

# Women.

## Women's services that cater to you.

Since we opened our doors in 1984, Lake Area Medical Center (formerly Women & Children's Hospital) has become the leader for women's healthcare services in our community. We understand the health issues women face, and have made it our mission to provide convenient and compassionate care for the women we serve. Lake Area Medical Center offers both inpatient and outpatient services and is proud to have nearly 200 physicians on our medical staff who offer a broad range of medical and surgical care.

### Gynecological Exams

Gynecological exams are available through OB/GYN physicians or most family medicine physicians. On average, women should receive an annual Pap and Pelvic Exam every year beginning at age 18.

### Gynecological Surgery

Some common gynecological surgeries performed at Lake Area Medical Center include:

- Incontinence and vaginal prolapse procedures (repairs bladder suspension)
- Endometrial ablation
- Abdominal/laparoscopic hysterectomy

To find a physician who performs these exams and procedures, visit our website at [LakeAreaMC.com](http://LakeAreaMC.com) or call our Medical Staff Office at 337-475-4762 for more information.

### Obstetric (Labor & Delivery) Services

We provide many special amenities for our moms-to-be including spacious private delivery suites and complimentary gifts for the new mom and baby. Our Labor & Delivery Unit is equipped with the latest technology and our Well-Baby Newborn Nursery and Level III Neonatal ICU is equipped to handle some of our most delicate newborns.

Childbirth education and breastfeeding classes are available for all expectant mothers. To register for a class or a hospital tour, call 337-475-4700.

### Mammography Services

Mammography services are available Monday through Friday. A woman should receive a mammogram by age 40, and continue annually to screen for breast cancer. If you have a physician's order, you may schedule your mammogram by calling 337-475-4110.

### Bone Density Exams

Bone mineral density testing is used to diagnose osteoporosis, which is the loss of bone density or the thinning of bones. This thinning causes weakness and eventually, the involved bone may break. Bone loss in women usually occurs more rapidly with the onset of menopause. The test usually takes less than 30 minutes. If you have a physician's order, you may schedule your bone density test by calling 337-475-4110.

### Surgical Weight Loss Program

Many people struggle with excessive weight issues. Although dieting and exercise is proven to work, other options are available. In many cases, medical and surgical intervention can be the most effective solution. LAMC is an accredited Bariatric Surgery Center by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program. For information about our program, seminar and support groups, call our bariatric coordinator at 337-475-4760.

### Healthy Woman

Healthy Woman is a free community resource providing area women with educational and interactive monthly programs centered on health and wellness issues that affect women and their families. To sign up for Healthy Woman, register online at [LakeAreaMC.com](http://LakeAreaMC.com) or call 337-475-4064.

### Tiny Toes

Tiny Toes, a FREE Tip-Top OB Club, was developed to help make your childbirth experience an even more cherished lifetime event. When you become a Tiny Toes member, you get the following membership benefits:

- A tour of our OB Unit
- Information via our website through our Health Resources link
- Prenatal Education (Birthing Classes)
- Proud Parent Meal
- A special collection of keepsakes to help celebrate the birth of your child
- Baby's first photo, a digital photo of your baby posted on LAMC's Tiny Toes website (Parental consent required, password protected.)
- Discounts from local merchants (participation varies)

To sign up for Tiny Toes, register online at [LakeAreaMC.com](http://LakeAreaMC.com) or call 337-475-4075.



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# Care.

Here are 16 reasons why more area women choose Lake Area Medical Center for their care.



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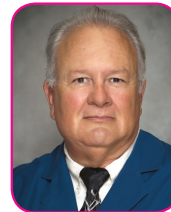
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