

Health is ActionSM

In your **50s**
In the **vitality** of life

Each decade of a woman's life is a "ten-year transition" with opportunities for renewal, transformation, and the pursuit of vibrant good health – mind, body, and spirit.



As a woman in your 50s, life is full of vital changes.

Much like a second adolescence (complete with hormones) life now offers you a chance at transformation. Now is the time to cultivate your vitality in life and in health.

To nourish your vitality in your 50s

Every day be –

- Physically active
- Nutritionally smart
- In-the-know about preventive screening
 - Continue annual mammograms
 - Consider a bone density test (if peri or post menopause)
 - Cholesterol panel follow-up (or baseline if not yet done)
 - Continued blood pressure checks
 - Thyroid Test (TSH); starting at age 35 then every five years
 - Diabetes check; fasting blood glucose
 - Annual internal exam with Pap and HPV
 - Start colorectal cancer screening – colonoscopy every ten years
- Immunizations:
 - Tetanus – continue every 10 year vaccine
- Vision and hearing exams based on your individual needs
- Semi-annual dental visits for exam and cleaning

For more information go to:
www.spiritofwomen.com/life_50s.html

Spirit of
Women.





GERBER MEMORIAL
HEALTH SERVICES

WOMEN'S HEALTH SERVICES

wants to be a partner in your health
today and for a lifetime.

Call us at 231-924-7139 to discuss your individual questions and healthcare needs.

Gerber Memorial Health Services – Women’s Health Services

Mission: to promote and provide services supporting the health and well-being of women in our community.

Vision: Gerber Memorial Health Services will serve as the leading provider and connection for Women’s Health Services in greater Newaygo County.

Gerber Memorial Health Services (GMHS) provides many women’s health services in our Women’s Health Center – a special service area designed to provide an attractive, comfortable environment, which promotes privacy for diagnostic exams and procedures.*

FIFTIES...

midlife challenges, more than just “the change”.

■ **Women’s Health Services Coordinator (231-924-7139)**

- Women’s Health Education
- Spirit of Women Community Events and Educational Services**

■ **Women’s Health Center (231-924-1100)**

- Mammograms (231-924-7778)
- Breast Health Navigator (Education)
- Breast Biopsies (including Stereotactic)
- Breast Surgical Service Coordination (Lumpectomy/Mastectomy/Reconstruction)
- Cancer Services Coordination
- Home Care after Lumpectomy/Mastectomy (Continu-Care, 213-652-5377)
- Bone Density Testing for Osteoporosis
- Heart Imaging
- Diagnostic Ultrasound

■ **Specialty Services and Clinics**

- Cancer Treatment Specialty Clinic (231-924-1305)
- Diabetes Center (231-652-5777)
- Great Lakes Laser Center for skin treatment and hair removal (231-924-7800)
- New Focus, the Center for Mental Health (231-924-1385)
- Nutrition Support & Weight Management Services (231-924-1377)

■ **Wellness and Rehabilitation**

- Women’s Cardiac Care – HeartCaring (231-924-2810)
- Conditions Related to Osteoporosis (231-924-3195)
- Incontinence Therapies (231-689-5657)
- Occupational & Physical Therapy (231-924-3195)
- Wellness Programs (Exercise Facilities, Group Classes and Education, Personal Trainers, Water Exercises) (231-924-3195)

*Additional Women’s Services provided in other GMHS locations: Newaygo, Hesperia, Grant, Fremont and White Cloud. Call our **Women’s Health Services Coordinator**, Brenda Dulaney-Connell, RN, MSN, at 231-924-7139 for assistance.

**GMHS is the first Michigan hospital to join the national Spirit of Women program.

Gerber Memorial Health Services is a member of the Spirit of Women Hospital Network, a coalition of American hospitals that meet standards from excellence in women’s health outreach and care.

www.spiritofwomen.com

