

# Doc helps moms-to-be be their best

By Michael C. Juliano

STAFF WRITER

A Stamford doctor is trying to help moms-to-be look their best as they approach the big day.

Michele Brown, an obstetrician with her own practice since 1982, in April 2008 launched *Beaute de Maman*, a line of health and beauty products designed with the safety of the child and the mother in mind.

"Pregnant women are unique in that they have changes that are hormonal and physiological and therefore require a certain type of brand that works with these changes," Brown said. "It's very important that the products be effective and safe."

To that end, products offered by *Beaute de Maman*, which is French for "mother's beauty," are made with natural ingredients, Brown said.

"We try to make the products very affordable, safe and available for all women," she said.

*Beaute de Maman's* line offers several over-the-counter creams and supplements, such as a 3.5-ounce container of stretch mark cream for \$24.99.

"It contains some herbal and botanical ingredients that increase collagen and elastin," Brown said. "What most products do is moisturize, and that's all."

*Beaute de Maman* also has come out with a nausea pill, made of ginger and lime

extract, that follows the guidelines of the American College of Obstetricians and Gynecologists and also acts as a vitamins D and B6 supplement, Brown said.

"Vitamin D is essential for the development of skeletons in fetuses," she said of the pill that sells for \$15.99 for a box of 30 capsules.

Brown said she also makes sure that the products' packaging does not have potentially harmful agents such as Bisphenol A, whose use in plastics such as baby bottles recently has drawn government scrutiny.

"We don't want those getting passed on to the mother or the baby," she said.

Brown, whose office is at 999 Summer St., teaches resident doctors at Stamford Hospital and medical students at New York City's Columbia University. She has a medical degree from George Washington University Medical Center. Her memberships include the American College of Obstetrics and Gynecology, the American Medical Association and the Fairfield County Medical Association.

*Beaute de Maman's* products, which first were available at local pharmacies, now are being sold worldwide through its Web site and those hosted by CVS and Target, said Lauren Schroeder, *Beaute de Maman's* vice president of marketing.

"We've gone very big into England and Europe, and are expanding into some South



DRU NADLER/STAFF PHOTOGRAPHER

**Michele Brown, an obstetrician and gynecologist, sits in her Stamford office Thursday. She has come out with a line of health and beauty products for pregnant women and new mothers called *Beaute de Maman*.**

American countries," Schroeder said.

Women should check with their physicians before changing any treatments, said John Rodis, chief medi-

cal officer and obstetrician at Stamford Hospital.

"It's nice for pregnant and lactating women to have alternatives that are natural in origin," he said.