

SUCH IS THE MISSION FOR THE STAFF AT LAKE NORMAN OBSTETRICS AND GYNECOLOGY, L.L.P. HAVING JUST EXPANDED TO A LARGER OFFICE, THE PRACTICE HAS BEEN TAKING CARE OF WOMEN IN THE LAKE NORMAN AREA FOR MORE THAN 20 YEARS.

Dr. Deborah Warren & Dr. Teresa Melvin of Lake Norman OBGYN

# HEALTHY, HAPPY MOMS AND BABIES!



Dr. Teresa Melvin



Dr. Deborah Warren

**"I AM PROUDEST** of two things in my life—my children and my practice at Lake Norman OBGYN," said Dr. Teresa Melvin. "When I started here 19 years ago, I never dreamed our practice would grow so successfully. We now have six physicians and three midwives and are looking to add more."

Dr. Melvin grew up in Whiteville, a small rural town in eastern North Carolina. She was raised on a tobacco farm and attributes that to the many life lessons she learned there. "My upbringing taught me the importance of family and that hard work does pay off," she said. "I never remember not wanting to be a doctor. It has always been my longing to help others in times of need, and being a physician was my goal in life."

Earning both her undergraduate and medical degrees from UNC-Chapel Hill, Dr. Melvin went on to do her residency at Carolinas Medical Center in Charlotte. "I remember my first delivery as a medical student," she recalled. "To be a small part of such an intimate triumph was so inspirational. Today, even after thousands of deliveries, I still get that feeling."

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Dr. Melvin is grateful to many people who have inspired her along the way but, primarily, her parents and her husband of 27 years were paramount. "My parents always supported me in my drive to be a doctor," she said. "And my husband made many sacrifices to support my career. He gave up his career when our twins were 18 months old to become a stay-at-home dad, which at the time—20 years ago—was not the 'coolest' thing to do as a male. However, the outcome was a great success—our twin daughters, Carmen and Alison! They are now juniors at NC State University, studying to be nuclear engineers."

"My father always told me and my two sisters every time we left the house: 'Be Particular!' These two words can pack a lot of meaning but, to me, it always means to make good choices in whatever you do. We now tell our children the same thing—'BE PARTICULAR!'"

**ON A SIMILAR** note, Dr. Deborah Warren of Lake Norman OBGYN understands and values the true meaning of helping others. "My mentor in residency taught me that caring for patients is a privilege," Dr. Warren said. "The opportunity to participate in someone's life is a unique blessing ... whether that's welcoming a new



life into a family or grieving with a patient. OBGYN is 85 percent happy; the other 15 percent can be very sad. However, my patients are incredible! Sometimes a patient will share her story, and that becomes a source of motivation for me."

Dr. Warren grew up in Bradenton, Fla., attended the University of Florida, and then went on to receive her medical degree from Wake Forest Medical School. She did her residency at the Medical University of South Carolina in Charleston. Married for 21 years, Dr. Warren has three children—two boys and one girl, ages 10, 8, and 6.

Being a working mother is always a juggling act, but Dr. Warren can keep a lot of balls in the air. "Like any working mom," she said, "it's a constant juggle with a heaping portion of good help!"

"Family life and work definitely take self discipline," Dr. Warren continued. "Also, the ability to multitask is important ... and a good sense of humor helps too! Plus, I love what I do—I love the surgical specialties but I always found the OBGYN docs to be the most fun! You have to be a team player, and I especially like the fact that we, as a team, keep the personalized 'small practice hospitality' feel as the practice continues to grow."

Dr. Warren feels blessed for her work, her family, and her community. "I am excited for what the future holds," she said. "My family and friends are incredible, and I remain optimistic and anticipate new challenges related to healthcare in general. I really do love my life as well as the Lake Norman area!"