



The

INSTITUTE

for

WOMEN'S

HEALTH



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The Institute for Women's Health at New York Methodist Hospital offers a full range of programs and services directed at providing healthcare for women during every stage of their lives.

Individualized care—which emphasizes prevention and wellness—can help women to maintain good health through all stages of life. Specialty care to handle more complex problems is available from board-certified specialists.

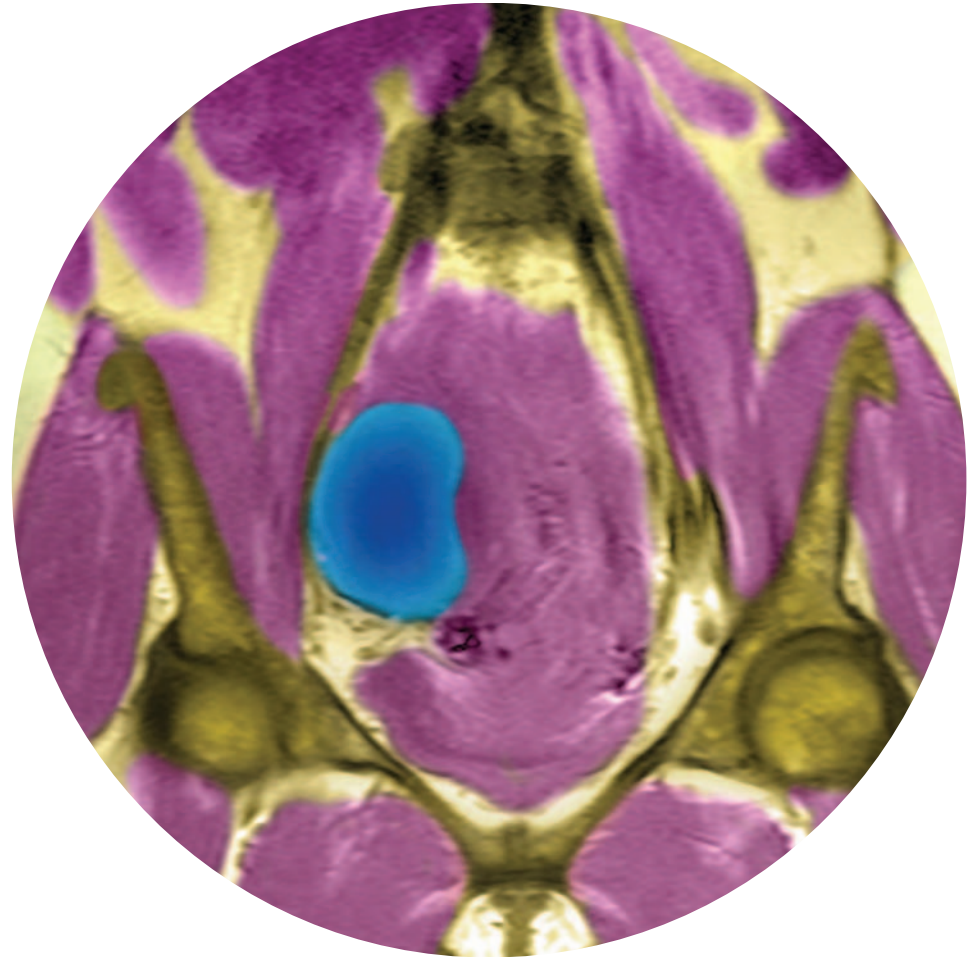
The Institute's panel of professionals includes physicians specializing in obstetrics and gynecology, as well as in primary care, all areas of internal medicine and surgery and specialists in many other fields. Many of these doctors are in private practice; however, a number of them see patients in the Women's Health Practice, the NYM Ambulatory Care Clinics or at one of the NYM Family Health Centers, located throughout the borough of Brooklyn.

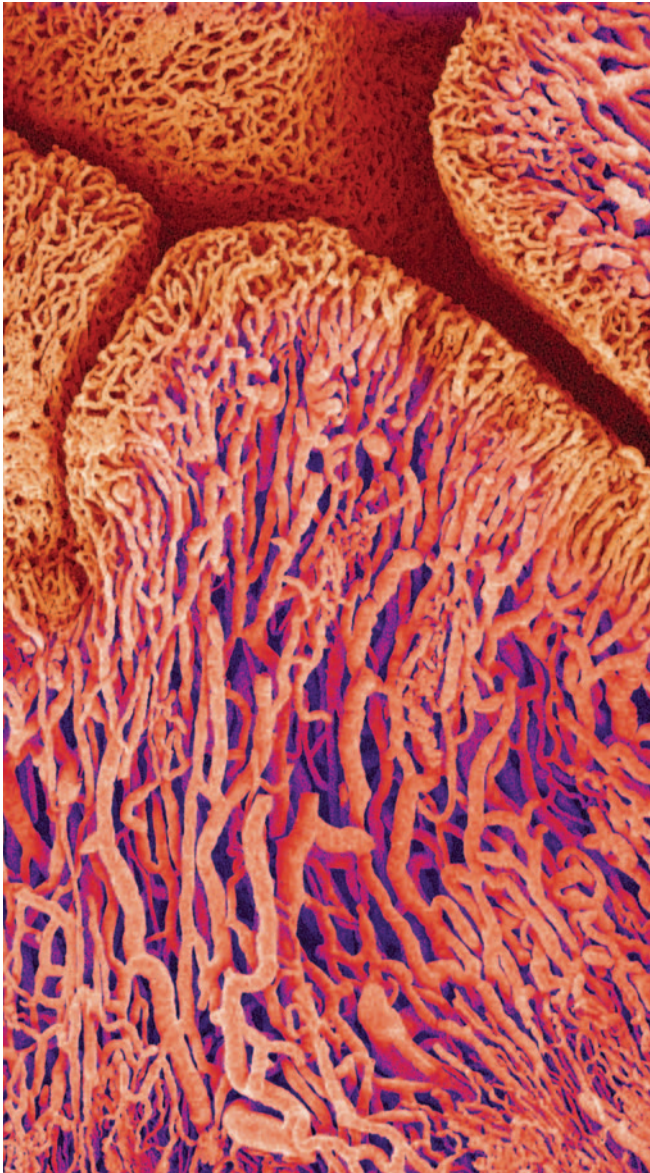
Physicians and other health professionals affiliated with the Institute are available to speak to community groups on topics related to preventive medicine and primary care for women. Other community outreach activities of the Institute include the distribution of informational materials, support groups and screening programs.

The Institute for Women's Health offers a full range of services.

SERVICES

- Gynecological Care
- Women's Diagnostic Center
- Genetic Testing and Counseling Program
- Fertility Institute
- Prenatal Care Assistance Program
- Birthing Center and Obstetrical Services
- Minimally Invasive Gynecologic Surgery
- Breast Cancer and Gynecologic Oncology
- Menopause and Osteoporosis Program
- Urogynecology and Reconstructive Pelvic Surgery Program





GYNECOLOGICAL CARE

During regular annual visits to a gynecologist affiliated with the Institute, women may receive services that include preventive care and routine check-ups, cancer screening and risk assessment for heart disease and osteoporosis, birth control consultation, treatment for premenstrual syndrome (PMS) and menopause management.

Specialty gynecology services offered by physicians affiliated with the Institute include treatment for uterine fibroids (including uterine artery embolization, as well as more traditional treatments) and diagnosis and treatment of breast or gynecological cancer.

WOMEN'S DIAGNOSTIC CENTER

Women's distinctive medical needs motivated the creation and design of the Women's Diagnostic Center, which is located within the main Hospital campus. With programs geared to the diagnoses of breast disease, gynecological disease and osteoporosis, the Center focuses on prevention and early detection. These programs are supported by highly trained staff members who specialize in the performance, interpretation and analysis of the most effective techniques for the diagnosis of women's diseases. The Center is accredited by the American College of Radiology.

Services available at the Women's Diagnostic Center include mammography; breast ultrasound; breast core biopsy under mammographic or sonographic guidance; pelvic sonography; and bone densitometry.

GENETIC TESTING AND COUNSELING

Couples who are planning a pregnancy and individuals at risk for inherited birth defects or genetic disorders may wish to undergo genetic testing and counseling. The knowledge gained through genetic testing may lead to a clear diagnosis and appropriate treatment, to the prevention of a condition in a high-risk individual, or to a decision to avoid having a child with a devastating disease. Genetic counselors provide information and support during pre- and post-test counseling.

A range of genetic tests is available, including tests for sickle cell disease, thalassemia and Ashkenazi Jewish genetic diseases, such as Tay-Sachs, Canavan, Niemann-Pick (Type A), Gaucher, cystic fibrosis, Fanconi anemia, and Bloom syndrome.

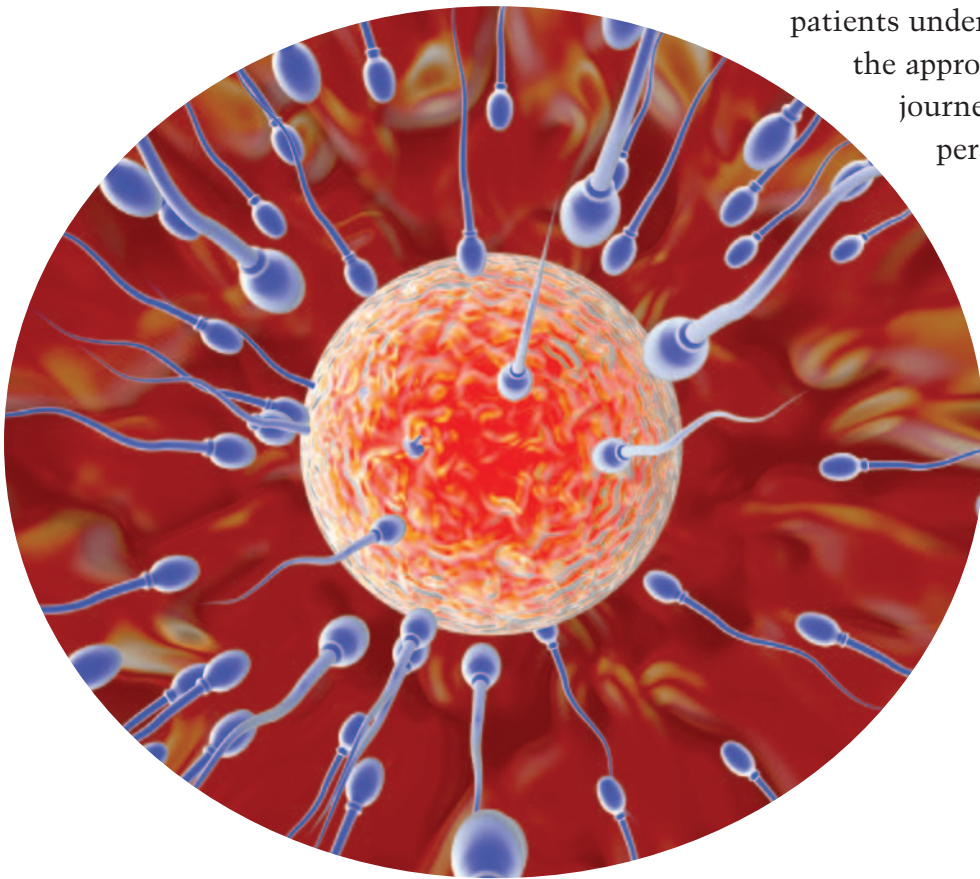
Comprehensive genetic counseling is also available for hereditary cancer risk assessment. This includes counseling and genetic testing for hereditary breast and ovarian cancer, hereditary colon cancer and other cancer predisposition syndromes.



FERTILITY INSTITUTE

The Fertility Institute at NYM provides comprehensive fertility services in a friendly and comfortable environment. A team of specialists, including reproductive endocrinologists and infertility nurses works to help women achieve a pregnancy. These specialists understand the frustration, emotional stress and desperation of couples who yearn to be able to give birth to a child. They help patients understand their diagnoses, educate them about options, help choose the appropriate path of treatment and provide support throughout the journey to parenthood. The entire staff is committed to four principles: personal attention, quality care, convenience and affordability.

Since infertility affects an equal number of men and women, couples at the Fertility Institute undergo a thorough evaluation of both partners. Fertility treatments vary, based on the condition that is preventing conception. Patients are offered advanced reproductive surgery (microsurgery, laser, laparoscopic and hysteroscopic surgery), assisted reproductive technologies (IVF, ICSI, assisted hatching, blastocyst culture, IUI) and laboratory services for the diagnosis and treatment of infertility.



PRENATAL CARE ASSISTANCE PROGRAM (P-CAP)

The Prenatal Care Assistance Program (P-CAP) was established to make prenatal care more accessible to low-income women who lack sufficient health care insurance to pay for adequate prenatal services. P-CAP patients receive services that include risk assessment and maternal and fetal monitoring, inpatient care for the mother and the newborn, and post-partum care. They also receive counseling in the areas of nutrition, social and substance abuse, AIDS prevention, and family planning. In addition, there is a 24-hour consultation and emergency telephone service available for the prenatal, pregnancy and postpartum periods, and transportation assistance is available.

New York Methodist Hospital is a New York State Department of Health designated participating provider for P.C.A.P. Services are available at the main Hospital campus and at all of the Hospital's Family Health Centers. To facilitate access to the program, New York Methodist Hospital can act on behalf of patients to gain enrollment into the New York State Medicaid program. Medicaid benefits are extended to pregnant women and infants up to one year of age, with family incomes of up to 185% of the federal poverty guidelines. For more information regarding the Prenatal Care Assistance Program at New York Methodist Hospital or at New York Methodist Hospital Family Health Centers, please call the Hospital's Out-Patient Department at or one of the Family Health Centers during business hours.



THE BIRTHING CENTER AND OBSTETRICAL SERVICES



New York Methodist Hospital became known as “the Baby Hospital” during the 1940s and 50s because of the large number of deliveries performed here. The tradition continues and recently NYM renewed its commitment to the next generation of Brooklynites with the opening of a fully renovated birthing center and mother-baby unit.

NYM’s Birthing Center includes spacious, beautifully appointed rooms, complete with polished mahogany furniture, remote control televisions and gleaming private bathrooms with whirlpool baths or ceramic tile showers. Within minutes, these rooms can transform into state-of-the-art delivery rooms as all the equipment needed to deliver the baby emerges from cabinets, drawers and the ceiling. NYM offers a “family-centered” birth experience, allowing the family to experience the entire birth process-labor, delivery and recovery-in a single area that can comfortably accommodate family members and caregivers, including physicians, midwives, nurses and technicians.

While women can experience a home-like birth at NYM, they also have the reassurance that, if needed, the high-tech medical equipment and the specialists essential for administering emergency treatment are immediately accessible. Two 24-hour operating rooms, used exclusively for gynecology and obstetrics, are located within the maternity unit.

Following the recovery period-in the birthing room for natural deliveries or in the recovery room for cesareans-the mother and baby are transferred, via a private elevator, to the Mother/Baby Unit for the remainder of their Hospital stay. A rooming-in option is available or babies may stay in the newborn nursery. Babies who need additional observation stay in a designated observation area of the Newborn Nursery. Provisions are made for parents of babies in their area to hold and feed their babies. Babies who need more intensive care stay in the Neonatal Intensive Care Unit, which is designated a Level III nursery.

Obstetrician/gynecologists referred by the Institute offer prenatal care and maternal-fetal specialists offer high-risk obstetrical care. Prenatal and antepartum fetal testing are available on the Hospital campus.

New York Methodist has three certified lactation consultants available to help new mothers with breastfeeding. The comprehensive breastfeeding program includes assistance with the first feed in the Hospital, daily postnatal breastfeeding classes on the Mother-Baby Unit, individual consultations with the lactation consultant, if needed, ongoing assistance with breastfeeding and pumping for mothers whose babies are in the Neonatal Intensive Care Unit and a free weekly breastfeeding support group for mothers of newborn to three-month old babies

The Birthing Center nurses offer classes to help expectant parents prepare for childbirth, breast feeding and parenting. Tours of the Birthing Center, refresher classes for non-first time mothers and sibling classes are also available.





MINIMALLY INVASIVE GYNECOLOGIC SURGERY

Laparoscopic surgery can be used to diagnose and treat early gynecological oncology cases as well as patients with benign problems such as ovarian cysts, extensive internal scarring and pelvic pain. A minimally invasive procedure, laparoscopic assisted vaginal hysterectomy, can also be used to perform hysterectomies. Although the majority of hysterectomies are elective procedures, many women undergo the surgery as a necessary treatment option against serious illnesses such as uterine fibroids, abnormal uterine bleeding and uterine or cervical cancer.

Performing the procedure laparoscopically allows patients to anticipate a shorter recovery time, fewer scars and less pain, compared to traditional hysterectomies. Within two to three weeks of surgery, most patients are able to return to a fully functional lifestyle. While laparoscopic gynecological procedures are not for every woman, they are preferred for patients who are a high risk for surgery complications, such as elderly women and those with diabetes. Overweight patients who suffer from diabetes have a 10 to 15 percent chance of wound infection with regular surgery but with laparoscopic procedures that number drops significantly, making it a safer and more effective alternative to surgery. Patients who undergo a laparoscopic gynecological procedure are able to eat and drink postoperatively and are able to go home within one to two days.

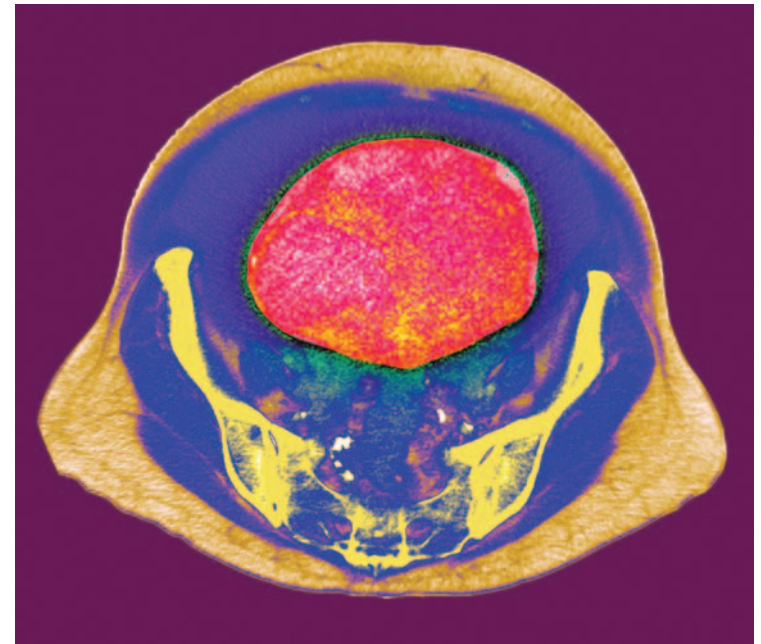
BREAST CANCER AND GYNECOLOGIC ONCOLOGY

Nearly 300,000 cases of breast cancer and cancer of the reproductive organs are diagnosed each year. But promising new preventive measures and treatments are now available. New York Methodist Hospital offers state-of-the-art service in surgery, chemotherapy, interventional radiology procedures and radiation therapy.

Many breast and reproductive organ cancers involve surgery, both to diagnose and treat the illness. If surgery is needed, patients may be offered the option of laparoscopic surgery. This technique can be used for select cases of early uterine cancers, ovarian tumors and others. In the area of breast cancer, breast conservation therapy has become a treatment of choice for many women. This less invasive form of treatment usually involves the removal of a tumor (lumpectomy) followed by radiation therapy, as opposed to mastectomy, a more radical procedure with equivalent results.

Chemotherapy is administered under the direct supervision of one of NYM's gynecological oncologists to optimize the continuity of care, and the most advanced techniques are offered at NYM, which is a regional radiation oncology center. Doctors at New York Methodist are equipped to offer a new breast conservation radiation therapy technique that significantly reduces treatment time, and targets therapeutic radiation much more precisely. A new brachytherapy technique may be used as the primary radiation treatment after a lumpectomy. This technique requires only two treatments a day, over a five-day period, as opposed to approximately 28 treatments given over six weeks. In addition to significantly shortening the time needed for radiation therapy, the new technique is advantageous in its ability to specifically target radiation to the area where cancer is most likely to recur. It also limits the amount of damaging radiation exposure to the patient's skin and other surrounding healthy tissue. Therapy can be given on an in- or outpatient basis.

Radiology procedures are also playing a larger role in cancer care. MRI, CT and PET scans are used to diagnose and stage cancers. Using catheters inserted through arteries, interventional radiologists can control bleeding by blocking the blood supply to tumors and can provide relief to patients by draining excess fluid that may be caused by cancer.

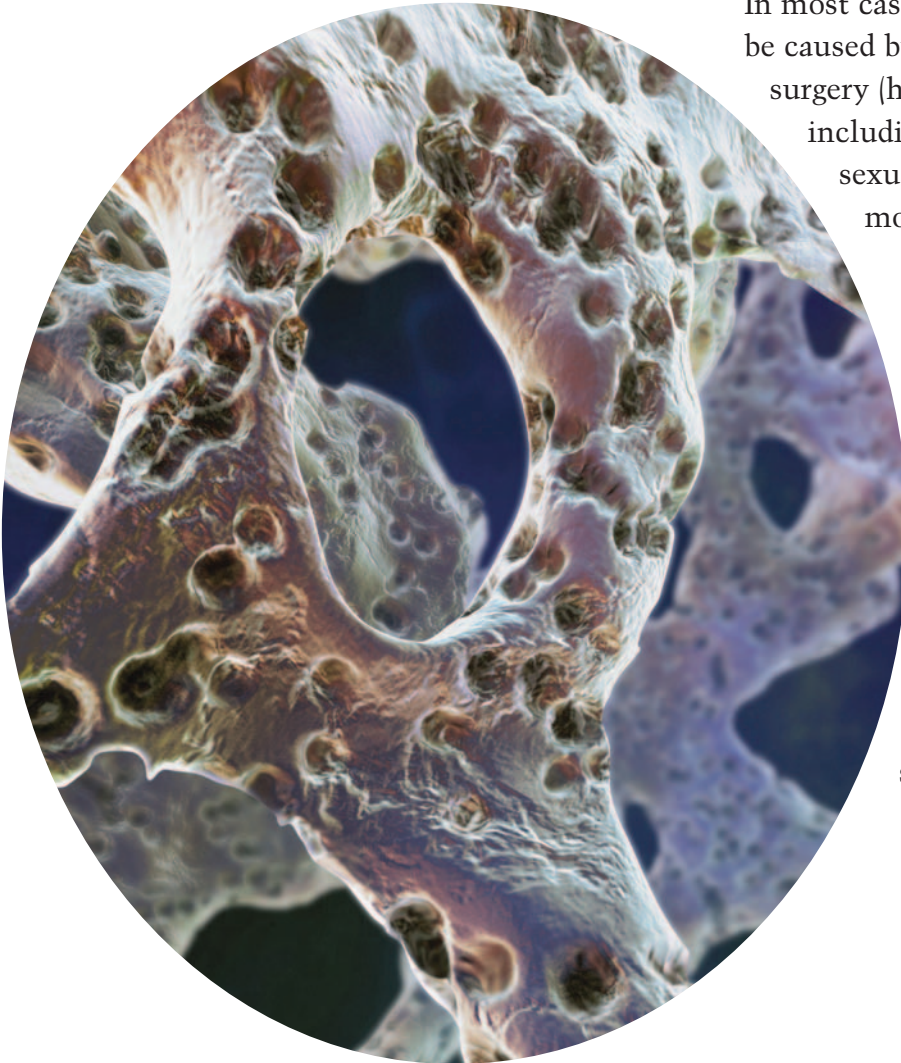


MENOPAUSE AND OSTEOPOROSIS PROGRAM

Menopause, the cessation of menstrual periods, occurs when a woman's hormone production drops below the level required to continue these periods. In most cases, menopause is a normal part of the aging process, but it may also be caused by certain types of medication (chemotherapy), radiation therapy or surgery (hysterectomy.) Menopause may trigger a variety of symptoms including mood swings, hot flashes, sleep disturbances or changes in sexual desire or pleasure. The drop in hormone levels can also lead to more lasting bone problems (osteoporosis).

Physicians affiliated with the Institute can suggest a variety of ways for patients to manage symptoms and live more comfortably with menopause. The object is to find the proper balance of lifestyle modifications (diet, exercise, smoking cessation, etc.) and medications that can help patients to feel better.

The potential long-term consequences of menopause include an increased risk of osteoporosis or thinning of the bones. Osteoporosis affects some 20 million people—both men and women—each year but it is often a silent disease. It results from depletion of calcium in the bone, which causes the bone to be weaker, thinner, and more susceptible to fracture, particularly of the vertebrae, the wrists, and the hips. The patient may have no symptoms until there is a fracture of the bone.



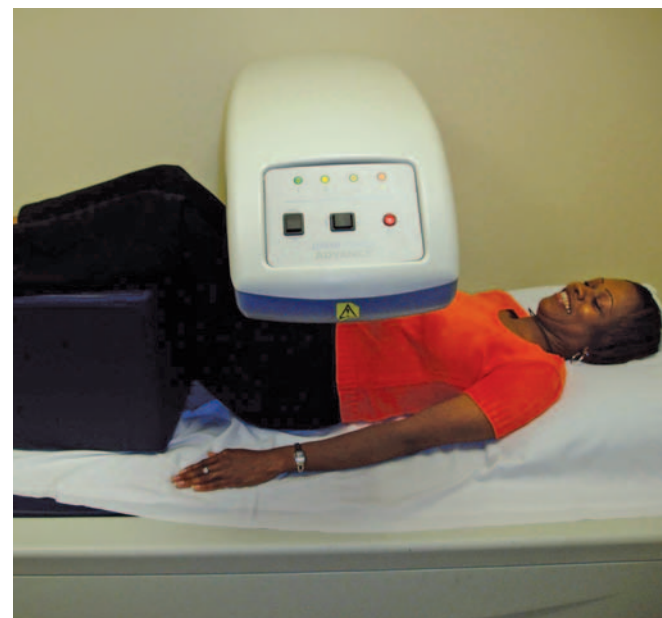
DIAGNOSING OSTEOPOROSIS

The most effective test for diagnosing the condition takes just ten minutes and is totally painless. Bone densitometry, available at the NYM's at the NYM Faculty Practice and at the Women's Diagnostic Center, is a safe and non-invasive procedure, which uses a minimal amount of radiation to accurately evaluate bone density. Men may also undergo this test to determine whether they have the disease.

MEDICAL AND SURGICAL TREATMENT FOR OSTEOPOROSIS

To prevent fractures, people with osteoporosis should avoid activities like heavy lifting and contact sports. However, staying active with safe activities helps to keep bones strong. Medical treatment, including calcium and vitamin D, can often prevent further depletion. Medications like Fosamax or Actonel or calcitonin may actually improve bone density in patients with osteoporosis. Hormone replacement therapy or estrogen receptor modulators, which have some of the beneficial effects of hormone therapy, may be used

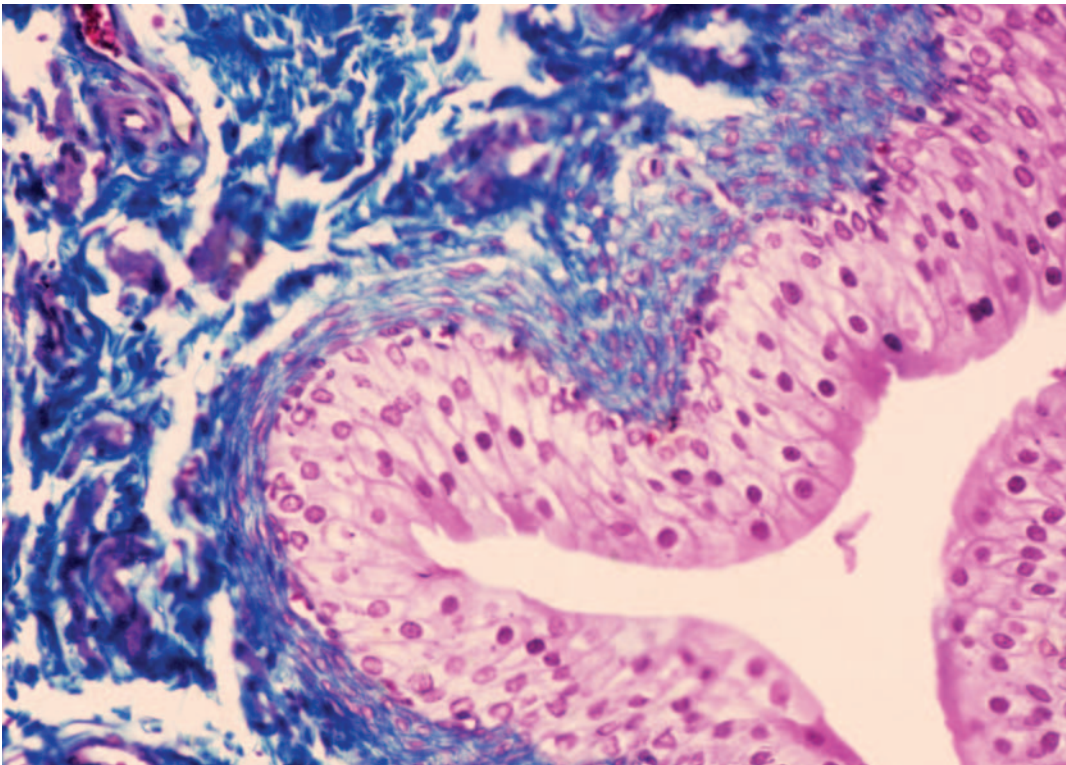
Those who suffer from weakened bones are at a higher risk of compression fractures of the spine, in which vertebrae can collapse. These types of fractures can change a person's height and spinal alignment, and lead to chronic and severe pain, limited mobility, and even decreased lung capacity. With a minimally invasive surgery procedure called kyphoplasty, those suffering from osteoporosis fractures have a viable treatment option. This procedure, which can be performed under local or general anesthesia, reduces the time needed to treat the fracture and reduces that patient's discomfort as well. The entire process takes one to two hours for each vertebra and patients generally go home the same day. Restoring lost height is best accomplished when kyphoplasty is performed soon after fractures occur, generally within eight weeks. Not all patients with osteoporosis are candidates for the procedure.



UROGYNECOLOGY AND RECONSTRUCTIVE PELVIC SURGERY PROGRAM

Urogynecology is a branch of obstetrics/gynecology that emphasizes the diagnosis and treatment of women who have pelvic floor disorders. These may include:

- *incontinence: loss of bladder or bowel control*
- *prolapse: falling of the pelvic organs (uterus, vagina, bladder, urethra, or rectum)*
- *difficulty urinating or moving bowels*
- *pelvic or bladder pain*
- *overactive bladder: pressure and frequent need to void*



Urogynecologists specialize in the evaluation and treatment of conditions that affect the pelvic organs and the muscles and connective tissue that support these organs. They are trained in both surgical and non-surgical treatment of non-cancerous gynecological problems.

Incontinence occurs in women of all ages and it is believed that one in ten women over the age of 65 are affected. Some common causes of urinary incontinence are infections like cystitis, hormone loss after menopause, physical abnormalities, nerve disorders, and side effects of medications such as diuretics or sedatives. However, usually, incontinence is not an isolated problem; it is often interconnected with other pelvic floor disorders including prolapse (falling of the uterus, or other pelvic organs). A very common cause

of all pelvic disorders is the weakening of the tissues and damage to nerves that result from childbirth.

Diagnosis of these symptoms to understand their cause is accomplished through taking a medical history, performing a clinical examination, and performing any necessary laboratory and painless urodynamic tests, which are performed in the office. Once the cause of the symptoms is clear, a range of treatment options can be considered. While surgery is sometimes indicated to repair defects of the pelvic floor, many problems can be corrected or controlled without surgery.



REFERRAL

For referral to one of the programs of the Institute for Women's Health or for referral to a physician affiliated with the Institute, please call 877.41.WOMAN.

For community support services (printed materials, community lectures, support group information, screenings) call 718.780.5367.

The Institute for Advanced and Minimally Invasive Surgery
866. DOCS.14U

The Institute for Asthma and Lung Diseases
866.ASK.LUNG (866.275.5864)

The Institute for Cancer Care
866.411.ONCO (866.844.3278)

The Institute for Cardiology and Cardiac Surgery
866.84.HEART (866.844.3278)

The Institute for Diabetes and Other Endocrine Disorders
866.4.GLAND.2 (866.445.2632)

The Institute for Digestive and Liver Disorders
866.DIGEST1 (866.344.3781)

The Institute for Family Care
866.432.CARE (866.432.2273)

The Institute for Orthopedic Medicine and Surgery
866.ORTHO.11 (866.678.4611)

The Institute for Neurosciences
866.DO.NEURO (866.366.3876)

The Institute for Vascular Medicine and Surgery
866.438.VEIN (866.366.8346)

OUR LOCATION

Directions: By Bus: #67 runs along Seventh Avenue. **By Subway:** Take the "F" to the Seventh Avenue station. Walk two blocks to the Hospital. You can transfer to the "F" from the "R" at the Fourth Avenue/Ninth Street station. Transfer from the "A" at the Jay Street Boro Hall station. **For Cars:** The parking garage entrance is on Sixth Street opposite the Hospital, between Seventh and Eighth Avenues.



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