Corey Andrew Powell ([00:02](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Okay. Hello everyone. I'm Corey Andrew Powell. And welcome to another inspiring episode of Motivational Mondays. Today I have the honor of speaking with Darrell Martin, a trailblazer, Dr. Darrell Martin, excuse me, a trailblazer in maternal healthcare. With over 40 years of dedicated experience as the co-founder of Southern Crescent Women's Healthcare, Dr. Martin has committed his life to providing exceptional care for women in obstetrics, gynecology and gynecological surgery. His approach to medicine transcends his traditional practice because he sees his work as a ministry deeply invested in the holistic wellbeing of women. Dr. Martin, welcome to Motivational Mondays.

Dr. Darrell Martin ([00:44](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Thank you very much, Corey, and thank you for having me.

Corey Andrew Powell ([00:46](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Oh, it's my pleasure. And I must say this is such, uh, for me, a very, very important conversation to have without getting too political. I mean, women's reproductive health, for example, is just at the forefront of so many conversations today, uh, of course, in the political arena. And so I just wanna say thank you for just being an advocate for, for women, uh, on, on that behalf, because, uh, it seems like we're in such a strange time when women's bodies are, are being sort of, uh, legislated, if you will, in a way that's sort of unsettling. What do you think about that?

Dr. Darrell Martin ([01:18](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

It's, it's, it's not it's not recent. It's been since the 1980s and before that.

Corey Andrew Powell ([01:23](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm.

Dr. Darrell Martin ([01:23](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

That, that, um, their rights, uh, and of course, my topic and interest today is on childbirth rights.

Corey Andrew Powell ([01:31](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Right.

Dr. Darrell Martin ([01:32](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Um, they've been, they've been blocked even from the early 19 hundreds. And to a degree they have changed, but not as much as perhaps they should be.

Corey Andrew Powell ([01:42](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah. It's fascinating because, you know, the, the age old question that we saw posed in a congressional hearing was when someone was asked, you know, uh, do you know any laws in the books that regulate men's bodies in that regard? It is, it is a fascinating question because there are, there are none. But anyway, like I said, I'm not gonna get into the politics of things.

Dr. Darrell Martin ([01:59](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Okay. <laugh>.

Corey Andrew Powell ([02:00](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

But I do wanna talk to you about your work, though, because I did see, um, a lot of work about, a lot of talk about, um, women's choices with midwives these days, which is another interesting conversation. And so I know when it comes to child delivering children, you've delivered over 5,000 babies. Is that accurate?

Dr. Darrell Martin ([02:20](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

That's a fair statement, but inclusive in that is my responsibility for the midwifery deliveries.

Corey Andrew Powell ([02:25](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Hmm.

Dr. Darrell Martin ([02:25](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

You know, fortunately, at least 3,500 of those deliveries were done by a nurse midwife midwife that I was responsible for.

Corey Andrew Powell ([02:36](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Okay.

Dr. Darrell Martin ([02:37](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So I worked collaboratively with midwives. So, you know, I take credit and hopefully no blame for any of those deliveries.

Corey Andrew Powell ([02:46](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([02:46](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Physically I probably delivered 1500, and that would include ones during medical school residency and, and in practice, c-sections, et cetera. But the bulk of the vaginal deliveries, my choice to the people I was taking care of was to ideally use midwives.

Corey Andrew Powell ([03:05](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Hmm. Is there a reason why today people, um, are opting to use midwives that you, that you've noticed, like, as opposed to traditional hospital births?

Dr. Darrell Martin ([03:15](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

I, I think right now the number is up to 10%, which to me is still far short of what it should be, but I think it's more education and somewhat more availability and somewhat more acceptance depending on what area of the country you're in.

Corey Andrew Powell ([03:30](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([03:30](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

I think there, there, by training and tradition, they're non-interventionist. So for a couple to decide that they want to have some more autonomy in their decision making and more support in the labor, and then the delivery process, uh, in my opinion, the best way to have that happen is with a midwife.

Corey Andrew Powell ([03:52](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Hmm. So, in general, I'm always interested in my guest personal journey. And, um, and also I must apologize in case you hear like drills and sledgehammers outside my window because, uh, there's some construction that just happened to be going, going on today of all days. Uh, but in any event, I am curious, though, about your own personal journey. What inspired you to pursue a career in maternal healthcare?

Dr. Darrell Martin ([04:16](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Well, I'd say first it, it goes back even to growing up and observing my uncle who was, uh, uh, a family practitioner and, uh, just observing the level of care and kindness that he shared with individuals. And this did not include necessarily doing birth, but just that kind of relationship that he had as a family practitioner for over 50 years in Arlington, Virginia, um, was very impressive to me. So that started me on my journey to serve in the area of medicine, uh, based on his examples. And then it, that evolved in medical school into wanting to go into obstetrics and gynecology.

Corey Andrew Powell ([05:01](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([05:02](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Um, principally the rationale there was, it's such a, in, in one respect, it's such a diverse field, meaning you get to see clients in the office take care of their gynecological problems, but you also can go to the operating room, and then obviously you can enjoy the miracle of birth. And those connections last, you know, a lot of those patients that I had seen, I had seen for 30 years.

Corey Andrew Powell ([05:28](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Hmm.

Dr. Darrell Martin ([05:28](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So, and you get to hear not just, you're not just doing the exam, but you're understanding their family dynamics and helping them and learning about them. So they became, in a way, friends, you know, each annual visit would be a, uh, you know, how is your family doing? What's, what's happening? You have any grandchildren on the way? If, if they're, you know, and I deliver obviously some children's children, but a lot of children move away from home.

Corey Andrew Powell ([05:54](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([05:55](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So, uh, it just, uh, those kind of experiences trans, uh, translate the whole gamut of care. You know, you don't just, it's not one stop shopping. Like, for example, if you were a general surgeon, you might take out someone's appendix and never see them again.

Corey Andrew Powell ([06:09](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Right.

Dr. Darrell Martin ([06:10](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

As opposed in our field, um, it was annual visits for many years, plus the fact I'd rather take care of women than men.

Corey Andrew Powell ([06:18](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([06:18](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So, uh, and that, that was supposed to be a joke. <laugh>.

Corey Andrew Powell ([06:22](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Well, I thought maybe it might not be because maybe women are better. <laugh> might be better patients, or maybe more agreeable patients, or

Dr. Darrell Martin ([06:28](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

I would say yes. I said it. It's, I, I, I, patients would ask me and we talk about delivery, and I'd say, well, if, if I ever could have gotten pregnant, I would've had an epidural on day one.

Corey Andrew Powell ([06:39](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

<laugh>. Yeah. Yeah.

Dr. Darrell Martin ([06:40](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Uh, as opposed to how tough they are.

Corey Andrew Powell ([06:42](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([06:43](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So, no, uh, you know, yeah. I respect that what they go through and what they've done, and the whole dynamics of them and their, and their, uh, family.

Corey Andrew Powell ([06:53](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Well, listen, I often make the joke to us that, you know, if men were responsible for giving birth, um, like the civilization would've died out like probably a long time ago. I get a paper cut and I run to the er.

Dr. Darrell Martin ([07:04](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([07:04](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So there's no way a baby was gonna be

Dr. Darrell Martin ([07:06](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Absolutely

Corey Andrew Powell ([07:07](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

<laugh> possible.

Dr. Darrell Martin ([07:08](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([07:08](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

I do love that you talk about that, that that community sense of what you do. Because one of my fond memories is being a, a 10-year-old or so, and, and not realizing at the time, but I had been seen by the same doctor as I became a, a, you know, a young kid and up to pre, pre-teen to around 13 by the same doctor who delivered me.

Dr. Darrell Martin ([07:28](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([07:28](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

And I didn't know him until one day, my mom was like, you know, Dr. Bailey actually delivered you. I was like, wait, what? I mean, so this man, like, kind of ushered me through, um, from the minute I got here on his planet <laugh> until I was about 14 years old going through the awkward stages of puberty. And he was prescribing, you know, uh, benzo gel for my acne. I mean, it's a fascinating.

Dr. Darrell Martin ([07:50](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([07:50](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Point you make about how you're on that journey with a family. If you're in a smaller town.

Dr. Darrell Martin ([07:55](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yes. It's, and even in a, in a somewhat larger town, uh, the same journey can occur. And, you know, admittedly, there would be times, you know, I would see couples and families out in the neighborhood, and it would be kind of funny. I would recognize them before they would recognize me outta context.

Corey Andrew Powell ([08:13](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Right.

Dr. Darrell Martin ([08:14](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

And occasionally that would be kind of embarrassing for them, because they knew what they'd gone through with me, and they assumed I was just gonna share that with everyone.

Corey Andrew Powell ([08:22](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Right. Blurted out with the restaurant. Right. <laugh>. Yeah. Yeah,

Dr. Darrell Martin ([08:24](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah. Exactly. Or at the movie theater or something like that.

Corey Andrew Powell ([08:27](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Right. Yeah. Well, how has, has your perspective on women's health evolved over the 40 years in your field? Like you did a little bit talk about how a lot of the things, a lot of the challenges that are there now, were there still, you know, maybe 40 years ago, if not more, but how's your perspective on women's health evolved over your career for,

Dr. Darrell Martin ([08:46](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Well, I, I think it's e evolved to the extent that, um, I allowed the, the client and, and, and it's, it's an interchangeable word, client, patient, you know, patient implies an illness and childbirth is a normal process. So if I use those words interchangeably, it's just because I, I, I occasionally do.

Corey Andrew Powell ([09:07](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([09:07](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

But, um, it's evolved to the extent that if, if I had to do it over again, I, I was given women a choice in the early eighties, late seventies, to either choose the physician or choose the midwife, principally because I was battling, not that I thought I could do it better. In fact, I think at best I'm a C- D+ plus midwife. Uh, but the, the family dynamics, the, the mother-in-law, the, the mother of the person who is pregnant, the sister, the aunt, uh, the, the father all thought and were taught that midwives were bad. They only delivered at home. They were unsafe, and you would battle those perceptions. So I tried to educate them during the process, but often the choice, I allowed them to make a choice. I think today, my, my, my belief would be that if, if you wanna come to my practice, then for normal birth, you're gonna have the nurse midwife, you know? And, and, and it's evolved that it's also evolved to the extent that I think there's a high value in birth centers, uh, which I, there weren't really any of those around when I started practice. But it, to me, that helps the element of control. You know, hospitals contend to control things and, you know, a, a birth center or a surgery center becomes competition to them.

Corey Andrew Powell ([10:40](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([10:40](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

But in my way of evolving, there's less intervention, there's more freedom, there's less danger of their choices being changed.

Corey Andrew Powell ([10:49](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Hmm

Dr. Darrell Martin ([10:50](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

You know, for example, in a hospital setting, still, if, if you went into like a major hospital and there were 20 obstetricians on there, and you tried to change things into a more liberal way, they would often block it. And they would often block it because they wouldn't wanna do it themselves. And if they allowed it for someone else to do it, it might become too popular and they might be forced to do it.

Corey Andrew Powell ([11:19](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Hmm.

Dr. Darrell Martin ([11:20](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So often the origin of, and, and particularly in my case, the ability to evolve and grow that type of practice occur when the hospital had a big need for obstetrics. So there was not any, uh, alternative support, uh, or lack of support coming in saying, I don't want this at my hospital. That, 'cause they didn't want necessarily to do that. So,

Corey Andrew Powell ([11:44](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah.

Dr. Darrell Martin ([11:46](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Uh, the freedom, the freedom to allow those things to happen. Go have to go through a lot of levels of people allowing you to do that.

Corey Andrew Powell ([11:55](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

And just so we're clear, I mean, even from a very basic, uh, informational standpoint, obstetrics, that is the practice of delivering children. Is that what that means?

Dr. Darrell Martin ([12:04](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([12:05](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Okay. Because I, I know people make kind of confuse gynecology, which is more like the internal care of, of women's reproductive health, I would imagine versus the actual, uh, medicine practice of medical practice of delivering babies.

Dr. Darrell Martin ([12:18](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yes. Obstetrics would involve anything, uh, once someone was a either pregnant or, uh, planning a pregnancy.

Corey Andrew Powell ([12:26](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([12:27](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

To, to get educated on what the appropriate things might be to do ahead of time.

Corey Andrew Powell ([12:31](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah. And I think these are such important, uh, conversations to have, not just, I mean, they're obviously beneficial for women because that's who they're designed to, to support, but it's really important, even for me as a man, having this conversation, like, you know, I don't think I've ever really specifically clarified what I just asked you before. My own understanding about how women's reproductive care works and their childbearing situation may, may be impacted by different decisions. And as a man, I have plenty of women in my family who will be impacted by this. So it's really good to make sure that we all like, kind of, again, the community aspect is just kind of take care of each other with all our different needs, especially when it comes to women.

Dr. Darrell Martin ([13:11](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yes. And the more knowledge that you have pre-pregnancy, the, the smoother the pregnancy is and the easier the, the choices are. And to get your partner involved early, my experience has been the more involved that the gentleman is during the pregnancy, the more involved they're gonna be after the baby's born.

Corey Andrew Powell ([13:31](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Dr. Darrell Martin ([13:32](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

You know, like, who gets up in the middle of the night and does, you know, all those things. I think the more engaged they are throughout the pregnancy, to me, I've observed the more engaged they are after the, the baby's born.

Corey Andrew Powell ([13:43](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah. That's wonderful. So if you guys are out there listening, keep that in mind. Like, you know, <laugh> be a part of all of it. Don't just, you know, wait for the kid to be 18 and go, I did it. You know, be a part of it.

Dr. Darrell Martin ([13:53](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([13:53](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

<laugh>. So now I wanna know if you have a particular, uh, insight on the disparity between maybe different marginalized groups or marginalized groups versus other groups in general when it comes to mortality rates with child childbirth. I hear these stories often about how sometimes women of color, for example, have a whole other set of circumstances because maybe just unintended bias or whatever they're dealing with in a medical healthcare system. Um, have you seen that and, and what do you think about that?

Dr. Darrell Martin ([14:29](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Well, in, in my own world, um, we always, when I was in training, and that's what evolved into my love of working with midwives, we had in quote, an indigent care project at one of the hospitals we served in Nashville, and that was Nashville General. And what I observed was in, in this, uh, setting where they didn't have insurance and they relied on care at our city hospital that was utilized with the nurse midwives.

Corey Andrew Powell ([15:02](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([15:02](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Well, it wasn't hard for the residents to figure out over a year or two that the outcomes for the indigent patients were better than they were for the ones that were taking care of who had insurance.

Corey Andrew Powell ([15:16](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Hmm.

Dr. Darrell Martin ([15:16](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

And it was, it was because of the, just that fact, the care and the, and the lack of intervention that occurred on the part of the midwives. So outcomes were improved in, in the setting when they had the ability to have care and meaning they didn't just drop into the hospital and, and have someone catch the baby.

Corey Andrew Powell ([15:39](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

<laugh>.

Dr. Darrell Martin ([15:39](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

They were actually getting prenatal care. So prenatal care is the key to lower, uh, those risk factors. So there should be some vehicle, and often hospitals will have that kind of system. And we ran, when I was in private practice, we had a dual system. We had a contract with the hospital, and we took care of all patients who came in through the doors.

Corey Andrew Powell ([16:07](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([16:07](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

But what we did set up was the prenatal clinics, so that that's where the intervention can in occur to lower what you're describing as, as the disparity in, uh, outcomes and bad results.

Corey Andrew Powell ([16:21](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah.

Dr. Darrell Martin ([16:22](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Uh, you, you wanna get them at the beginning.

Corey Andrew Powell ([16:24](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Dr. Darrell Martin ([16:24](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

And you wanna be able to access them and get them transportation into a prenatal clinic where you can make those kind of, uh, changes for them that will support, uh, a better outcome.

Corey Andrew Powell ([16:40](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Dr. Darrell Martin ([16:41](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

That would be my, my, you know, where that's available. Then the outcomes to me are at least equal, if not better.

Corey Andrew Powell ([16:48](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah. That's really important because I think we all are so sort of desensitized to the idea of pregnancy. Right. You know, nine months a baby comes out, but nine months is a long time for something to go wrong. Quite honestly, if no one's really helping you see how you're developing, how the child's developing internally as well. Like that, that's a, that's a big window for, for trouble if no one's really helping you prior to the, the, the birth. So I love that. Um, that's an emphasis that you, that you share there.

Dr. Darrell Martin ([17:19](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yes. You know, and think about sometimes someone who's had no prenatal care, and that's in that group you're describing, they may be on some medications from another physician, and there's classification of, of those kind of medications. Pregnancy, B'S are safe, C's are probably are, but D's and F's are not.

Corey Andrew Powell ([17:39](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([17:39](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

And they may not be unaware of a medication that they're taking that could do harm. Whereas getting them in and seeing them, ideally even with a, in the ideal sense, a pre-pregnancy visit, you know, a pre-pregnancy visit to, to where all those issues can be discussed and intervention can occur with their other doctor, for example, uh, you need to switch from one medicine to another medicine while you're pregnant.

Corey Andrew Powell ([18:08](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Dr. Darrell Martin ([18:09](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

And, and if those visits don't occur, then you're behind. You can be behind the eight ball, uh, in the middle of a pregnancy, or particularly if someone doesn't show up till the end, uh, you can make interventions if there's, if there's drug use, or you can make interventions if there's abuse, you know, physical abuse.

Corey Andrew Powell ([18:26](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([18:26](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Or verbal abuse. There's all those things that, that those prenatal visits allow for help, you know, in those areas. Right.

Corey Andrew Powell ([18:35](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah.

Dr. Darrell Martin ([18:36](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

I think we should make sure to, the level of our ability to, to to do it is to provide that prenatal care and the, and the pre-pregnancy counseling. Absolutely.

Corey Andrew Powell ([18:47](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>, You know, the thoughtfulness behind what drives your passion in this field is really evident in all your answers. I mean, it's really a deep caring of the, the patients slash clients that you, that you work with, that you help have healthier lives, healthier pregnancies. So that leads me up to this question, which you, you've, I can kind of sense what the answer would be already, but what does it mean to you, uh, to view your work as a ministry, not just a medical practice? Like how does, how does all your perspective sort of help you make that distinction in what you do?

Dr. Darrell Martin ([19:21](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Well, I believe that from my core belief, I believe we're called to serve. And so you have to have a servant's heart to, to, to minister. And without that, that servant heart, to understand that they are also a client. I mean, you're providing a service and you need to provide a high quality service. It's not that take it or leave it attitude, or it's like, uh, you're doing me a favor by coming to me. You know, it's, it's just being a clearly a servant. The other part of that that I learned, um, in my walk was to not judge. You know, I think you hear, and I've heard a lot of things that through the years, and you, you have to have that listening ear, but then they, they need to know that they trust you and that you're not gonna judge them. That they'll be willing to share, you know, whatever that is that they have on their mind that could affect their care if they're a gynecological patient. And it also could affect their care if they're carrying a baby. So you, you wanna, to me, that was important to, to not judge anyone for anything, uh, and, um, try to help them. Uh, and listening, listening is so important. You know, if you, if you're in there and spouting off a lot of information, that's okay. But you gotta listen first. You gotta understand where they're coming from. And, you know, it was always important at the end of a, a visit to say, have I discussed all the points that you wanna discuss today? Is there anything left that you need to go over before you leave?

Corey Andrew Powell ([21:01](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Hmm.

Dr. Darrell Martin ([21:01](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

I would encourage people to write down notes, you know, and bring, because often you go to the physician and you're very nervous and you walk out the door and there's two or three questions you forgot to ask.

Corey Andrew Powell ([21:11](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah.

Dr. Darrell Martin ([21:11](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So, you know, phones now with notes on them are very nice, you know, <laugh>? I think so. I mean,

Corey Andrew Powell ([21:18](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([21:18](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

I'd rather them leave, uh, with a smile on their face, you know, and I used to joke, I used to joke with patients a lot where appropriate, but say, my, my goal is when you leave here, you leave with a smile and perhaps laughing a little bit, uh, rather than think of it as this onerous awful visit to the gynecologist.

Corey Andrew Powell ([21:37](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Right. Because in general, I mean, the public typically is not looking forward to doctor's visits under any circumstance or the dentist, for example.

Dr. Darrell Martin ([21:47](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Oh, yeah. You read, you read my mind that <laugh>, that's my, the fear of a dentist looking in there and finding something.

Corey Andrew Powell ([21:53](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Oh yeah.

Dr. Darrell Martin ([21:54](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

It is intense <laugh>.

Corey Andrew Powell ([21:55](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah. Yeah. And because, and you're vulnerable to whatever the doctor finds, and then that's a whole other, um, then that becomes a whole other process if you have to try to rectify that or have surgery or, so yeah. I, I get it. So, um, it's wonderful that you are trying to make that experience be a lot more pleasurable, because I think a lot of reasons why people stay away and find out things too late is because the fear kept them from just going in for a routine visit where they could have stopped the progression of something, uh, in advance.

Dr. Darrell Martin ([22:23](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah. The other part that I always, and my, with my nurse, we would always try to drive home. First of all, you're only as strong as your weakest link. And, and that means in a large office, that's who answers the phones. If they're kind, who's at the front desk, if they're kind, if you're, you might be battling an uphill battle if something has happened negatively before you even get to see them. And the, and the other part that I was always adamant about was trying to make sure we saw people on time.

Corey Andrew Powell ([22:52](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Hmm.

Dr. Darrell Martin ([22:52](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

You know, those days when people would wait an hour and a half or two hours.

Corey Andrew Powell ([22:57](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Oh, terrible.

Dr. Darrell Martin ([22:57](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

That, that's unacceptable, you know?

Corey Andrew Powell ([22:59](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Dr. Darrell Martin ([22:59](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

That, to me, that's unacceptable.

Corey Andrew Powell ([23:00](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah.

Dr. Darrell Martin ([23:00](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So that was, that was also a key part of how we try to deliver care.

Corey Andrew Powell ([23:06](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah. Because that almost, I remember like maybe for me in my, maybe twenties or so, I remember having just become accustomed to that was how things worked. You got to the doctor's office and an hour and a half, you're lucky if you've been brought in. And, uh, it just seemed like it was just normal. And it <laugh> luckily today it does seem like it's a different pro. Maybe, maybe there was a universal attempt to rectify that. It does seem better.

Dr. Darrell Martin ([23:31](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

I think part of the universal attempt, the two things that people currently seem on studies to wanna find in their care is close to where they live with flexible hours.

Corey Andrew Powell ([23:43](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([23:43](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

And on time.

Corey Andrew Powell ([23:45](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah. Yeah. Those are important.

Dr. Darrell Martin ([23:47](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

The disrespect for someone's time sets you up to fail.

Corey Andrew Powell ([23:51](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([23:51](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

I mean, it really, it's an uphill battle in trying to care for someone if you've already, uh, set off some alarms in them, uh, based on how long they had to wait.

Corey Andrew Powell ([24:00](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah. And that's amazing you say that too, because you can apply that to all aspects of life. Like, currently, I'm helping my mother renovate a home, and we don't know where to begin, so we have to deal with contractors. And like literally the first three I called, they all were like an hour and a half late, and they called me with an excuse when they were supposed to be arriving. They're calling to say, oh, I'm running late. And immediately they were just done. I was, there's no way I would trust you with the job because you didn't even show up to the consultation on time. So,

Dr. Darrell Martin ([24:27](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Exactly.

Corey Andrew Powell ([24:28](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

It's just, you can apply that same, uh, yeah. That, that's the lesson life. So I would love to know if you have a memorable moment from your career that sort of really culminated in like, yeah, this is why I do what I do. Is there any sort of great opportunity?

Dr. Darrell Martin ([24:40](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Well, there was a lot, there was a lot of memorable moments. Um, well, one that just very impressive. It was very, uh, it's hard not to tear up when I think about it, but the young lady that I was taking care of with twins and during the, or late first trimester into the middle of the pregnancy, she discovered that she had malignant melanoma.

Corey Andrew Powell ([25:09](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([25:10](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

And, uh, at that point, this is, this is a number of years ago, maybe 15, 20 years, probably 20 years ago, she elected to not do her care until after the babies were born.

New Speaker ([25:23](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Hmm.

Dr. Darrell Martin ([25:24](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Sacrificing herself for those two children who yeah. That, that was just an incredible experience to her strength to do that, um, was just, you know, impressive.

Corey Andrew Powell ([25:41](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So she did pass and the children survived.

Dr. Darrell Martin ([25:44](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Well, she passed shortly after they were born. Yes.

Corey Andrew Powell ([25:46](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Wow. Hmm. Well, bless her. She is a remarkable woman. That is. And, and, and those are decisions too that, uh, people who are not women, I will say <laugh>.

Dr. Darrell Martin ([25:57](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([25:57](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Will never understand that kind of choice. And, um, so I always caution people to be very careful with their opinions about what women do with their bodies in general.

Dr. Darrell Martin ([26:08](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([26:08](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Because those are those things that will never have to happen.

Dr. Darrell Martin ([26:10](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([26:10](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Contend with at all. Well, thank you. Thank you for sharing that. And, and I will, uh, that's another great segue because, um, what we do talk about often here is self-care being important too, because for those of us who are caregivers, or in your case a, a professional caregiver, um, we really can't be there for others if we have ourselves become emotionally wore down or, or, or broken down. Uh, so I do wonder for you, how do you balance the line of work you do, experiences like that, that have such a bittersweet outcome that can be really impactful on your psyche? How do you balance that world with your own wellbeing to make sure that you're okay in what you're in what you're doing?

Dr. Darrell Martin ([26:50](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Uh, for me it was times of prayer and, and particularly also times of exercise. That was my outlet.

Corey Andrew Powell ([26:59](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([26:59](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

When I had, you know, still raising three children yourself. Well, really with the, the primary help of your wife, because in those early years it was growing the practice and it started with just two of us. And so it was, you know, every other night, uh, for a few years. And at that point, the hospital we were delivering at, there was no clinic for walk-in patients or indigent patients. So we, we might get sudden calls of very difficult things to have to do or deal with it. We'd never seen the patient before.

Corey Andrew Powell ([27:39](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Right.

Dr. Darrell Martin ([27:40](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Uh, and, and uh, so later though, once you had the midwives, you know, with the midwives there, I may be on call and I may be sleeping at the hospital resting until they needed me.

Corey Andrew Powell ([27:51](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([27:52](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Or I could be home depending on what was going on. And so, although you might, that was back in the days when it was only a digital pager. So I would be driving and had to find a gas station with a telephone booth

Corey Andrew Powell ([28:06](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

<laugh> Oh gosh. Yeah.

Dr. Darrell Martin ([28:07](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

To, uh, to call someone because that was it, you know?

Corey Andrew Powell ([28:10](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah.

Dr. Darrell Martin ([28:11](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So your accessibility was only as close as the phone you could find.

Corey Andrew Powell ([28:14](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah.

Dr. Darrell Martin ([28:16](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Um, that's not true today, obviously, but

Corey Andrew Powell ([28:18](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Right, right.

Dr. Darrell Martin ([28:19](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Back then.

Corey Andrew Powell ([28:20](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Well, and that calls into question, I guess a follow up, which is where do you place the importance of mental and spiritual health in addition to physical health for women as far as, you know, the correlation there for, for their wellbeing?

Dr. Darrell Martin ([28:32](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Well, it all works together. Yes. Yeah. Right. Uh, their mental focus, you know, and, and the dynamics of, it's not just the objective data and, and the, you know, the, what the heart rate is, how much the uterus measures, it's the appropriate, but it's what's going on at home. I mean, that, that stress and that psychological stress can, um, impact that pregnancy and.

Corey Andrew Powell ([29:00](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([29:01](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

You know, you, you've heard I'm sure of like postpartum depression.

Corey Andrew Powell ([29:05](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yes. Yes.

Dr. Darrell Martin ([29:06](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Uh, and those, those things used to be kind of pushed aside 30 years ago, quite frankly, because we were never trained in that. We didn't understand it. And the default was, oh, that's, you know, you know what would be said by

Corey Andrew Powell ([29:21](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Sure. Sure. A lot of.

Dr. Darrell Martin ([29:22](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

I don't need to go into that.

Corey Andrew Powell ([29:24](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Right. A lot of negative things.

Dr. Darrell Martin ([29:25](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Uh, but, you know, to understand those, those processes better, the, the whole person, what you're talking about is a more holistic total approach as well with nutrition, you know?

Corey Andrew Powell ([29:35](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([29:35](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Nutrition is very, it's probably equally, if not more important, pre, pre, pre-pregnancy than it is once you get pregnant. You know, find it interesting that everybody wants to start exercising and eating properly after they've already conceived <laugh>. Ideally, those things, those patterns should have been established. You know, you don't tell 'em that, but you try to gently move them in that direction.

Corey Andrew Powell ([29:59](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah.

Dr. Darrell Martin ([29:59](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Quickly. Uh, ideally that pre-pregnancy visit, the, the other observation there, um, Corey, is that you typically obstetrical insurance, if one has, it is a package price. So if you suddenly are pregnant and you go to Doctor A and you don't like doctor A, and now you go over to Doctor B who you might like a lot better and you're gonna stay there, well, some of that payment has already occurred to doctor a.

Corey Andrew Powell ([30:29](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([30:29](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

So you might incur more financial expense by switching, but switching is what you needed to do, so.

Corey Andrew Powell ([30:35](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Right, right.

Dr. Darrell Martin ([30:37](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Checking that out ahead of time always is a less anxiety producing situation, understanding what their c-section rates are asking. Do they do inductions if they're not on call, who's covering for them and how does that happen? Uh, there's all those things that can be found out before you're pregnant.

Corey Andrew Powell ([30:57](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah. I mean, that's a great point too, in general, because even we talked about the dentist earlier, like, you know, before you have work done, you kind of do like a preliminary workup of like, well, what is this gonna cost maybe before I let you go in there and start doing so I don't get a bill for like a million dollars after you're done. So <laugh>,

Dr. Darrell Martin ([31:13](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([31:13](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Uh, that's really, really great advice. And, um, I guess lastly, uh, to conclude for this interview today, I was curious to know if you had some young healthcare professionals in front of you who were entering the, the field of maternal healthcare, what would be, um, uh, a bit of advice you'd give them?

Dr. Darrell Martin ([31:34](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Well, I, I think that they should learn how to work collaboratively. That means with, um, advanced healthcare providers, including midwives. So if, for example, they were in the, going into the field of obstetrics to find a medical school slash residency where some of the teaching is done by midwives, that that evolves into a more of a respect. You know, it's not just saying do this, it's actually showing it. So to back up what you say with what you do. And so the teaching, the teaching of those new healthcare providers sets the stage for what they're gonna be when they go out into the community. So I think a better choice on, on the type of program that they're in, that does include not just we're the greatest technical residency program in the country, but we also are more holistic in our orientation, you know, and, and more collaborative co collaboration. You know, there's so many things that now the nutritionist, the the psychologist, the, the midwives, all these areas that you can't possibly know them all, but what you can learn in a training program is who these other people are and what they can offer you and, and teach you at the same time. And that validates their acceptance. Right. If you're taught by a midwife, you're gonna be more likely to wanna have one incorporated into your practice when you leave and, and go out into private practice.

Corey Andrew Powell ([33:14](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>, That's great advice, especially for us here at the NSLS as a leadership podcast and, and leadership organization. One of the main top leadership traits that we emphasize to our community of over 2 million members at this point is collaboration. Collaboration is so important that that ability to walk into a room and not declare yourself the smartest one there, but to know there's other people who, uh, perhaps can help you with what they know and together you can make something great happen.

Dr. Darrell Martin ([33:44](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Yeah. I was either accused or blessed to be called a visionary. And what I was smart enough to realize is to find the right people to get on the right bus in that area that I'm not as an expert on, uh, whether that's insurance, whatever it is.

Corey Andrew Powell ([33:58](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Dr. Darrell Martin ([33:59](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Trust them and let them run with it. Understand they may make a mistake just like I do, but to, to know that and not to come down on them if they happen to make a mistake. So to know what your limitations are and find the right people to work with. And that's collaboration. Yeah.

Corey Andrew Powell ([34:16](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Excellent words of wisdom. First of all, thank you for taking care of women so well. All the women in our lives, uh, definitely benefit from having someone like you in the world. So thank you, Dr. Darrell Martin, Trailblazer in maternal healthcare, 40 years of dedicated experience and co-founder of Southern Crescent Women's Healthcare. Thanks for being here today on Motivation on Mondays.

Dr. Darrell Martin ([34:36](https://www.temi.com/editor/t/1yjGIMT0x12e1UdqhCehg2IVQlN0xlEVfWEeC6toy_HxoAlHh2d-Sol7EBLDwYvAmkovyPqrnATzpRfH6KQYBJz_3io?loadFrom=DocumentDeeplink)):

Thank you very much. Thank you.