



CARDIOLOGY

Most people often think of heart disease as a man’s disease, but heart attacks are actually the leading cause of death for women, killing one in three women. Because women experience heart disease differently than men, their treatment should be different as well. Our team of cardiology specialists are experts in providing female-focused heart care.

Our cardiologists offer women a wide range of diagnostics, tailored treatments, non-invasive procedures and endovascular interventions - such as stents, balloons and lasers - to treat blockages of the arteries.

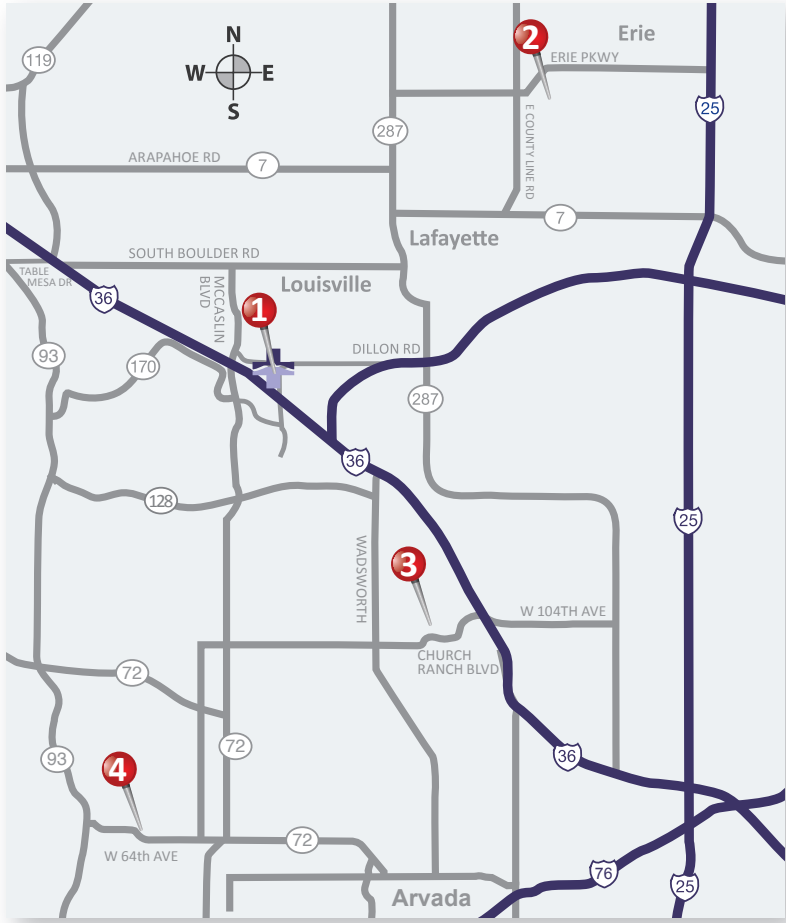
PAIN MANAGEMENT

Solving the complex problems of debilitating pain is neither simple nor obvious. Our pain management experts use the least invasive and most effective techniques to treat painful syndromes, headaches, joint pain and back pain - often with fewer side effects, less risk of complications and less reliance on medications. Whether your symptoms are new or you’ve suffered for years – we can help.

GERIATRICS

As women age, their health needs may change, but their desire to have a fulfilling life does not. Our award-winning and board-certified geriatrician believes love is an important component of caring for elderly patients. Our senior care includes the following services to help meet the unique needs of women as they age:

- Arthritis
 - Depression
 - Diabetes
- Falls
 - Medication management
 - High blood pressure
- Memory disorders
 - Chronic obstructive pulmonary disease



Avista
Adventist Hospital



1. 100 Health Park Dr., Louisville, CO 80027
Phone: 303-673-1000

Centura Health Physician Group
Women’s Health - Erie



2. 611 Mitchell Way, Suite 103, Erie, CO 80516
Phone: 303-649-3180

Church Ranch Neighborhood
Health Center



3. 7233 Church Ranch Blvd., Westminister, CO 80021
Phone: 303-925-4000

Centura Health Physician Group
Women’s Health – Arvada



4. 16280 W. 64th Ave., Arvada, CO 80007
Phone: 720-608-4561

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A guide to women’s specialty health
services at Avista Adventist Hospital.

Discover why we are becoming
the hospital of choice for
women in Colorado.



Avista
Adventist Hospital



Church Ranch Neighborhood
Health Center



INSPIRE HEALTH

OBSTETRICS AND GYNECOLOGY

As a woman, you have changing health care needs. Whether you need contraception, infertility evaluation, menopause treatments or a trusted partner to guide you through pregnancy - you deserve the special care that only an experienced team of OB/GYNs can provide. At CHPG Women’s Health, women of all ages can find expert care for every stage of life. Our board-certified gynecologists and obstetricians provide a wide range of services to help you take charge of your health:

- Well-woman exams
- Preventative care
- Treatments for painful periods
- Contraception
- Preconception counseling
- Infertility evaluation
- Prenatal care
- Pregnancy and childbirth
- Menopause treatments
- Hormone replacement therapies
- Surgical care

PELVIC HEALTH

It’s something women don’t like to admit, let alone talk about, but bladder and pelvic floor disorders are extremely common. It’s estimated that one out of every three women will experience some form of pain or dysfunction in the area of the uterus, cervix, vagina, bladder or rectum. These conditions can be embarrassing and interfere with your quality of life, but they don’t have to. Nearly 90 percent of pelvic floor conditions can be diagnosed and treated through lifestyle changes, therapy and surgery.

Urogynecology

Whether you need testing, treatment or surgery, you’ll find the highest level of medical expertise for pelvic floor disorders through the urogynecology services at Avista Adventist Hospital. Urogynecology is a relatively new and highly technical subspecialty within obstetrics and gynecology that requires years of advanced training in female pelvic medicine and reconstructive surgery.

Pelvic Health Physical Therapy

Pelvic floor therapy is a specialized physical therapy program that provides effective and individualized treatment for women with bladder and bowel issues, pelvic pain and rehabilitation for gynecologic and colorectal cancer. We will work with you to build strength and improve your pelvic floor function by reconditioning your muscles.

We also provide new and expecting moms with therapy to repair pelvic floor conditions created during pregnancy and childbirth.

DIGESTIVE HEALTH

Even though the digestive tracks of men and women are essentially the same, women are often more susceptible than men to digestive health problems due to physiological differences such as hormonal fluctuations, pregnancy and childbirth. At CHPG Northwest Gastroenterology Specialists, we understand how digestive disorders affect women. From irritable bowel syndrome, celiac disease and constipation to liver disease, gastrointestinal bleeding and more, our specialists treat and manage a full spectrum of conditions and diseases of the digestive system that will help improve your quality of life.

We also perform a variety of procedures, including colonoscopy screenings, for early detection of colon cancer.

Avista Breast Care Center - Complete Care for all Your Needs

IMAGING & DIAGNOSTICS

Our advanced breast imaging technology is vital for screening, diagnosing and treating women’s breast health issues. The Avista Breast Care Center offers 3D mammography - the most advanced technology in breast cancer screening. You can be assured that every image is read by a board-certified radiologist specializing in breast health and will also undergo digital analysis via advanced computer-aided imaging technology. In the event additional testing is needed, Avista offers advanced diagnostics and testing.

BREAST SURGERY

A diagnosis of breast disease is nothing short of frightening. Just at the moment a woman receives this news, she will often be referred to a surgeon. It’s important to realize that although there are many doctors who perform breast surgeries; most do not specialize in breast procedures and may only perform a handful of cases a year. We understand how important it is to find a surgeon you can trust with not only the procedure - but also your life. That’s why we offer the services of a dedicated breast surgeon who specializes in a wide range of breast cancer surgeries.

NURSE NAVIGATION

At Avista Adventist Hospital, we don’t believe anyone should face breast cancer alone. Our Breast Cancer Nurse Navigator provides women with educational, emotional and spiritual support throughout their breast cancer journey. From helping patients to better understand their breast cancer and treatment options to making sure they are aware of resources for financial aid, therapy services, fertility referrals and more – our navigator stands ready to help.

PATIENT EDUCATION

Knowledge is empowering. This is why we provide patients with a breast surgery preparation class taught by registered nurses and physical therapists specifically trained in post breast surgery care. We believe this approach minimizes fears and prepares women for what to expect on the day of their surgery and how to care for themselves or a loved one after surgery.

BREAST AND LYMPHEDEMA REHABILITATION

Rehabilitation is about more than just exercising. It’s about making sure you heal emotionally and physically. Breast cancer rehabilitation is essential to restoring movement, reducing scar tissue, improving strength and returning to normal life.

Breast cancer patients are often at risk for lymphedema, a condition that causes swelling in the body. Our therapists also provide lymphedema management to increase lymph drainage and relieve discomfort.

PREVENTION

The Avista Breast Care Center offers women an innovative Breast Cancer and Disease Prevention program that takes a holistic approach to risk reduction that includes comprehensive evaluation, monitoring and coaching to address lifestyle, nutrition, environmental exposures, vitamins and more.

CANCER CARE, CLOSE TO HOME

When you are worried about the possibility of cancer or you’ve been diagnosed – we understand how important it is to know that you have an expert and compassionate team to help you through every step of the journey.

GENETIC COUNSELING

One in three people develop cancer at some point in their lives, so it’s not unusual for someone in a family to have a cancer diagnosis of some kind. A family history of cancer does not mean you will develop cancer yourself, less than 10 percent of cancer diagnoses are because of an inherited form of cancer. However, if you have been diagnosed with cancer or you have a family history of cancer, our genetic counseling services can:

- Determine if you are at higher risk of hereditary cancer
- Coordinate genetic testing and advise if there are preventative steps that should be implemented
- Recommend options for early cancer detection and risk reduction

MEDICAL ONCOLOGY

Avista Adventist Hospital combines the talent and knowledge of skilled medical oncology providers with an experienced, caring team of nurses, technicians and staff. Our cancer team will provide the most advanced prevention and treatment available. Services include:

- Consultation, diagnosis and treatment of adult cancers and hematologic conditions
- Chemotherapy planning and administration
- Cancer survivor follow-up
- Bone marrow aspiration and biopsy

GYNECOLOGIC ONCOLOGY

More than 90,000 women are diagnosed with gynecologic cancers every year in the United States. That’s one woman every six minutes. Regular screenings and self-examinations can result in the detection of certain gynecologic cancers in earlier stages and increase the likelihood of successful treatment.

Our gynecologic oncology specialist is dedicated to diagnosing and treating women with reproductive tract malignancies, including:

- Uterine cancer
- Tubal cancer
- Ovarian cancer
- Cervical cancer
- Vaginal cancer
- Vulvar cancer

NEUROLOGY

Many common conditions that affect the brain can be more complicated to treat in women than men. Whether you are seeking treatment for migraines, seizures, stroke or a disorder such as Multiple Sclerosis, Parkinson’s or Dystonia, at Avista, we consider how hormonal and reproductive changes, such as pregnancy or menopause, impact a woman’s neurological health or disease.

