



# WOMEN'S SERVICES

*Touching Lives...*

...with  
CARING HEARTS  
and CAPABLE HANDS



## EVERY STEP OF THE WAY

For all the joy, wonder and experience of being a woman, we're here for you every step of the way.

St. Mary's Women's Services brings together medical expertise, innovative technology and comprehensive services to address the unique needs of women of all ages who are embracing motherhood, maintaining wellness or making life transitions.

From adolescence through menopause, St. Mary's Health System is the place to turn to for the information and services you need to maintain your most precious possession—good health.

## HEALTHCARE YOU CAN TRUST

For more than 75 years, women have relied on St. Mary's for outstanding healthcare and support. Whether you need gynecology surgery, prenatal care, breast health education, or support during menopause, St. Mary's is East Tennessee's best choice.

The hospitals of St. Mary's Health System in Knoxville, LaFollette and Jefferson City – along with the new Women's Center at St. Mary's North in North Knox County – offer a full spectrum of healthcare services to meet a woman's needs and those of her family.

St. Mary's also offers top-quality maternity services for normal and complicated pregnancies, from pre-pregnancy through delivery. In fact, nearly 100,000 babies have been born at St. Mary's since the first baby

was delivered here in 1930. And the St. Mary's family continues to grow. Approximately 2000 women deliver babies at St. Mary's facilities each year.

The Women's Pavilion at St. Mary's Medical Center in Knoxville is the first free-standing center in the region devoted solely to the unique needs of women. It features 22 private birthing rooms; 10 gynecology rooms; two surgical suites for caesarean delivery and outpatient gynecology surgery; and a 15-bed special care nursery staffed and equipped to treat infants who are premature or ill at birth. Comprehensive outpatient services include bone densitometry, ultrasound, fetal stress testing, labor checks and gestational diabetes counseling.

St. Mary's North is the first and only outpatient campus in the area for cancer,



imaging and women's services. It features an array of specialized diagnostic services for women including digital mammography, bone densitometry, and breast health services such as exams, ultrasounds, stereotactic breast biopsies and health education. At the Health and Fitness Center on the St. Mary's North campus you'll find the latest equipment, professional trainers, quality spa services and more than 80 hours of fitness classes each week.

The new Racine Manis Moser Maternity Center at St. Mary's Jefferson Memorial Hospital is ready to serve pregnant women and their families with the latest in comfort, security and medical care. The center includes four private birthing rooms for labor, delivery, recovery and postpartum care; a cesarean section suite; and a fully equipped nursery.

## SERVICES SPANNING A WOMAN'S LIFETIME

We understand that we must care not only for a woman's body, but also for her mind and spirit. To us, you're not just a number or a procedure. You're a woman—a woman who deserves the best.

That's why we offer services like mammography, bone density exams, pelvic ultrasounds and massage therapy in private surroundings that include the comforts of home. We also offer specialized services including chronic pain management, laser surgery, weight loss management, treatment for depression, and health and fitness classes.

Whatever your medical concerns, St. Mary's Health System provides care that is customized to fit your needs at every stage of life.

*"My doctor sent me to St. Mary's for a bone density exam... The technician explained everything to me and even walked me back to my doctor's office so I wouldn't get lost. I couldn't have asked for better service. I found out that I am at risk for osteoporosis. I now believe there is a time in every woman's life when she needs a bone density exam. You just can't deny it could happen to you."*  
– Bone Densitometry Patient

*"Our baby's birth day was an awesome experience. From the moment we arrived at the hospital, we felt like we were part of the St. Mary's family. The doctors, nurses and staff were so caring and service-oriented. One nurse even stayed with us after her shift was over. St. Mary's is a great, great place."*  
– Obstetrics Patient



*“Our twins were born 11 weeks early at St. Mary’s Medical Center. I was so scared. But my doctor sat down with us for about an hour, telling us what to expect and what the specialists could do for our babies.*

*It made us feel so much better to know that our family was in such good hands.”*

– Mother of Special Care Nursery Patients

*“I was just 40 years old when I decided it was time I got a screening mammogram.*

*They found a suspicious lesion on my breast. I assumed I would have to travel to a big city to get quality care...*

*When the biopsy results came back, my gynecologist told me I could get the treatment I needed right here at St. Mary’s.*

*The best thing I ever did for myself – and my family – was to schedule a mammogram at St. Mary’s.”*

– Breast Cancer Survivor

## DIAGNOSTICS AND SCREENINGS

Dependable diagnoses lead to effective treatment. St. Mary’s offers state-of-the-art diagnostic and screening capabilities including:

- Bone Densitometry
- Fetal Stress Testing
- Mammography (Digital and Film Screen)
- Pelvic Ultrasound
- Stereotactic Breast Biopsy
- Ultrasound-Guided Breast Biopsy
- 3-D Biplane Angiography
- Cardiac Catheterization
- Cardiac Stress Testing
- Computerized Tomography (CT) Imaging
- Echocardiology/TEE
- Electrocardiography
- Laboratory
- Magnetic Resonance Imaging (MRI)
- Nuclear Medicine
- Neurodiagnostics
- Positron Emission Tomography/Computerized Tomography (PET/CT) Imaging
- Radiography
- Urodynamics
- Sleep Diagnostics

## ADVANCED TREATMENTS

St. Mary’s offers the most recent innovations in healthcare including:

- Gynecologic Surgery
- Labor/Delivery/Postpartum/Recovery Care
- Neonatal Care
- Behavioral Services
- Cancer Care
- Cardiac Care
- Diabetes Management
- Emergency Care
- Home Health Care
- Hospice Care
- MammoSite® Brachytherapy
- Neurology/Neurosurgical Care
- Orthopedic Surgery
- Pain Management
- Cosmetic, Reconstructive and Laser Surgery
- Radiation Therapy
- Rehabilitation Therapy
- Skilled Nursing
- Sleep Disorders Treatment
- Wound Care



## SUPPORT FOR WOMEN AND FAMILIES

St. Mary's commitment to the community encompasses programs designed to enrich the mind, body and spirit of women and their families. Programs include:

- CareVan Transportation
- Childbirth Education
- Companion Call Program
- Gestational Diabetes Counseling
- Health and Fitness Classes
- Health Fairs and Screenings
- Healthy Family Referral Program
- Infant CPR Training
- Lactation Consultation
- PrimeLife for Seniors Program
- Safe Sitter Classes
- Sibling Classes
- Support Groups
- Therapeutic Massage
- Web Nursery

## THE MEDICAL TEAM

Our physicians and staff are exceptionally qualified to address the unique concerns of women. The multidisciplinary team includes the following medical specialties:

- Gynecology
- Obstetrics
- Pediatrics/Neonatology
- Allergy and Immunology
- Anesthesiology
- Cardiology
- Cardiovascular and Thoracic Surgery
- Dermatology
- Emergency Medicine
- Endocrinology
- Family Practice
- Gastroenterology
- General and Vascular Surgery
- Infectious Disease
- Internal Medicine
- Laparoscopic Surgery
- Medical Oncology
- Nephrology
- Neurology
- Neurosurgery
- Ophthalmology
- Oral and Maxillofacial Surgery
- Orthopedics
- Otolaryngology
- Pathology
- Pediatrics
- Physical Medical and Rehabilitation
- Plastic and Reconstructive Surgery
- Psychiatry
- Pulmonology
- Radiation Oncology
- Radiology
- Rheumatology
- Surgical Oncology
- Urology

*“St. Mary's childbirth classes gave me the extra knowledge and confidence I needed to successfully deliver, breastfeed and care for my daughter... Our entire family got into the act. My sons attended sibling classes, my parents took a tour of the maternity center, and my husband even signed up for Boot Camp for New Dads. One of the best things about having a baby at St. Mary's is the education and support you receive.”*  
– Prenatal Classes Participant



*“Wife, mother, employee, volunteer and caregiver. Those are all words that describe me. I’m one of those women who strives to do it all. I was doing just fine until premenopause.*

*Then I realized I needed some education and support. The first thing I did was attend a St. Mary’s health talk on menopause. It helped me to realize that there are things I can do to survive and thrive during menopause and beyond. With help from my doctor and St. Mary’s, I am in control of my life again.”*

*– Gynecology Patient*

## NEED A DOCTOR?

St. Mary’s physician specialists are leaders in their fields, with expertise in obstetrics and gynecology, neonatology, oncology, urology and more. Whether you are thinking about starting a family, need help finding a physician for you or a loved one, or are researching issues about breast cancer or menopause, we’re here to offer expert advice and care.

For a referral to a primary care physician or a medical specialist, call 865.545.MD4U. Or check out St. Mary’s Physician Directory on the Web at [stmaryshealth.com](http://stmaryshealth.com).

*“Life is love, live it. Life is mystery, know it.*

*Life is promise, fulfill it.”*

– Mother Teresa



**sm** St. Mary's  
HEALTH SYSTEM  
*Touching Lives*

[www.stmaryshealth.com](http://www.stmaryshealth.com)

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865.545.3301

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