



Sacred Heart
Women's Health Center
PROVIDENCE HEALTH CARE



JULY 2004 • VOL. 4, NUM. 6

1-877-474-2400 • 474-2400

Women's Wellness

... And the journey begins!

In 1997, we began dreaming about a new center that would respond to the needs and wants of women seeking health care. Our vision was to offer holistic health care in a convenient setting, because that's what women asked for! That becomes reality when we celebrate the grand opening of our Women's Health Center on September 19.

This new center is for you. As a woman with a busy, complicated lifestyle, you've found time to care for your children and family, but rarely take time for yourself. We not only provide the screenings, education and services you need, but do so with the knowledge and awareness that, as a woman, your needs are unique. Our primary goal is to help you adapt to the changes you experience through each stage of your journey. We're with you for life!

This month, we invite you to learn about Sacred Heart's maternity programs and enjoy a glimpse of our history!

Sacred Heart nursery, 1921.



Did you know?

- Sacred Heart began participating in the miracle of birth way back in 1893.
- More than 150,000 babies have taken their first breaths here!
- We've offered electronic fetal monitoring since 1974.
- An early nursery at Sacred Heart was referred to as the "Stork's Nest."
- Neonatal intensive care services have been available here since 1974.
- The area's first set of quintuplets was born at Sacred Heart's Birth Place in 1996.
- Our new Women's Health Center is the region's only comprehensive center, offering complete maternity services and general health programs.



A Labor of Love

Your baby's birth is a time for the whole family to celebrate, yet not too long ago, the typical birthing room was not exactly a warm, family-friendly environment. Mothers delivered in a "ward," the baby was whisked away at birth to sleep in the nursery and fathers paced nervously in the waiting room, cigars ready. We've come a long way, baby!

Looking back

In the 1960s, the Sisters of Providence had the vision to expand the capabilities of Sacred Heart, planning the building you now see on the South Hill. When the new tower opened in 1971, private patient rooms were a new feature for moms. Just three years later, Hrair Garabedian, MD, forged the creation of the region's first neonatal intensive care nursery just down the hall from the mother-baby unit.

A thorough renovation in the 1980s created what we now call The Birth Place, raising the level of comfort and convenience. Even so, limited space and increased demand meant there wasn't always enough room for family to gather—and let's face it, hospital-grade equipment probably isn't your first choice for home décor!



A homelike room in the new Birth Place includes a sofa-sleeper for dad.

Today's new Birth Place

The new Women's Health Center is designed with you and your family in mind. Our new labor and delivery rooms feature bathrooms with colorful tile, jetted tubs and lots of space for your personal belongings. Industrial hospital equipment is out of sight, enclosed in beautiful wood cabinets, ready for use when you are. Each delivery and mother-baby room features an armoire, which holds a refrigerator and TV with DVD/VCR player. Comfortable window seats (with hidden storage below) double as full-sized daybeds, so companions can stay the night in comfort (no more sleeping in the chair!). Rounded walls complete the picture, softening the look, making it feel much less like a hospital room.

High-risk moms, forced to stay in the antepartum unit for weeks (and sometimes months) will find all these comforts and more, including a multi-purpose room where they can enjoy crafts, visits with family and even baby showers. Laundry facilities will be available, as well as hydrotherapy tubs. If the doctor approves, we even have a little red scooter (courtesy of the hospital's Volunteer Services) moms can use to "escape" for awhile and visit other parts of the hospital, like the cafeteria, gift shops or even over to our beautiful healing gardens.

Truly comprehensive maternity care

In addition to a modern Birth Place, the new Women's Health Center will offer one-stop convenience for the care of you, your baby and your family. Features include:

- Spokane Perinatal Center, where our maternal-fetal



- specialist can give you special attention at any time during your pregnancy.
- The **Neonatal Intensive Care Unit** will be located just above the Birth Place, with expanded capacity and a new model of care that is family-centered.
 - The **Maternity Clinic**, part of Sacred Heart for over 30 years, provides quality care for women who are under- or uninsured. Nearly 40 percent of children born in Spokane are covered by Medicaid; without the Maternity Clinic, their mothers would go through pregnancy without prenatal care.
 - **Lactation consultants** and nursing experts who staff our 24-hour Resource Helpline are conveniently located on the main floor and are able to answer your breastfeeding or other health-related questions. You'll also want to visit Journeys, our unique boutique featuring nursing bras, breast pumps for sale or rent and more.
 - **Other amenities** include a Thomas Hammer coffee stand, a resource library with health information and classroom space for events like our popular support group, Mother/Baby Time!

Maternity care is just part of who we are at the Women's Health Center, and just part of your life's journey. Watch for the next issue of *Women's Wellness* to see what our new home offers to those who are beyond childbearing age and encountering life's other health and wellness issues! ■

we're almost due!



Join Sacred Heart in celebrating its newest expansion.

Tour the new Birth Place, Women's Health Center and family-focused Neonatal Intensive Care Unit for our tiniest patients. Take a rare peek inside the largest, most technologically-advanced Surgery Center in the Inland Northwest!

**Life is a journey
grow with us!**

OPEN HOUSE: September 19 • 1 - 5 p.m.
tours • food • prizes



Heart health updates

The American Heart Association published the first guidelines **specific for preventing heart disease in women!** The guidelines include new recommendations for the preventive use of aspirin. These are based on a woman's estimated risk of having a heart attack or heart-related death within 10 years. You can determine your risk level by participating in the Heart-to-Heart cardiovascular risk assessment program offered at the Women's Health Center.

Aspirin is not recommended for women at low risk. Women at moderate risk should consider the use of aspirin. Women at high risk are encouraged to take 75 to 162 mg of aspirin daily. As always, be sure to talk with your doctor before beginning aspirin therapy.

The new guidelines also encourage doctors to prescribe cholesterol-lowering drug therapy to all high-risk women of their LDL cholesterol level.

The second important report announced the premature halting of the most recent National Institutes of Health (NIH) hormone replacement study. This study examined the effects of estrogen alone and was found to increase a woman's risk of stroke.

While hormone replacement therapy still has a role in alleviating severe menopausal symptoms, it is NOT indicated for heart disease prevention!

For more information, visit www.shmc.org/women.

Jacquelyn Ann Ryan, MD
Medical Director, Sacred Heart Women's Health Center

Calendar

Free Health Forums at Sacred Heart

5:30 p.m. • Sacred Heart Doctor's Building, Suite 1000

July 27: *Menopause*

Aug. 10: *What Every Woman Should Know about Breastfeeding*

Aug. 24: *"Leaking" and Other Continence Issues*

Reservations are recommended, refreshments will be served.
Please call (509) 474-2400 to save your place.

Summer Massage Special

All massage services—therapeutic, relaxation, pregnancy
and lymphedema—are \$10 off in July and August!
Call 474-2400 for an appointment.



■ Editors

Sherry Maughan, RN
Jacquelyn Ryan, MD

The Women's Health Center provides you with compassionate care, education and a connection to resources to meet the needs of your whole family.
We're with you for life.

If you'd like to receive *Women's Wellness* at home, call (509) 474-2400.

820 S. McClellan Street
Spokane, Washington 99204

ADDRESS SERVICE REQUESTED

101 W. Eighth Avenue
P.O. Box 2555
Spokane, WA 99220-2555



PRSRVT STD
U.S. POSTAGE
PAID
SPOKANE, WA
PERMIT #105