# Table of Contents

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<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obstetrics and Gynecology</td>
<td></td>
</tr>
<tr>
<td>Minimally Invasive Gynecologic Surgery</td>
<td>5</td>
</tr>
<tr>
<td>Reproductive Endocrinology and Infertility</td>
<td>5</td>
</tr>
<tr>
<td>Urogynecology and Reconstructive Pelvic Surgery</td>
<td>6</td>
</tr>
<tr>
<td>Index</td>
<td>7</td>
</tr>
<tr>
<td>Name</td>
<td>Specialty</td>
</tr>
<tr>
<td>-----------------------</td>
<td>-------------------------</td>
</tr>
<tr>
<td>Lauren Anderson, CNM</td>
<td>Obstetrics and Gynecology</td>
</tr>
<tr>
<td>Kathryn (Katie) Calvillo, CNM</td>
<td>Obstetrics and Gynecology</td>
</tr>
<tr>
<td>Sara Dowd, CNM</td>
<td>Obstetrics and Gynecology</td>
</tr>
</tbody>
</table>
### Heather Helton, CNM

**Specialty:** Obstetrics and Gynecology  
**Special Interests:** Non-pharmacological therapies, deep-relaxation labor techniques, postpartum depression and teen pregnancy  
**Master of Science:** East Carolina University  
**Area:** Nursing-Nurse Midwifery  
**Certification:** Nursing-Nurse Midwifery  
**Triangle Physicians for Women, PA**  
600 New Waverly Place  
Suite 310  
Cary, NC 27518  
**Phone:** (919) 678-6900  
**Fax:** (919) 678-6901  
**Website:** [www.tp4w.com](http://www.tp4w.com)

### April Horner, CNM

**Specialty:** Obstetrics and Gynecology  
**Master of Science:** Frontier Nursing University  
**Area:** Nursing-Nurse Midwifery  
**Certification:** Nursing-Nurse Midwifery  
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**Website:** [www.tp4w.com](http://www.tp4w.com)

### Jessica Ramirez-Trower, CNM

**Specialty:** Obstetrics and Gynecology  
**Master of Science:** University of Miami  
**Area:** Nursing-Nurse Midwifery  
**Certification:** Nursing-Nurse Midwifery  
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### Obstetrics and Gynecology (cont.)

<table>
<thead>
<tr>
<th>Specialist Name</th>
<th>Specialty</th>
<th>Medical School</th>
<th>Residency Details</th>
<th>Certification</th>
<th>Office Address</th>
<th>Phone</th>
<th>Fax</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ronald G. Rogers, MD</td>
<td>Obstetrics and Gynecology</td>
<td>University of North Carolina at Chapel Hill</td>
<td>University of Alabama at Birmingham</td>
<td>Obstetrics and Gynecology</td>
<td>Triangle Physicians for Women, PA</td>
<td>(919) 678-6900</td>
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<tr>
<td>Vijay Sheshadri, MD</td>
<td>Obstetrics and Gynecology</td>
<td>Medical College of Ohio</td>
<td>University of Louisville</td>
<td>Obstetrics and Gynecology</td>
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</tr>
<tr>
<td>Mary Sutphin, CNM</td>
<td>Obstetrics and Gynecology</td>
<td>Columbia University</td>
<td>Nursing-Nurse Midwifery</td>
<td>Nursing-Nurse Midwifery</td>
<td>Triangle Physicians for Women, PA</td>
<td>(919) 678-6900</td>
<td>(919) 678-6901</td>
<td><a href="http://www.tp4w.com">www.tp4w.com</a></td>
</tr>
</tbody>
</table>
Obstetrics and Gynecology - Minimally Invasive Gynecologic Surgery

Spyro P. Vulgaropulos, MD

**Specialty:** Obstetrics and Gynecology  
**Subspecialty:** Obstetrics and Gynecology - Minimally Invasive Gynecologic Surgery  
**Procedures and Research:** Laparoscopic and hysteroscopic techniques and surgical gynecology  
**Special Interests:** Normal and high-risk obstetrics, office gynecology, menopause management, chronic pelvic pain, endometriosis and bladder dysfunction  
**Medical School:** University of North Carolina at Chapel Hill  
**Honors:** Member, Alpha Omega Alpha  
**Residency:** UNC Hospitals  
**Area:** Obstetrics and Gynecology  
**Certification:** Obstetrics and Gynecology  

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**Website:** www.tp4w.com

Obstetrics and Gynecology - Reproductive Endocrinology and Infertility

Gerald G. Mulvaney, MD

**Specialty:** Obstetrics and Gynecology  
**Subspecialty:** Obstetrics and Gynecology - Reproductive Endocrinology and Infertility  
**Procedures and Research:** In vitro fertilization, as well as reproductive surgical procedures such as tubal anastomosis  
**Special Interests:** Perfecting infertility techniques including assisted reproductive technologies  
**Medical School:** Boston University  
**Residency:** NYC Health + Hospitals/Kings County  
**Area:** Obstetrics and Gynecology  
**Certification:** Obstetrics and Gynecology  

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**Website:** www.tp4w.com
Lisa M. Grana, MD

**Specialty:** Obstetrics and Gynecology

**Subspecialty:** Obstetrics and Gynecology - Urogynecology and Reconstructive Pelvic Surgery

**Procedures and Research:** Pelvic reconstructive surgery, hysteroscopy

**Special Interests:** Pediatric and adolescent gynecology, menopausal management, gynecologic oncology, urinary incontinence and normal and high-risk obstetrics

**Medical School:** University of North Carolina at Chapel Hill

**Residency:** University of Colorado

**Area:** Obstetrics and Gynecology

**Certification:** Obstetrics and Gynecology

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Index

A
Lauren Anderson, CNM ................................. 2

C
Kathryn (Katie) Calvillo, CNM ........................ 2

D
Sara Dowd, CNM ........................................ 2

G
Lisa M. Grana, MD ....................................... 6

H
Heather Helton, CNM ................................. 3
April Horner, CNM ....................................... 3

M
Gerald G. Mulvaney, MD .............................. 5

R
Jessica Ramirez-Trower, CNM ...................... 3

S
Ronald G. Rogers, MD ................................. 4
Vijay Sheshadri, MD ................................. 4
Mary Sutphin, CNM ................................. 4

V
Spyro P. Vulgaropulos, MD ......................... 5