

October 2007

# PATIENT OF THE MONTH



## Debra Barry

**Age:** 35

**Family:**

Husband, Chauncey, newborn son, Brady, stepchildren Kevin, 17 and Alex, 15

**Occupation:**

Teacher, Bowman Woods Elementary

**Interests:**

outdoors, spending time with family, running, shopping

### 'Wholistic' Approach Results in Pregnancy, Birth

DEB BARRY WAS IN HER MID-THIRTIES when she and her husband decided to try and have their first child.

"I was under the illusion that when one wanted to start their family they started trying and sooner or later they would hit the jackpot," says the Cedar Rapids woman. "Unfortunately for me that was not the case."

After a year of negative pregnancy tests, irregular cycles, and uncertain windows of ovulation, Deb suffered a devastating miscarriage. Many blood tests and ultrasounds later, her doctor assured her that everything was normal. Six months later, she still had not conceived again. A friend suggested Wholistic Wellness.

In August 2006, Deb began having monthly chiropractic adjustments and acupuncture. Within three months, she was pregnant, however, she suffered a second miscarriage that December. Dr. Cooper was able to make the connection between the timing of her miscarriages and low progesterone levels. Last February, she became pregnant. At Dr. Cooper's recommendation, she took progesterone from week six through week 15 of her pregnancy. She recently gave birth to a baby boy. She credits Dr. Cooper and Wholistic Wellness.

"What makes Dr. Cooper's treatment different is that she and her staff focus on getting to the root of the problem," Deb says. "They are all very positive, and offer more than one way of looking at the problem facing their patients. They don't rule out everything else first and then back track. They search for the cause initially, eliminating the frustration of wasted time and money for patients."

Deb says she's met many women who have struggled with irregular cycles, low hormone levels, and multiple miscarriages. "I hear them say they can't get help from their health care practitioner until they've had three or more miscarriages. I can confidently say, you don't have to suffer; you can seek out other strategies and methods to help with your problem." ■