



of Cache Valley,  
Preston & BoxElder

# Newsletter

November Support Meeting:

## Pregnancy After Loss, Dr. Kirkman

Thursday, November 14, 2013

7:00 p.m.

Logan Regional Hospital Classroom #7



DAVID A. KIRKMAN, MD Dr. Kirkman is a native of Arizona. After med school at the University of Arizona, he completed his residency in Phoenix in 1991. After 13 yrs of practice in the San Diego area, Dr. K. relocated to Utah in 2004. He has been board certified in OB & Gynecology since 1993. Dr. Kirkman specializes in minimally invasive gynecologic surgery including laparoscopic hysterectomy, operative hysteroscopy, & "in office" tubal occlusions & endometrial ablations. He also enjoys delivering babies & helping both uncomplicated & "high risk" pregnant women. He also has a special interest in menopause management. Dr. K is married to his high school sweetheart & best friend Holli. They have five great children: Graham & Angela, Bryce & Eliza, & Chloe & one grandson, Levi. In his spare time, Dr. K. enjoys travel, golf, working in his yard, & watching movies. He & Holli also enjoy playing with their dog Bella. Dr. Kirkman is dedicated to improving health care in Cache Valley for all & currently serves as the president elect of the medical staff for Logan Regional Hospital.

Upcoming Events:  
Worldwide Candle Lighting  
no meeting held  
support meeting TBA

Dec 8  
Jan  
Feb 13



### Pregnancy After Loss, from an Angel Mom

My Baby bump was beautiful  
I loved you from the start  
Those comforting kicks to say you're fine  
would always melt my heart

I'd allow myself to plan ahead  
but not for very long  
I'd hate myself for doing this  
But what if it went wrong?

I'd plan to buy your baby things  
And brave the shops in town  
I'd pick up tiny baby clothes  
But quickly put them down

I'd envy other mums to be  
picturing a baby in the clothes  
Proudly draping their bumps with a dress  
And the smallest of baby gro's

I was so frightened that I'd hurt you  
with the simplest of thoughts  
I couldn't take the risk I'd buy...  
a curse with what I'd bought

I'd get mad at people who would say  
Lightening won't strike twice  
'It struck me hard once before  
So save your weak advice'

Statistics don't mean anything  
when misfortune seeks you out  
I've been the ONE in THOUSANDS  
The main reason for my doubts

I have never felt such sweet relief  
when they placed you in my arms  
A happy healthy baby girl  
Safe and sound from harm

How nice it was to finally see  
My bump was not on loan  
For the first time I believed  
I'd take my baby home.

2.11.09 ~Rachel Loveday



### A Different Child

A different child, people notice  
There's a special glow around you.  
You grow, surrounded by love,  
Never doubting you are wanted;  
Only look at the pride and joy  
in your mother and father's eyes.  
And if sometimes, between the smiles  
There's a trace of tears, one day  
You'll understand.

You'll understand, there was once another child  
A different child, who was in their hopes and dreams.  
That child will never outgrow the baby clothes  
That child will never keep them up at night  
In fact, that child will never be any trouble at all.  
Except sometimes, in a silent moment,  
When mother and father miss so much  
That different child. May hope and love wrap you warmly  
And may you learn the lesson forever  
How infinitely precious  
How infinitely fragile is this life on earth  
One day, as a young man or woman  
You may see another mother's tears  
Another father's silent grief  
Then you, and you alone  
Will understand, and offer the greatest comfort.  
When all hope seems lost,  
You will tell them with great compassion,  
"I know how you feel.  
I'm only here  
Because my mother tried again."

Written by Pandora Diane MacMillan