

# Meet Your Obstetrician and Gynecologist

## TAMARA HELFER, MD



*I strive to give my patients the most up-to-date and comprehensive care possible. When they are in my care I want them to feel they are number one and listened to. I want them to feel confident that their health needs are being met.*

### Why I chose Health Care

"I was inspired by women around me who were reaching out and making a difference—it did not matter if it was large legislative issues or being a mentor to children. The fact is, each of us can inspire others no matter what we do. Just go for it and do it—be an inspiration."

### Residency

University of Missouri Hospital, Columbia, Obstetrics and Gynecology

### MD

University of Illinois College of Medicine, Peoria

### MBA

University of Illinois at Urbana-Champaign, Health Administration

### Certification

American College of Obstetrics and Gynecology

### Professional Memberships

American Medical Association and American College of Obstetrics and Gynecology

### Department of Obstetrics and Gynecology

In the Department of Obstetrics and Gynecology, Dr. Helfer offers care and advice for women from puberty through adulthood. In addition, she provides physical examinations, breast examinations, and pap smears. She also helps patients with family planning decisions; birth options; and care during pregnancy, childbirth, and menopause.

### Hospital Affiliation

Carle Foundation Hospital

*Dr. Helfer volunteers at Windsor Road Christian Church. She also serves as Financial and Facility advisor for Kappa Alpha Theta, on the Coding and Nomenclature Committee for ACOG (appointed position), as District VI Young Fellow for ACOG (appointed position), and as President of Champaign County Medical Society.*

*Dr. Helfer also teaches medical students and runs half-marathons and triathalons. She enjoys traveling, meeting new people, and experiencing other cultures.*

*Her favorite thing to do is spend time with her four boys and watch them grow and learn.*



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