

Delivering Life's Greatest Gift



**Lakes Regional
Healthcare**

An Avera Partner

Delivering Life's Greatest Gift



A new baby truly is life's greatest gift - the anticipation over nine months, the excitement when your little one arrives, and the joy as the bond between you and baby grows are to be cherished. We at Lakes Regional Healthcare are honored to be a part of your greatest gift and do our best to make these experiences that much more special.

As one of our expectant moms, you enjoy comprehensive, personalized care from physicians that are as excited about your new addition as you. Once it's time for baby to arrive, you can experience the entire labor, delivery, and recovery process in comfortably luxurious, medically advanced suites. Special amenities such as whirlpool tubs, private family spaces, and natural healing elements, combined with new technologies to quickly and safely manage emergency situations and provide enhanced newborn security, offer the best in comfort and technology. Altogether, it's no wonder why Lakes Regional Healthcare's Birth Center is the premier place to have a baby in northwest Iowa and southwest Minnesota.

Special Features

at Lakes Regional Healthcare



Emphasis on the mother's comfort during labor and delivery

Labor, delivery, recovery post-partum rooms allow mom and baby to stay in most cases, in one room for their entire stay

Large rooms



Nurse with each mom to follow progress and assist the physician

Fathers encouraged to be a part of the birth, including cesarean births

Pain management options including epidurals and intrathecal

Mom and baby care education



Pull out bed for dad

Special care nursery for newborns needing additional medical attention



Complimentary gift bags

Complimentary foot spas

Newborn Hearing Screening

fetal monitoring

Lactation consultants to help with breastfeeding
Electronic infant security system

Complimentary candlelight dinner for new parents



Free wireless internet service

Childbirth education classes offered throughout the year, including refresher classes

Breastfeeding education class offered throughout the year



Baby photo displayed on Lakes Regional Healthcare's web site and Facebook page

Hand-knitted hat from Lakes Regional Healthcare Volunteers



Physicians That Deliver

These physicians are accepting new patients and would be honored to deliver your baby in our Birth Center.



Zachary Borus, MD, MPH
Spirit Lake Medical Center
712-336-2410



Mara Groom, DO
Spirit Lake Medical Center
712-336-2410



Michael Kalkhoff, MD
Lakes Family Practice
712-336-3750



Andrew Meuting, DO
Lakes Family Practice
712-336-3750



Brett Olson, MD
Spirit Lake Medical Center
712-336-2410



Steven Vander Leest, DO
Lakes Family Practice
712-336-3750



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