

At Every Age and Every Stage

Women's Care Focused on You



Advent Health

feel whole.®

Gynecologic Care for Every Age and Stage

At AdventHealth, we're by your side through all life's ups and downs. From checking in at each wellness visit to examining areas of concern, we're here to help, heal and put your mind at ease.

If you need care for a gynecologic condition, we'll work to relieve your symptoms through effective treatment and advanced technology. Certain procedures can be performed using the latest minimally invasive robotic methods, which minimize pain and speed up recovery.

Endometriosis

Endometriosis is one of the leading causes of infertility, affecting as many as one of every ten women. We offer highly specialized care for women suffering from endometriosis. Using advanced, proven treatments, we have helped many women overcome their painful symptoms and even become pregnant.

Fibroid Tumors

Treatment for uterine fibroid tumors, which can vary in severity, ranges from medication therapy to surgery. Our doctors and specialists can work with you to develop an effective treatment plan that fits your lifestyle and goals — including getting pregnant.

Pelvic Floor Issues

Roughly one in three women are affected by pelvic floor disorders that can lead to urinary incontinence, pelvic organ prolapse or pelvic discomfort. We offer comprehensive urogynecology, colorectal and pelvic rehabilitation services specifically designed to help women of all ages improve their health and restore their quality of life.

Menopause Management

Menopause signals the end of menstruation and fertility. When menstrual periods stop, estrogen and progesterone hormones decrease, causing menopause symptoms that may include hot flashes and unwanted hair growth. While menopause doesn't always require treatment, symptoms that become severe can usually be treated with medication or hormone replacement therapy as well as specific lifestyle changes.



Specialized Pelvic Floor Physical Therapy

When the pelvic floor muscles are too tight or too weak, they can cause incontinence and even pain. Our physical therapists have special training in pelvic floor disorders and provide treatments for pelvic floor dysfunction, bowel and bladder incontinence, pelvic pain, abdominal/organ conditions, pelvic bones, hip pain, and low back/sacral and coccygeal disorders.

Our Physical Therapists apply targeted treatment through pelvic-floor therapy, computerized biofeedback, and strengthening and relaxation techniques, and will teach you how to recover and maintain your health with tailored programs to use at home. The ultimate goal of our pelvic floor program is to help you overcome your pelvic floor disorder, relieve your discomfort and improve your quality of daily living.



Minimally Invasive Surgery

Whenever possible, we treat gynecologic and urogynecologic issues without surgery. But if it's necessary for your long-term health and comfort, our minimally invasive options offer:

- Faster recovery time
- Less pain after surgery
- Lower risk of complications
- Lower risk of infection and bleeding

Advanced Gynecologic Procedures

We offer a variety of advanced treatment options. Some of the advanced procedures performed by our surgeons include:

- Laparoscopic Radio Frequency Ablation for fibroids procedure for fibroids
- Advanced laparoscopic and hysteroscopic surgery
- Endometrial ablation
- Essure removal
- Laparoscopic hysterectomy and myomectomy
- Minimally invasive surgery for endometriosis
- Isthmocele resection
- Robotic-assisted surgery for hysterectomy, myomectomy and sacrocolpopexy
- Radiofrequency treatment for fibroids
- Tubal ligation reversal
- Vaginal natural orifice transluminal endoscopic surgery
- Vaginal hysterectomy

Outpatient Procedures

Many of the procedures and therapies we offer can be completed in our office and have little to no recovery time associated with them. Some of the in-office procedures that we offer include:

- Colposcopy
- Cryosurgery
- Endometrial ablation
- Endometrial biopsy
- Family planning
- Hysteroscopy
- Loop electrosurgical excision procedure (LEEP)
- Pelvic floor trigger point injection
- Polyp removal



Delivering Quality Women's Care for Over a Century

AdventHealth has been caring for women for more than 100 years, so we understand how sensitive your health concerns can be. That's why our physicians and specialists will work with you to develop your own tailored treatment plan. It's part of our commitment to providing the whole-person care you need when you need it.

Our approach to providing care is focused on your overall well-being from the teenage years to the golden years, offering a full spectrum of health services that meet your changing needs.

Network of Care

With nationally recognized, award-winning care, your AdventHealth network of care across the Front Range and beyond gives you access to a full range of connected health care services through every age and stage of life. We're here to help you feel whole™.



Don't Hesitate to Seek Help

If you have minor symptoms, you might be questioning whether you need to see one of our gynecologic specialists. Since minor symptoms can sometimes turn into bigger issues, we recommend you reach out to us if you're experiencing any of the following:

- Abnormal or irregular menstrual bleeding
- Frequent urination or leakage of urine
- Infertility
- Lower abdominal pain
- Pain during sexual intercourse
- Pelvic or rectal pain
- Problems with your breasts
- Severe menstrual cramps
- Vaginal dryness or itching

Taking Steps to Take Charge of Your Health

1. Meet With a Provider

Call us to make an appointment. When you meet your specialist, he or she will take the time to listen to you, ask questions and complete a physical examination.

2. Designing Your Treatment Plan

If a condition or issue is diagnosed, you and your doctor will create a customized plan of

treatment designed to relieve your symptoms and fix the underlying causes. Depending on your specific situation, your treatment plan may include the following:

Medications

This could range from over-the-counter to prescribed medications or hormone therapy.

Pelvic Floor Physical Therapy

A period of rehabilitation may be prescribed to include activities like Kegel exercises or bladder retraining.

Surgery

Whenever possible, we use minimally invasive laparoscopic or single-incision surgical techniques, which result in less pain and quicker recoveries.





Reach Out Today

We're your partner on the path to renewed health and well-being. We'll help schedule appointments, answer your questions and connect you and your family with the resources and support you need.

Let's talk in person.

**For more information about the
AdventHealth Gynecological Care
Program, call 833-779-4337.**

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