

Lehe Spiegelman

MIDWIFE, SECHULT

With many years of experience working in both urban and rural settings, Lehe has helped create a collaborative practice with the family physicians in Sechelt to provide sustainable primary maternity care.

As the president of the Midwives Association of B.C., Lehe works conscientiously to integrate midwifery more visibly into our health-care system. She is passionate about education and research, and works to preserve the life-altering experience of birth and motherhood for her patients. She is known to be an excellent care provider, communicator and advocate for midwifery.

Lehe originates from Vancouver and is a mother of three. She co-founded an urban midwifery clinic in 2006 that serves families in Vancouver's east side neighbourhoods. She and her family now live on a farm in Gibsons.



What advice do you wish you'd had at the start of your career?

"As a budding midwife in my twenties, some solid words of wisdom that would have prepared me for the dynamic career I was setting upon would have been: brace for change and set your foundations early. Maternity care is constantly evolving, as are we, health-care providers, in our own lives, and this is the promise of new learning and constant adaptation. With a strong community of support in and out of health care, as well as some key mentors to bounce me back into bounds, I have been able to traverse this changing landscape and meet new challenges and opportunities in a profession dedicated to building and nurturing families."