

# Caring for Your Growing Family

at Virginia Mason Edmonds Medical Center

We are excited to be a part of your growing family, starting with quality prenatal care right here in Edmonds. Our obstetrics-trained family medicine physicians offer prenatal, postnatal, and newborn care. We conveniently provide first trimester screening ultrasounds in clinic.

Our doctors coordinate seamlessly with the obstetric physicians and midwives at Franciscan Women's Health at Virginia Mason. When it comes time to welcome your new baby, you will deliver in the beautiful, new Virginia Mason Birth Center in Seattle's First Hill neighborhood.

## Virginia Mason Birth Center Caters to You

We designed the Virginia Mason Birth Center with you in mind.

- Opened in August 2020, the Virginia Mason Birth Center combines leadership in patient-driven obstetrics with a focus on quality and innovation.
- You will enjoy a serene, state-of-the-art birthing environment with panoramic views of the city, mountains, and Puget Sound.
- Highly experienced OB/GYNs and Certified Nurse Midwives partner with you and your family practice - obstetrician to provide safe, high-quality care.
- You labor, deliver, and recover in a spacious birthing suite equipped with a soaking tub, shower, birthing ball, and bed/chair for your partner.
- We design and deliver your birth plan together and respect your preferences. Birthing options include water birth, midwifery care, nitrous oxide, and other pain management options.
- Our Level II Special Care Nursery supports more fragile newborns. NICLET rooms allow mom and baby to stay together even as baby receives more advanced newborn care.
- Childbirth classes are available for expectant and new parents to help increase confidence as you approach labor, delivery, and new parenthood.



## The typical schedule for prenatal visits with your medical team:

- First full visit with physical exam at 8–10 weeks
- Visits every four weeks until 28 weeks
- Then visits every two weeks until 35 weeks
- Then visits every week until delivery
- Ultrasounds and testing as indicated
- Lactation consulting if desired before delivery and available after delivery

## Care After Baby and Beyond

After your child is born, you return to your Virginia Mason Edmonds provider for ongoing postpartum and newborn care. Our team of family medicine physicians is here for your whole family. We provide personalized, comprehensive primary care for all ages. It is our joy and privilege to watch our families grow and support their health and development needs.

## Meet Our Family Practice - Obstetrics Providers



### Soraya Chanyasubkit, MD

**MEDICAL SCHOOL:** University of Maryland School of Medicine, Baltimore, MD

**RESIDENCY:** Lancaster General Hospital, Lancaster, PA

**BOARD CERTIFIED IN FAMILY MEDICINE**

Dr. Chanyasubkit originally hails from Maryland and desired a new adventure — exploring the Pacific Northwest and meeting the lovely people here! She enjoys caring for families (including obstetrics), helping patients reach their health goals, and being their biggest cheerleader.



### Anne Cotter, MD

**MEDICAL SCHOOL:** University of North Carolina School of Medicine, Chapel Hill, NC

**RESIDENCY:** Lancaster General Hospital, Lancaster, PA

**BOARD CERTIFIED IN FAMILY MEDICINE**

Originally from Virginia, Dr. Cotter enjoys caring for people in all stages of life since it brings great satisfaction as well as great variety. She is particularly interested in women's health, children and obstetrics, but also takes care of the whole family unit! She's looking for new hobbies, so make sure to share your favorites.



### Cecile Dinh, MD

**MEDICAL SCHOOL:** Tulane University School of Medicine

**RESIDENCY:** Northwest Washington Family Medicine Residency

**BOARD CERTIFIED IN FAMILY MEDICINE**

Dr. Dinh enjoys offering full-spectrum primary care to individuals of all ages at all life stages. She is dedicated to understanding her patients' social and physical environments to improve preventive care and promote healthy lifestyles. Hailing from Arizona, Dr. Dinh loves to get outside to hike, camp, and go on road trips.



### Terra Mangum, DNP, ARNP

**EDUCATION:** Seattle Pacific University

**BOARD CERTIFIED IN FAMILY MEDICINE**

In addition to her role as a family medicine nurse practitioner, Terra is a lactation educator. She strives to support patients before, during, and after their pregnancy. Terra works with families to promote lactation discussions to come up with the best plan to support your breast feeding goals.

## Schedule Your Appointment Today!

Schedule care with our team by calling  
**(425) 775-9474**

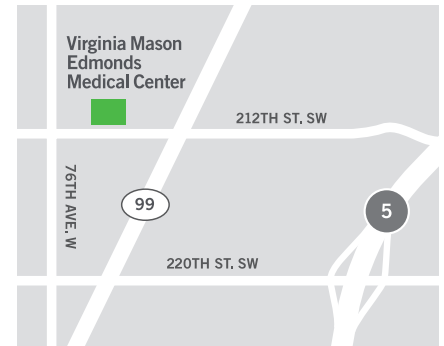
### Office Hours

Monday – Friday ..... 9 am – 7 pm

### Lab Hours

Monday – Friday ..... 8 am – 7 pm

Saturday ..... 9 am – 4 pm



### Virginia Mason Edmonds Medical Center

7315 212th Street SW  
Suites 101/207  
Edmonds, WA 98026

Our clinic is located in the Edmonds Professional Center. Conveniently located just two blocks west of Highway 99, we have plenty of free, on-site parking. Snohomish County Community Transit also services this area with bus stops extremely close to the office. Contact Community Transit at 425-353-RIDE for more information.