

# KANSAS CITY WOMEN'S CLINIC

A TRADITION OF EXCELLENCE SINCE 1953



## DR. BISHOP KICKS OFF PILOT MISSION HYSTEROSCOPY PROJECT

**J**acques Cousteau, the famous inventor of the aqua lung, once said that if one wants to improve the living conditions in the developing world, one must start by improving the status of the women in that community.

As I looked at the World United Nations statistics from 1950 to the present, I had an astonishing realization—Cousteau was right. Every single parameter used to measure the living status of a people was tied directly to the number of children born to each woman. This included infant mortality, longevity, years of education, starvation, per person income, and on and on.

So I thought, why couldn't I use the special expertise that I acquired in the Women's Minimally Invasive Surgical Institute, our teaching arm, and invent something to help these women improve their status? I did just that by devising a way to do FDA-proven tubal sterilizations, without hospitals, without incisions, without anesthesia in most cases, with very little to no discomfort and without significant complications—even without electricity, using mobile solar power.

This past June, with a team and partial funding from the World Outreach Foundation and the Lion's Club, I did a pilot project, performing the procedure in a small clinic in Tubuk, Kalinga Province, in the Philippines. There, poverty is rampant, with large numbers of hungry children. What I saw changed my life.

I visited the poorest neighborhoods and tribal communities in the mountains. They had no running water or power. I had dinner with families in the ghetto. I talked to families in the tenements of downtown Manila, the mayor of the Provincial capital, the dean of obstetrics at two medical schools, and the head of their medical societies. It was apparent that these are very industrious, hard-working people.

Everyone I met was kind and courteous, right down to the poorest young girl in the ghetto street. They all just wanted a chance, a job. The things they would do to help their families survive brought tears to my eyes.

So, I had to help. With donated materials, I started placing the sterilization devices, and perfected the procedure, using the least resources.



**Dr. Henry Bishop with some of the young girls he met during his recent mission trip to the Philippines.**

For me, it became clear that by teaching this country's health care providers, I could make a difference for these women. I gave lectures to doctors, nurses, residents, and interns at the hospitals and medical societies and I demonstrated in operating rooms until my donated materials were gone.

**Dr. Bishop, continued on page 2**

Kansas City Women's Clinic Providers • Henry R. Bishop, M.D. • Marty H. Thomas, M.D. • Maggie H. Smith, M.D. • Sandra R. Stites, M.D. • J. Anthony Heit, M.D. • Rhonda C. Wright, M.D. • Renee M. BeLieu, M.D. • Errick Y. Arroyo, M.D. • Parul S. Nguyen, M.D. • Nancy M. McBride, M.D. • Crystal M. Newby, M.D. • Meghan A. Nichols, M.D.

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# KANSAS CITY WOMEN'S CLINIC

## DR. MCBRIDE TAKES MISSION FOR WOMEN TO DOMINICAN REPUBLIC

Every year Nancy McBride travels to the Dominican Republic for one week—a week that makes a difference in the lives of the country's women, and a difference in Dr. McBride's life.

During that week, Dr. McBride uses the skills she has honed at Kansas City Women's Clinic to provide laparoscopic tubal ligations for 100 to 130 women. The medical team she works with is organized by Village Presbyterian Church.



"It's difficult for women from the United States to understand what life is like for women in this third-world country," Dr. McBride explains. "They have very little control over their own health care, and no access to birth control. It's not uncommon for us to see women who have 10 to 15 children. Between being pregnant and nursing, their bodies are literally worn out."

The lack of birth control also contributes to an increased risk of death for mothers and babies, the nation's high poverty rate and limited access to education. "Thanks to this medical mission, once a woman decides she is finished having children, we are able to provide her with a tubal ligation so she can take better care of her children," Dr. McBride says. "Our goal is to help these women raise healthier, better educated children, who will grow up to improve their country's standard of living."

Dr. McBride and her colleagues also are teaching physicians in the Dominican Republic how to perform tubal ligations so they can continue this important work once the medical team returns to the United States.

"It's very rewarding to be able to participate in this project," Dr. McBride adds. "For me, it is important that women have control over their reproductive lives. This is something I can do that has a positive impact on the lives of these women and their children."

Dr. McBride specializes in gynecology and focuses on menopausal work at Kansas City Women's Clinic. To learn more about Dr. McBride, visit our Web site at [www.kansascitywomensclinic.com](http://www.kansascitywomensclinic.com).

## TIME FOR A FACELIFT!

Our office on the campus of Overland Park Regional Medical Center, Quivira Medical Plaza, third floor, is in the midst of a remodeling project that will update and enhance our patient care areas. The next time you visit our office, look for new paint, carpeting and furnishings in our waiting areas and examination rooms.

In the meantime, the office will remain fully operational, and we ask your patience during the construction process. We think you will be pleased with the upgrades we are making to improve the care and service we provide you.

### Dr. Bishop, continued from page 1

Now that I am back at Kansas City Women's Clinic, I often think about the women for whom I provided this procedure. I can still see them walking in from the rice fields where they worked, smiling (toothless grins) and thanking me again and again. So I made a wish that this procedure could be made available to women everywhere—women with four or five children to raise and feed, women working extra hours in the mud, women sending their teenage daughters out to do deplorable work, women eating two bowls of rice a day, women saving up to send their littles to a school where they could learn English—women for whom this one painless procedure could make all the difference.

Henry R. Bishop, M.D.

## CHANGE-GOOD OR BAD

By J. Anthony Heit, President

As we all know, Fall is the season of change. The leaves begin to change, the political candidates talk of change. Dr. McGuire used to say "If you are not moving forward, you'll be going backwards."



At KCWC you may have noticed some changes over the past year. Most changes have been very positive. Presently, we are remodeling with new paint, carpet and furniture. We initiated a new scheduling software system that should make our scheduling more efficient and user friendly. We also have upgraded our phone system recently. As always, we continue to strive to make our office as comfortable and as efficient as possible.

Some things we work very hard not to let change. These include the ideals that Drs. Montello, McGuire, Riekhof and Sinclair instilled in us. We continue to strive to do what is best for our patients. Dr. Montello always stressed the importance of learning new ideas and techniques and Drs. Riekhof and Sinclair always stressed the importance of doing what is best for our patients.

The physicians at KCWC continue to review our processes and to always work to improve our office. Most new processes work well. Occasionally these new ideas don't work out; but as patients of KCWC, you can be reassured we keep the ideals of the original KCWC physicians in mind when we make decisions that affect our patients.

## MEET OUR DOCTORS MEGHAN A. NICHOLS

A high school course in anatomy and physiology inspired Meghan A. Nichols, M.D., to pursue a career in medicine. "I was fascinated with physiology," she says. "Plus, my mother is a nurse practitioner in women's health, so I think medicine runs in our family."

Although she grew up in St. Louis, Dr. Nichols came to Kansas City to attend college at the University of Missouri-Kansas City, enrolling in the six-year medical degree program. "I decided to practice obstetrics and gynecology after my rotation in the specialty. I just fell in love with it," Dr. Nichols adds. She is especially interested in urogynecology, treating patients facing issues such as urinary incontinence.

Dr. Nichols joined Kansas City Women's Clinic following her residency at Truman Medical Center and Saint Luke's Hospital. "I was very impressed with how the doctors handle their patients and the camaraderie the physicians have with one another. We all share a common goal—our patients always come first, and that is very important to me. Plus, we have a terrific staff."

Dr. Nichols describes her practice style as interactive. "Medicine is an art and a science," she explains. "Each patient has unique needs and I believe strongly in patient education," she says. "My goal is to provide my patients with the latest information and treatment advances, tailoring

their care to meet their individual needs."



Dr. Nichols and her husband Jeff make their home in Lenexa, Kan. with their two young children, Nathan and Aubrey. When she is away from the office, Dr. Nichols enjoys relaxing and spending time with her family.

### Educational Background:

- Medical Degree: University of Missouri-Kansas City
- Residency: Truman Medical Center, Kansas City, Mo. (Obstetrics and Gynecology)

### Board Certification:

- Board Eligible American Board of Obstetrics and Gynecology

### Professional Organizations:

- Kansas Medical Society
- American College of Obstetricians and Gynecologists
- Kansas City Gynecological Society
- American Medical Association
- Medical Society of Johnson and Wyandotte Counties

### Hospital Appointments:

- Overland Park Regional Medical Center
- Saint Luke's South Hospital



## FAST FACT:

During your next doctor's visit, be prepared to answer questions about your lifestyle and health:

- Health history
- Family's health history
- Diet
- Exercise habits
- Use of tobacco, alcohol, or drugs
- Sexual habits
- Prescribed or over-the-counter medications

# LET'S CONNECT!

When you are surfing the Web, be sure to check out our recently revised site at [www.kansascitywomensclinic.com](http://www.kansascitywomensclinic.com). You will find complete biographies of our physicians, practice locations and hours, a list of insurance plans we participate in and helpful links to the American College of Obstetricians and Gynecologists. For your convenience, we also will be posting this newsletter online, just in case you're looking for the information or would like to share the newsletter with a friend. It's a great way to connect with us!



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*KCWC: A tradition of excellence since 1953*

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