

Getting Women's Health Services In Calgary

Women's Health Services

1. Family doctor, pharmacist, nutritionist
2. AHS women's health services
3. AHS other services
4. Mosaic Women's Clinic & South Calgary PCN Wellness Centre

Family Doctor

- check-ups
- breast exam & pap tests
- pregnancy
- send you to specialists
- order medical tests
- treat flu & cold, small pains

Find a family doctor

- **811**
- ask your friends and family
- www.albertfindadoctor.ca
- www.cpsa.ca

Pharmacist

- prescribed & non-prescribed medicines
- vitamin & supplement use
- dozes, prescription list
- weight, tobacco use

AHS nutritionist

1. general public **811**
2. people with chronic diseases 403-943-2584 (9- HEALTH)
3. pregnant women 403-228-8221

AHS Women's Health Services

1. Breast Health Clinic
2. Pap Test Clinic - colposcopy
3. Obstetrics Clinic (High Risk Pregnancy)
4. Pelvic Floor Clinic (Bladder)
5. Sexual and Reproductive Health Clinics
6. Pregnancy Education (Baby)
7. Osteoporosis Centre (Bone)

Breast Health Clinic

- breast cancer screening
- self / clinical exam, mammogram
- breast health problems
- 1 in 8 women
- family doctor's referral

Pap test and colposcopy test

- cervical cancer screening
- sexually active: 1st pap test at 25 **or**
- 3 years after having sex: e.g. 26+3= 1st pap test at 29
- then one test every 3 years until 69
- pap test: at family doctor / women's health clinics
- colposcopy test: need family doctor's referral

AHS Obstetrics & Gynecology Services

- high risk pregnancy
- meet with OB, gynaecologist
- get special / lab tests
- education
- family doctor's referral

Menopause & Perimenopause

- No period for 1 year, around age 50, normal changes
- Perimenopause late 30~early 50, 2 to 8 years.
- Symptoms: irregular periods, hot flashes, insomnia, emotional changes, depression, headaches, heart beating too fast/unevenly, problems with

remembering or thinking clearly, vaginal dryness. Overtime, many improve or go away

- Healthy lifestyle helps: eat a nutritious diet, get regular exercise, limit caffeine, alcohol and stress, quit smoking. See a family doctor if anything changes / worsens.

Pelvic Floor Clinic

- bladder or bowel problems
- treatment
- family doctor's referral

Four Sexual and Reproductive Health Clinics in Calgary

1. East Calgary Health Centre
2. Sheldon M. Chumir Health Centre
3. South Calgary Health Centre
4. Sunridge Professional Building
 - walk-in or by appointment
 - call 811 or www.ahs.ca
 - age 29 or younger
 - person with barriers to service
e.g. no Alberta Health Care, low income, or English is not first language

Services:

- pregnancy tests
- pregnancy options decision support
- post abortion check ups
- birth control info, prescriptions, supplies
- IUD insertion and counselling
- emergency contraception
- Pap tests
- HPV vaccine information and prescriptions
- STI, HIV, and syphilis testing
- STI treatment

Pregnancy Education

- Call for classes: 403-228-8221
- after birth home visit

Osteoporosis clinic

- bone health test
- affects 1 in 4 women over 50
- family doctor's referral

Other AHS services- Free

811

- Health topics
- health programs / services
- nurse / nutrition Advice
- baby care advice and classes
- 24/7, free, **confidential**
- interpretation

AHS interpretation

- Over the phone interpretation
- 24 / 7 in over 200 languages
- ask AHS staff to arrange
- free, **confidential**

Mosaic Women's Clinic

- Mosaic Medical Clinic has a Women's Clinic
- serve NE & part of SE
- 1-2681, 36th Street NE, 403-250-5066
- www.mosaicpcn.ca
- female doctors and nurses
- self-referral, interpretation

South Calgary PCN Wellness Centre

- 4000, 1800–194 Avenue SE
- 403-668-8600 www.scpcn.ca
- chronic disease management
- mental health concerns
- maternity care
- healthy lifestyle choices