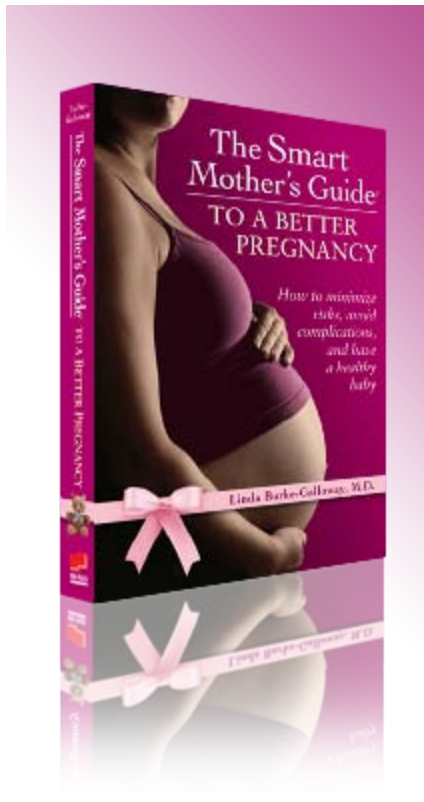


Dr. Linda Burke-Galloway, Author of The Smart Mother's Guide

As Recently Seen On TV, Including



"I was pleasantly surprised by this book. This is an excellent resource for those who wish to truly understand the medical decisions they will encounter during the course of a pregnancy."

"The Smart Mother's Guide to a Better Pregnancy, is a labor of love written to help pregnant women receive the highest standard of prenatal care and avoid being victims of preventable medical errors."

Media Kit 2012

“Minimize risks, avoid complications, and have a healthy baby!”

Welcome:

It is my pleasure to provide this brief media kit to introduce you to Dr. Linda Burke-Galloway and **The Smart Mother's Guide**. *The Smart Mother's Guide to a Better Pregnancy: How to Minimize Risks, Avoid Complications, and Have a Healthy Baby*, is a labor of love written to help pregnant women receive the highest standard of prenatal care and avoid being victims of preventable medical errors. It has been five years in the making, written in the midst of maintaining a very busy public health practice.

Dr. Linda Burke-Galloway has been noted for her “Secrets To Pregnancy” tips and blogs that target obstetrical issues throughout a woman's pregnancy. The Smart Mother's Guide generates a diverse crowd of over **3,000 readers** per month and as she releases new and informative information those numbers keep growing. Her most notable blog regarding dollar store pregnancy tests and ovulation kits was hailed by medical professionals and patients everywhere as she unveiled how these affordable products do indeed work.

Please take a moment to review the valuable information included in this media kit. I'm sure you'll agree that Dr. Linda Burke-Galloway and **The Smart Mother's Guide** is an effective tool full of information and resources for both expecting and non-expecting women.

All media requests should be directed to Dr. Linda Burke-Galloway 407-366-5294 or email your inquires to contact@smartmothersguide.com

Thank you for your time and your interest.



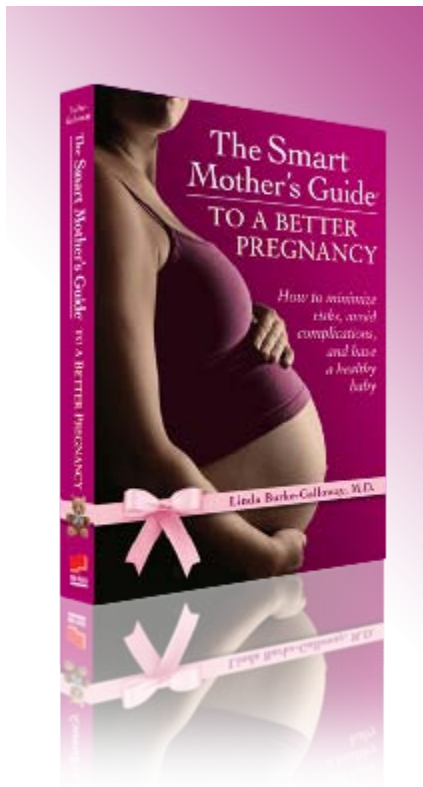
Dr. Linda Burke-Galloway

Dr. Linda Burke-Galloway did not set out to become a physician but as the descendent of two 19th century midwives, her vocation was inevitable. After graduating from Columbia University School of Social Work, she felt compelled to “do more” and wondered with the next step in her life’s journey would be. On a hot summer night, she witnessed the birth of a baby while working as a volunteer in Harlem Hospital in New York, and the trajectory of her life changed forever. Six years later, she graduated from Boston University School of Medicine, and in 1991, she finished her ob/gyn residency training at the very institution where she had witnessed her first delivery—at Harlem Hospital, a Columbia University teaching hospital.

Dr. Galloway is now a board-certified ob-gyn physician, a published author, a respected blogger, the Pregnancy Expert for *LifeScript.com*, a Medical Editor for *Medpedia.com*, a contributing healthcare expert for *Basil and Spice Syndication*, and a passionate advocate for pregnant women. Her passion also inspired her to write *The Smart Mother’s Guide to a Better Pregnancy: How to Minimize Risks, Avoid Complications, and Have a Healthy Baby* where she teaches the reader how to recognize obstetrical risks before they spin out of control.

Several media outlets have sought her expertise including *CNN Medical Correspondent Elizabeth Cohen*, *AOL Latino*, *The Good Life Channel 45 TV*, *Orlando, Florida*, and *Hispanosphere Orlando Sentinel*. She has also been quoted in numerous publications that include *I-Village*, *Chicago Tribune*, *AOL Wallet Pop*, *Orlando Sentinel*, *Parenting.com*, *Pregnancy.com*, *Divine Caroline*, *Alive Magazine* and *Favor Magazine*. She is also the recipient of many awards that include LifeScript.com’s Top 21 American Women Physicians 2009, Consumer Research Council’s America’s Top Obstetrician & Gynecologist Award 2009 and *Alive Magazine’s Women of the Year Award 2010*.

Although she is grateful to be recognized for her talents, her greatest accomplishment is being a mother of two active sons and being happily married to the same man for almost 20 years.



See What Others Are Saying About Dr. Linda Burke-Galloway's New Book!

“Dr. Burke-Galloway is able to transpose scientific principles into easy laymen’s terminology and yet give accurate and pertinent information concisely. Additionally, the mother is given guidance to assist in maneuvering through our present medical maze.”—

Angela H. Todd, MD

“The medical field needs to be held accountable for what happens to patients. The time for consumers to arm themselves with information is here. In the end, all that matters is a healthy mother and baby. This book serves to meet that end.”—

Gwendolyn Winkfield, RN Nurse Manager of Labor and Delivery

“The Smart Mother’s Guide provides someone in high-risk pregnancy specific information regarding issues and discussions that she may face. The explanations helped me understand more thoroughly some of the matters that I am currently discussing with my doctor.”—

Tara L. Gould, Esq., patient with a high-risk pregnancy

“Dr. Linda Burke-Galloway draws upon her years of training at Harlem Hospital Center, which is a fast-paced, high-risk-patient

inner-city hospital dealing in some of the more complicated clinical conditions in pregnancy.”—

Dexter M. Page, MD, FACOG, Director of Clinical Services, Atlanta Perinatal Associates

I was pleasantly surprised by this book. This is an excellent resource for those who wish to truly understand the medical decisions they will encounter during the course of a pregnancy. —

Christopher Swain, M.D., President OB Hospitalist Group, Inc., Greenville, S.C

Dr. Galloway’s book written in friendly non-technical style gives excellent advice on how to asks questions and become an empowered informed mother who navigates the health care system with confidence. It is a must read.—

Stephen Matseoane, MD, FACOG, FACS, Former Director of Ob/Gyn, Harlem Hospital Center, Clinical Professor of Obstetrics and Gynecology, Columbia University

Dr. Burke-Galloway provides the readers with an “insider’s” view of how pregnant should REALLY be treated. Her end-of-chapter quizzes are thought-provoking and informative. This is the type of book that every pregnant “family” needs to take into the labor room once a mother is admitted in labor. I commend Dr. Burke-Galloway for writing an outstanding book!—

Kenneth Edelin, MD, FACOG, Chairman, Emeritus, Dept. of Obstetrics and Gynecology, Boston University School of Medicine

Dr. Linda Burke-Galloway draws upon her years of training at Harlem Hospital Center, which is a fast-paced, high-risk inner city hospital dealing in some of the more complicated clinical conditions in pregnancy. —

Dexter M. Page, MD, FACOG, Director of Clinical Services, Atlanta Perinatal Associates

“Overall, this is a comprehensive book that yields valuable info (that may not be obvious) for pregnant women to consider.”—

Dawn Stacey, M.Ed., LMHC, About.com Guide

FOR IMMEDIATE RELEASE

WOMEN: DOLLAR STORE PREGNANCY TESTS AND OVULATION KITS WORK

Author/OB-GYN Dr. Linda Burke-Galloway Releases the Hidden Truth behind Dollar Store Kits and Gives Women the Green Light

Women are hitting web forums and community based sites in search for the definite answer regarding those dollar store pregnancy and ovulation kits. Author and Board Certified OB-GYN Linda Burke-Galloway confirms that the kits manufactured by SCI International do indeed work. Dr. Galloway further explains the kits on her website's blog page www.smartmothersguide.com and looks to reassure curious women everywhere.

"A team of doctors at St. Luke's Hospital in Bethlehem, PA tested 27 pregnancy tests and they concluded that the dollar store brand pregnancy test was 100% accurate." states Dr. Galloway. The Board Certified OB-GYN has shared her widely popular article "What You Should Know about Dollar Store Pregnancy Tests!" with IVillage.com, The Baby Center, and Essence.com and has received many thanks in her efforts to give women the green light. "In this economy it's important to save a dollar and thanks to SCI International we can." adds Dr. Galloway.

With an increasing number of women trying to conceive; ovulation kits can become pretty costly but just as SCI Internationals pregnancy tests; Dr. Galloway has found that their ovulation kits are 99% accurate. "This is a sigh of relief for women who have spent hundreds of dollars on these kits; I'm glad that they have lower cost options." says Dr. Galloway.

Dr. Linda Burke-Galloway is a Board Certified OB-GYN and the author of *The Smart Mother's Guide to a Better Pregnancy: How to Minimize Risks, Avoid Complications, and Have a Healthy Baby*. She has over 20 years experience in the medical profession and is an expert in high risk pregnancy. She is also a Top Physician on www.lifescrpt.com a community with over 100,000 members and provides monthly tips to moms 2 be.

For more information on Dr. Linda Burke-Galloway and *The Smart Mother's Guide* or to schedule an interview with Dr. Galloway, please call her at 407-366-5294 or e-mail contact@smartmothersguide.com

Dr. Linda Burke-Galloway & TSMG®

Recently Seen On



Fact Sheet

Although pregnancy is usually a happy occasion, it is not risk free. In today's troubled healthcare system, patients with information have real power. *The Smart Mother's Guide® to a Better Pregnancy* by Linda Burke-Galloway, MD, board-certified obstetrician-gynecologist, offers facts, solutions and "insider" strategies to help prevent problems or spot them early—before they become big problems.

Fact

Of the 4 million women who become pregnant each year, 6–8 percent will have high-risk pregnancies, and two-thirds of these pregnancies have the potential for serious problems, including fetal death.

(Sources: National Center for Health Statistics, *Obstetrics & Gynecology*)

The United States has the highest rate of teen pregnancies of all developed countries. (Source: Planned Parenthood)

Gestational diabetes mellitus (GDM) affects 2–5 percent of pregnant women.

(Source: American College of Obstetricians and Gynecologists)

Preterm labor occurs in only 6–10 percent of pregnancies but is responsible for 75 percent of infant deaths and 50 percent of the cases of physically challenged children.

(Source: *Obstetrics & Gynecology*)

A deep vein thrombosis is a blood clot in the leg that occurs in three out of one thousand new mothers, typically during the first three days after a delivery.

(Source:)**[LG: need cite.]**

The postpartum blues affect 50–70 percent of women after delivery. Postpartum depression is a much more serious condition affecting approximately 8–20 percent of pregnant women.

(Source: *Medline Plus Medical Encyclopedia*)

What You Can Do

Learn what problems can put your pregnancy into the high-risk category. (13-14)

Find advice for coping with the challenges of teen pregnancies. (86-90)

Learn the standard of care for managing GDM and the proper role of diet, medication and exercise. (112-118)

Discover the risk factors for preterm labor and learn why ethnicity matters. (134-138)

Learn to recognize the symptoms of a clot and find out what to do. (218)

Learn the symptoms of postpartum depression (221), and use the Edinburgh Postnatal Depression Scale (240) to test yourself.

How to Use

The Smart Mother's Guide[®] to a Better Pregnancy

by Linda Burke-Galloway, MD

Find reliable, in-depth information about specific problems and concerns as well as helpful advice to make every stage of your pregnancy go more smoothly.

abdominal pain (56-57)
alcohol abuse (88)
anesthesia precautions (209-210)
biophysical profile (156-157)
bleeding (57-59)
blood pressure (74-75)
blood types (66-67)
breast infection (mastitis) (219-220)
breech position (178-180)
caffeine (88-89)
chickenpox (83-84)
chronic hypertension (97-99)
certified nurse midwives (17-19)
certified professional midwives (21-22)
cigarette smoking (87)
decreased fetal movement (151-152)
deep vein thrombosis (218-219)
dental problems (81-83)
diabetes mellitus, preexisting or gestational (107-110)
difficulties with insurance companies (84-85)
direct-entry midwives (19)
doctors' offices (36-39)
eclamptic seizures (215-217)
fetal growth restriction (159-162)
fetal heart rate tracings (199-203)
HIPAA patient privacy law (43-44)
homework before you are admitted (192-193)
hospital tour (187)
hospitals (31-36)
incompetent cervix (121-124)
induced labor (199)
"keepsake" ultrasounds (169-172)
kick chart (154-55)
labor that lasts more than 12 hours (207-208)
lay midwives (20-21)
licensed midwives (19)
low-risk and high-risk pregnancies (13-14)
maternal-fetal medicine specialists (17)
morning sickness (53-54)
nausea (54-55)
nonstress test (155-156)
photos/videos during labor and delivery (179-180)
placenta abruption or placenta previa (153-154)
postpartum depression (220-222)
postpartum fevers (218-219)
postpartum hemorrhage (217)
pre-eclampsia (99-102)
premature deliveries (143-147)
premature labor (133-134)
prenatal doctor visits (63-66)
preterm premature rupture of membranes (PPROM) (140-143)
previous pregnancies (69)
Rh disease (67-69)
Rh factor (66-67)
stages of fetal development (50-53)
STDs (sexually transmitted diseases) (88)
stillbirth (152-154)
teen moms (85-90)
third-trimester bleeding (175)
urine analysis (75-76)
uterine fibroids (83)
vaginal birth after C-section (VBAC) (69)
warning signs of preterm labor (144)
weight gain and diet (71-73)
weight loss or poor weight gain (73-74)
what documents to bring to the hospital (187)
when to call your doctor or go to the hospital (173-175)
your prenatal chart (185-186)

