. Nightingale and her team are sharing a piece of their magic with an expectant mom anxious for the arrival of her daughter. "How are you feeling?" Dr. Nightingale asks as she monitors the patient. Her tone is calm, soothing, and motherly. She wears a gentle smile on her face, which seems to soothe the patient as she goes over important health concerns with the mom-to-be.

Dr. Nightingale is the Director of Women's Health for Variety Care. She and her team of experienced and qualified providers are focused on offering a full scope of services for women's health. "We are here for the patients," Dr. Nightingale says. "We are very focused on high quality, affordability, and improving outcomes for the patients and the healthcare system.

We offer prenatal care to anyone, regardless of their ability to pay."

Variety Care's women's health team has found success in achieving positive outcomes. Programs such as Healthy Expectations focus on healthy pregnancies, empowered moms, and happier babies. The program provides various levels of assistance to moms and children and will follow a child until age 5. During this time, families receive full wrap-around medical services. By strengthening the nucleus, the approach provides successful outcomes for the entire family.

"If the woman is healthy, she will be able to take care of her entire family unit," Dr. Nightingale says. "Many times, a mom is going to sacrifice her health for the health of her family, but if we can ensure that the entire family unit is whole by taking care of the mother, that will help the entire family."

Affordable Care at 14 Locations

Variety Care has 14 locations in Oklahoma City, Mid-Del, Norman, and rural Oklahoma. The newest, Variety Care Britton Health Center, is a state-of-the-art community health center offering family medicine, pediatric care, women's health, dental care, a drive-thru pharmacy, behavioral health, and much more. Most importantly, the 33,000-square-foot facility provides underserved community members of Oklahoma's historic "Old Britton" access to the vast services offered by Variety Care.

"We have to be visionary about what we want to see," says Executive Director Lou Carmichael. "If you look a little farther with me, we will see healthier pregnancies, normal birth weights, lower tobacco use, lower obesity, recovery from opioid addiction through medically assisted treatment and therapy, people who feel safe when they go to the doctor or dentist, and people who are welcomed when they come. We see the Britton Road Corridor coming back to life."





