

SPORTS MEDICINE

Our sports medicine program focuses on injury treatment, injury prevention and performance improvement for both adults and children.

- Sports and musculoskeletal injuries
- Concussion management
- Exercise prescriptions
- Compartment pressure testing
- Joint/soft tissue injections
- Fracture management
- Osteopathic manipulations
- Biomechanical evaluations
- Sports physicals

GERIATRICS

Board-certified in both geriatrics and internal medicine, our senior health specialist provides care for:

- Arthritis
- COPD
- Depression
- Diabetes
- Falls
- High Blood Pressure
- Medication Management
- Memory Disorders

1 Avista Adventist Hospital



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

2 Church Ranch
Neighborhood Health Center



7233 Church Ranch Blvd.
Westminster, CO 80021
303-925-4000

3 Centura Health Physician Group
Women’s Health - Erie

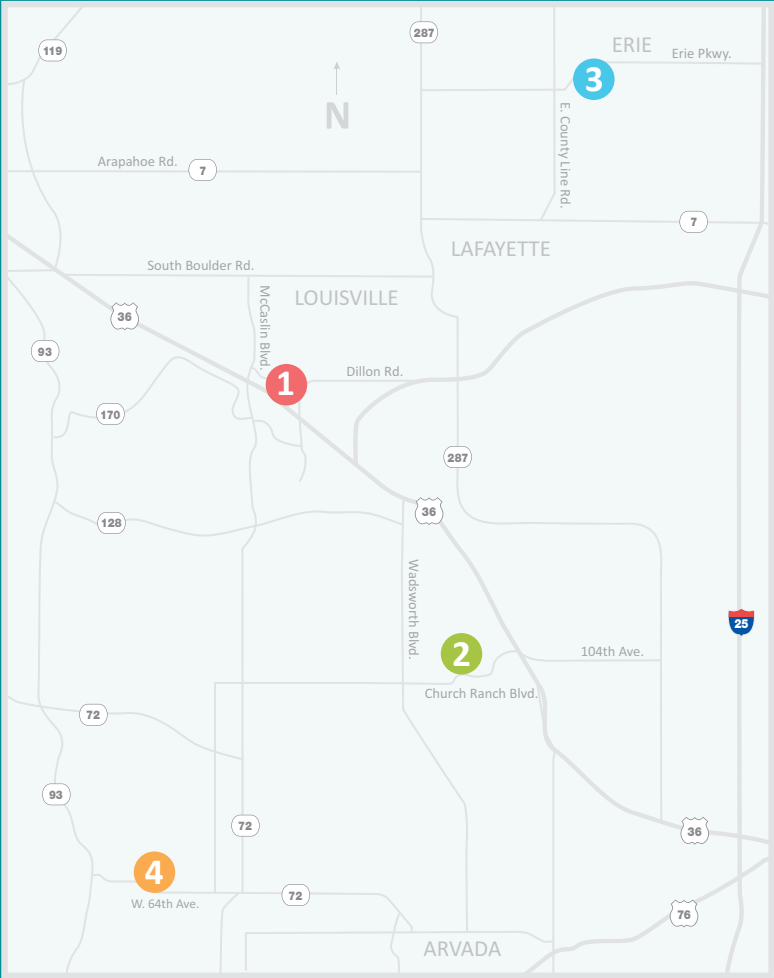


611 Mitchell Way, Suite 103
Erie, CO 80516
303-649-3180

4 Centura Health Physician Group
Women’s Health - Arvada



16280 W. 64th Ave.
Arvada, CO 80007
303-649-3180



Women’s Health Services at
Avista Adventist Hospital

Pioneering health for women in Colorado

Avista Adventist Hospital
Centura Health.

Church Ranch Neighborhood Health Center
Centura Health.

OBSTETRICS/GYNECOLOGY

We believe the best OB/GYN care addresses the specific needs of a woman throughout every stage of her life. Our full range of obstetrical and gynecologic services include:

- Preventive care
- Well-woman exams
- Pregnancy and childbirth
- Health education
- Cancer screening
- Menopause options
- Preconception counseling
- Hormone replacement therapy
- Infertility evaluation
- Contraception/Family planning
- Screening and treatment of sexually transmitted infections
- Osteoporosis screening
- Genetic screening for cancers
- In-office procedures for heavy vaginal bleeding and permanent sterilization
- Surgical care, including minimally invasive laparoscopic surgery

UROGYNECOLOGY

We practice the most current, evidence-based medicine to assure each woman the best solution for her pelvic floor condition and enhance her quality of life. Our fellowship-trained urogynecologist provides clinical expertise and treatment for the following conditions.

- Pelvic organ prolapse
- Urinary incontinence
- Genitourinary fistula
- Fecal incontinence
- Urinary retention
- Chronic pelvic pain

WOMEN’S HEALTH AND PELVIC FLOOR REHABILITATION

Our pelvic floor rehabilitation program provides effective and individualized treatment for women (and men) with bladder and bowel issues; pelvic pain; and rehabilitation for gynecologic and colorectal cancer. In addition, the program also offers therapy

for prenatal and postpartum conditions. Techniques include:

- Biofeedback
- Bladder and bowel retraining
- Core stabilization
- Joint mobilization
- Manipulation
- Muscle re-education and exercise
- Soft-tissue massage
- Therapeutic neuroscience education
- Trigger point dry needling

GASTROENTEROLOGY

Our gastroenterology specialists diagnose and treat a full spectrum of digestive system diseases and conditions, including:

- Celiac disease
- Gastroesophageal reflux disease (GERD)
- Colon cancer and polyp screening
- Irritable bowel syndrome
- Liver disease
- Inflammatory bowel disease

We also perform the following procedures and screenings:

- Endoscopic Retrograde Cholangiopancreatography (ERCP)
- Colonoscopy
- Hemorrhoid banding
- Radiofrequency ablation (RFA) for Barrett’s Esophagus
- Upper endoscopy

BREAST IMAGING

Our advanced breast imaging technology provides convenient access to critical diagnostics and treatment. Images are read by board-certified radiologists specializing in breast health.

SCREENING:

- Digital mammography
- 3D mammography (tomosynthesis) - available at Church Ranch location only

DIAGNOSTICS:

- Breast ultrasound
- Aspiration
- Stereotactic biopsy
- Ultrasound-guided biopsy

SURGICAL BREAST CARE

We craft individualized treatment plans for every patient, based on national guidelines while taking into account the particular pathology, risk factors and personal wishes of each patient. Procedures include:

- Oncoplastic lumpectomies
- Sentinel lymph node biopsy
- Traditional as well as skin and nipple-sparing mastectomies
- Breast reconstruction in conjunction with plastic surgery
- Ultrasound-guided aspirations
- Biopsies
- Chemotherapy infusion port placement

BREAST AND LYMPHEDEMA REHABILITATION

Exercise has been shown to be effective in mitigating the physical and emotional effects of cancer. Therapies include:

- Manual therapy to reduce scar tissue, and improve mobility and lymphatic drainage
- Gentle progressive exercise programs to decrease fatigue and improve strength
- Pilates-based exercise
- Lymphedema management

MEDICAL ONCOLOGY

Avista’s medical oncology team provides the most advanced treatments and compassionate care. Services include:

- Diagnosis, consultation and treatment planning of adult cancers and adult hematologic conditions
- Cancer survivor follow-up care
- Bone marrow aspiration and biopsy
- Chemotherapy planning and administration
- Cancer education

GYNECOLOGIC ONCOLOGY

From diagnosis to chemotherapy and surgery, our gynecologic oncology specialist is dedicated to diagnosing and treating women with reproductive tract malignancies, including:

- Uterine cancer
- Tubal cancer
- Gynecologic/endometrial cancer

- Vaginal cancer
- Ovarian cancer
- Vulvar cancer
- Cervical cancer
- Gestational trophoblastic neoplasia
- Peritoneal cancer
- Cervical dysplasia and other pre-cancerous lesions of the lower genital tract

GENETIC COUNSELING AND TESTING

Women with a family history of cancer and/or new cancer diagnosis of premenopausal cancer may have an identifiable hereditary cancer syndrome. A patient who is determined to be at increased risk for a hereditary cancer syndrome may consider risk-reducing options, increased surveillance and/or genetic testing.

- Help women become knowledgeable about their risk of cancer and/or risk of carrying a disease-causing genetic mutation
- Coordinate genetic testing; multiple gene panels are now available and covered by most insurance plans
- Assist in educating patients, their families and providers by providing detailed documentation
- Help patients be proactive about their medical management

CARDIOLOGY

Our interventional and noninterventional cardiovascular specialists offer a wide range of diagnostics, tailored treatments, non-invasive procedures and endovascular interventions – stents, balloons and lasers – to treat blockages of the arteries. Diagnostic services include:

- Arrhythmias detection
- Echo-TEE (trans-esophageal echocardiogram)
- Echocardiography
- Electrical cardioversion
- Holter monitoring
- AMBP (ambulatory blood pressure)
- Stress tests – GXT, nuclear, lexiscan and dobutamine nuclear
- Stress echo and dobutamine stress echo