Women's Health Extravaganza...

Busy women throughout Lincoln County are the focus of the annual Women's Health Extravaganza. The event, popular for its convenience & relaxed atmosphere, gives busy women all their annual tests at one time, with one appointment and offers a varied, non-traditional schedule.

The event not only includes regular clinic hours, but appointments are available until 7 pm so women can get their three major exams – pap, breast exam and mammogram – after work. Medical providers will even be available Saturday from 9 am to 1 pm so women with a busy family and work week can schedule an appointment.

The pap and breast exams are performed at the Davenport Clinic. Ladies will go to Lincoln Hospital for their mammograms with its state-of-the-art LoRad Mammography machine making these three services available on the medical campus with one appointment.

But that's not all! All participants will receive a fun gift bag, health maintenance information and decadent chocolate delights, as dessert is a great reward for ladies who take the time to keep themselves healthy for their families.

If you have no insurance or inadequate insurance (high deductible, no preventative coverage) to pay for women's health exams, call us. You may qualify for **FREE Women's Health Screenings** (pap, clinical breast exam, mammogram and possible follow-up treatment) through one of our new programs. We have great resources, just ask!!

To find out about FREE women's health screenings or the Extravaganza, call Lincoln Hospital at (509) 725-7101 and ask for Kyp.

Combat hot flashes & mood swings – just spit!

Management of menopausal symptoms with conventional hormone replacement therapy has become a real medical mess — synthetic hormones may do more harm than good. So what's a gal with hot flashes, cold feet and mood swings to do?

Spit! That's right, women with pre and menopausal symptoms can now look to saliva testing and Bio-Identical Hormone Replacement Therapy (BHRT) for answers.

What is Bio-Identical HRT?

For years, medical science prescribed synthetic (man made) forms of the hormone estrogen and progestin because it was all that was available. We are now finding we can make these biologically identical to the estrogen and progesterone an individual person has in their body.

These bio-identical supplements are working safely with few, if any, side effects and women are getting relief because the hormones are biologically identical to those produced by their own body.

Want to know more? Make an appointment with one of our progressive women's health providers — Donella Young, MD, Deanna Huntwork, DO, Susan Eastman, ARNP, or Stacia Soliday, ARNP, to get on the cutting edge of menopause management.

You can also find out more by logging on to www.lincolnhospital.org & click on Women's Health.

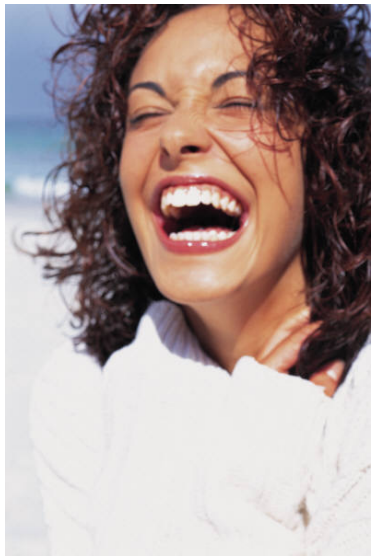
Lincoln Hospital	(509) 725-7101
Davenport Clinic	(509) 725-7501
Reardan Clinic	(509) 796-2737
Wilbur Clinic	(509) 647-5321

Lincoln Hospital Dist. 3

Neighbors for Life

YOUR GUIDE TO

Women's Health Services at Lincoln Hospital & North Basin Medical Clinics



Neighbors For Life

(509) 725-7101

Caring for the wives, mothers, daughters & sisters of Lincoln County

Lincoln Hospital and North Basin Medical Clinics are committed to keeping the women of Lincoln County healthy throughout the generations.

Our dynamic group of healthcare providers focuses on the special, individual needs of women. Keeping up with trends and cutting-edge treatment of women's health concerns is a priority for our ever-expanding program.

Our services include...

- Mammography & Breast Health
- Bone Density Testing—Osteoporosis
- Pap Testing for Cervical Cancer
- Gynecological Surgery with a caring female surgeon
- Menopause Management with Saliva Testing & Bio-Identical Hormone Replacement Therapy
- Cardiovascular Health
- Bladder Control Program
- Birth Control & Family Planning
- Post Natal Care
- Sexual Issues
- Depression and Mental Health
- Unwanted Hair, Scar & Blemish Removal
- Weight Loss Program with Dietitian

Take charge of your health at Lincoln Hospital & North Basin Medical Clinics.

Breast Health

Lincoln Hospital promotes the Three Steps to Breast Health plan.

1. Monthly breast self-exams
2. Annual professional exam
3. Regular mammograms

Because mammography is able to find such small tumors, this practice can catch lumps long before manual exams or symptoms begin. Catching cancer early increases chances of positive treatment.

Lincoln Hospital is proud to offer state-of-the art mammography services with our Lo-Rad (low radiation) mammography machine. It provides your physician with crisp, clear images for highly accurate readings by a certified radiologist. For your comfort our machine is equipped with **soft paddles**. We send results to any physician, anywhere, and have a female surgeon on staff who treats breast cancer.

Bone Health

As we age, the threat of bone fractures, osteoporosis and losing height become more of a reality. These conditions can be predicted, slowed down and even prevented through a simple, painless radiological exam available locally at the Davenport Clinic.

DEXA-Scan measures bone density, which is directly related to bone strength. Doctors can predict the potential for fracture and osteoporosis through DEXA-Scan results.

A DEXA-Scan uses an extremely low dose of radiation and is considered safe for use on any age patient. Remember, DEXA-Scan can diagnose osteoporosis in the early stages so your physician can start a bone loss prevention program for you.

Cancer Free?

Don't you deserve the best, most accurate Pap test medical science has to offer? We think you do.

Fortunately, women in Lincoln County can rest assured that they're getting the cutting edge in cancer diagnosis when they have a routine pelvic exam and pap at the Davenport, Wilbur or Reardan Clinic. How is this possible? With high-tech liquid pap.

Liquid pap is a new technology that provides for a better sample and more accurate reading of a pap smear. The latest study shows liquid pap to be over 64.4 percent more accurate than conventional pap testing. That translates into thousands of lives saved.

Gynecological Surgery

Women's lives are full and complex. Our bodies are equally intricate, and finding a physician who understands our needs and listens to our concerns is a must when it comes to taking charge of our health.

Dr. Deanna Huntwork not only understands your challenges and fears, but listens and works with you to find the best solution to your individual medical needs, including less invasive laparoscopic techniques.

Types of Gynecological Surgery by Dr. Huntwork include...

- Breast Biopsy
- Breast Lump Removal
- Gall Bladder Removal
- Endometriosis
- Ovarian Cysts
- Removal of lumps of the skin/fat
- Breast Mastectomy
- Hysterectomy
- Cervical Biopsy
- Tubal Sterilization

For information, call (509) 725-6560.