



The Best Care – Anywhere – Right in Your Neighborhood

Women's Services at Community Health Network

All around town, Community Health Network is there. "We provide exceptional care where you need it – close to home," says Vice President of Women's and Children's Services at Community Health Network, Sue Sandberg. "We specialize in women – and their families."

Getting Families Started

If your attempts to conceive have been unsuccessful, when should you seek medical assistance? "Get help when you have been unsuccessful for one year," Sue says. "If you are 30 years or older, or have complicating conditions, you may need expert advice sooner."



"Our fertility patients benefit from state-of-the-art technologies, treatments and comprehensive emotional and psychological support," Sue continues. "We are nation-wide leaders;

we know of no other program experiencing the successful pregnancies with frozen eggs as we have."

Maternity Services Designed Around You

Community Health Network hospitals are the only Indianapolis hospitals with single-room labor, delivery, recovery and postpartum (LDRP) suites. Furnished with the latest technology, these suites also have the all the comforts of home.

"We want our patients to have a pleasant, memorable experience," Sue says. "And many patients agree with around 4,800 infants born

Women and Heart Disease...It's a Killer

Pop Quiz: What's the number one cause of death for American women? Heart disease. Surprised? You're not alone. According to the American Heart Association over 9 million American women of all ages suffer from heart disease. Every year a half-million women experience heart attacks. What can you do to protect yourself? Know your risk factors.

- Smoking
- High cholesterol
- High blood pressure
- Lack of exercise or a sedentary lifestyle
- Obesity
- Diabetes
- Family history

These factors can all contribute to your risk for developing the nation's leading killer, heart disease. By modifying your lifestyle factors, making it a habit to check your blood pressure and cholesterol levels and discussing your family history with your physician, you can greatly reduce your odds of getting heart disease.

each year at Community." Each maternity unit also has c-section surgical suites and nurseries. For patients, top-notch medical care adds to the enjoyment. Community Health Network nurses are cross-trained in mother and baby care, and both staff and physicians are recognized national experts. Neo-natal intensive care is staffed by Riley Hospital neonatologist, and epidural pain management is available 24-hours per day.

Abnormal Uterine Bleeding

An outpatient procedure performed by an interventional radiologist, uterine fibroid embolization removes fibroids that may be causing abnormal uterine bleeding, pelvic pain, pressure, frequent urination, painful intercourse and infertility. Recovery time is minimal- patients can return to normal activities in as little as 48 hours - and



Be sure to consult a physician about your specific risk profile

numerous studies have shown that an overwhelming majority of patients will experience significant or total relief of the original symptoms.

All the Care You Need

From a full-range of diagnostic services to treatment and patient education Community Health Network is there for you. To find out how you can make Community Health Network your partner in good health, call Community Health Network: 1-800-777-7775 or visit ehealthindiana.com.

 **Community Health Network**

Everything Healthcare Should Be.™

Ready to get healthy Indianapolis?

When it comes to juggling life's issues, no two women are alike, especially when it comes to healthcare. Now there's a place where you find the best healthcare resources online, right in your own neighborhood, with America Online's **your health Indianapolis**.

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