SLUCare Department of Obstetrics, Gynecology and Women’s Health

Women’s Health Pavilion
at St. Mary’s Health Center
1031 Bellevue Avenue - Suite 400
St. Louis, MO 63117
(314) 977-7455

Saint Louis University Hospital West Pavilion
3655 Vista Avenue
St. Louis, MO 63110
(314) 577-6027
The SLUCare Department of Obstetrics, Gynecology and Women's Health provides multidisciplinary services for women in the Women's Health Pavilion at St. Mary's Health Center. Our services promote “one stop shopping” for health care and provide state-of-the-art diagnostic evaluation, clinical care and education for all women's health needs. Our full range of medical care for women is provided by physicians specializing in general obstetrics and gynecology services as well as subspecialists with expertise in areas such as high-risk pregnancy, infertility, urogynecology, gynecologic cancer screening and treatment, pelvic pain, menopause, women's mental health needs, and women's wellness and exercise. Our physicians have national and international reputations and as professors at Saint Louis University School of Medicine teach medical students, resident physicians and visiting fellows. As a part of SLUCare, our physicians accept most major health plans.
**General Obstetrics and Gynecology**

In addition to well woman examinations and routine care, other general OB/Gyn services include:
- the evaluation and treatment of pelvic pain
- the evaluation and treatment of vulvar pain
- acupuncture treatment of pain
- symptom control and disease prevention during perimenopause and menopause
- osteoporosis screening
- pediatric gynecological services
- prenatal care
- infectious disease diagnosis and treatment
- preinvasive cancer screening and treatment
- family planning

Our physicians perform gynecologic surgery using both laparoscopic, hysteroscopic and open procedures to address female conditions such as:
- abnormal uterine bleeding
- endometriosis
- urinary incontinence

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**Gynecologic Oncology**

SLUCare offers a full range of gynecologic oncology services including primary, tertiary and quaternary consultative services to referring physicians. Working closely with a multidisciplinary team of gynecologic pathologists, radiation oncologists, medical oncologists, and specially trained oncology nurses, our board certified gynecologic oncologists utilize state-of-the-art comprehensive oncologic care for:

**Preinvasive Diseases**
- uterine
cervical
vaginal/vulvar

**Invasive Cancers**
- ovarian
endometrial
cervical
vaginal
vulvar
gestational trophoblastic disease

**Chemotherapy**

**Challenging Surgical Consultations**

The division actively participates in National Cancer Institute sponsored GOG study groups and has access to new experimental drugs and treatment protocols.
The Center for Fetal Diagnosis and Management is a multidisciplinary service consisting of a team of maternal-fetal medicine physicians, neonatologists, medical geneticists and genetic counselors, pediatric medical specialists and pediatric surgical specialists. Our physicians provide the diagnosis and management of a wide variety of conditions including:

- fetal genetic disorders
- fetal structural anomalies
- fetal infection
- fetal medical and surgical complications.

Diagnostic and therapeutic procedures performed by our Fetal Diagnosis and Management team include:

- high-level ultrasound of fetal anatomy
- chorionic villus sampling
- amniocentesis
- fetal blood sampling (PUBS, funicentesis)
- fetal paracentesis
- fetal thoracocentesis
- first trimester screening for fetal abnormal chromosomes
- other fetal procedures as appropriate

Maternal-Fetal Medicine

For patients whose pregnancies are considered high-risk, SLUCare Maternal-Fetal Medicine physicians can provide pre-conception counseling and the evaluation and management of all aspects of complicated on-going pregnancies. Our physicians offer expert diagnosis and treatment of maternal medical and surgical complications including:

- advanced maternal age
- antiphospholipid syndrome
- cardiovascular and hypertensive disorders
- connective tissue diseases
- diabetes mellitus
- infectious diseases
- neurologic disorders
- thromboembolism
- thyroid and other endocrine disorders

as well as obstetrical complications which may include:

- abnormal triple screen
- abruptio placenta
- amniotic fluid embolism
- fetal growth restriction
- multi-fetal gestations
- placenta previa
- pre-eclampsia or eclampsia
- preterm labor
- preterm premature rupture of membranes
- recurrent pregnancy losses

Specialized clinics are available for outpatient management of:

- prematurity and multiple gestations
- diabetes in pregnancy
- cardiovascular disorders of pregnancy
- fetal anomalies
- recurrent pregnancy losses
- drug abuse during pregnancy
- first trimester screening of fetal anomalies
Reproductive Endocrinology and Infertility

For those patients suffering from any of the following conditions, our physicians provide expert diagnosis and the treatment necessary for:

- infertile couples including cervical, ovulatory and tubal factors
- disorders of reproductive endocrinology
- reproductive disorders pertaining to the pituitary gland, adrenal gland, thyroid gland and ovary
- endometriosis
- disorders of puberty, ambiguous genitalia
- menstrual abnormalities, anovulation and polycystic ovary disorders
- hirsutism
- anatomic disorders of the genital tract (uterine malformations, fibroids, etc.)
- menopause and post menopausal hormonal therapy
- operative laparoscopy and hysteroscopy for pelvic and uterine disorders
- pregnancy, recurrent pregnancy loss and ectopic pregnancy

Genetics Services

On-site genetic consultation and counseling are provided by medical geneticists and genetic counselors from SLUCare’s Department of Pediatrics and Maternal Fetal Medicine physicians to assess risk for genetic disorders and fetal anomalies and to provide information and recommendations regarding appropriate prenatal diagnosis. Coordination of DNA and biochemical testing for rare genetic disorders is available. Consultation is warranted for patients with:

- advanced maternal age
- abnormal serum screening tests
- abnormal ultrasound findings
- known fetal chromosome disorders
- teratogen exposures
- family history of genetic disorders
- history of recurrent pregnancy loss or previous still-birth

Follow-up genetics evaluation at birth is provided whenever necessary. Preconception counseling is also available.

Pediatric Gynecology

Consultation for a variety of gynecologic problems in infants, children and adolescents is available. Most patients are seen at our pediatric gynecology clinic at Cardinal Glennon Children’s Hospital. Problems commonly evaluated are:

- menstrual problems including irregular, excessively heavy or painful menses
- abnormal pap smears in adolescents
- vaginal discharge
- labial adhesions
- abnormal appearing genitalia
- pelvic/ovarian masses
- premature or delayed puberty
- endometriosis in adolescents
Urogynecology

Our SLUCare physicians provide a full spectrum of services for patients including:

- clinical evaluation, management and repair for urinary, fecal incontinence, urinary retention/voiding dysfunction, and pelvic organ prolapse
- multichannel urodynamic studies
- office cystoscopy
- sacral and pudendal nerve testing
- biofeedback and electrical stimulation
- sacral nerve neurostimulator implants for refractory urge incontinence
- vaginal, abdominal, and laparoscopic surgery for stress incontinence
- vaginal and abdominal surgery for pelvic organ prolapse
- office injection therapy for stress incontinence
- pessary placement for prolapse and incontinence
- SANS-peripheral nerve stimulation at ankle for frequency, urgency and urge incontinence
- vesicovaginal, retrovaginal fistulas

Women’s Exercise Laboratory

The Women’s Exercise Laboratory is available to help women of all ages optimize their health through participation in appropriate types and amounts of physical activity. Exercise advice is available for both clinical and research applications.

A number of medical conditions have been shown to be positively affected by regular physical activity. Exercise testing and prescription is available for these conditions as well as for healthy women who want to improve their overall health. For example, exercise prescriptions are currently being implemented for women with gestational diabetes. Similarly, other programs are available to optimize the role that exercise plays in weight maintenance, decreasing risk for cardiovascular disease, and for osteoporosis. Services include exercise testing and prescription for:

- gestational diabetes and adult onset diabetes
- prevention of weight retention after pregnancy
- control of blood pressure in women
- determination and improvement of physical fitness levels
- cardiovascular health in post-menopausal women
- bone health in post-menopausal women
- weight control and obesity
How to Reach Us

We value our relationships with referring physicians and ensure timely communication with regard to patient conditions. New and existing patient appointments are scheduled as quickly as possible with special attention to urgent needs. Appointments can be scheduled between the hours of 8:00 a.m. and 4:30 p.m. Monday through Friday. Early morning and evening appointments are available.

For appointments:
- Women’s Health Pavilion at St. Mary’s Health Center
  - (314) 977-7455
- Saint Louis University Hospital West Pavilion
  - (314) 577-6027
  - (general OB/GYN services only)
- Toll Free
  - (866) 977-4440

After hours/emergencies:
- Medical exchange
  - (314) 388-6233

SLUCare obstetrics and gynecology physicians are available 24 hours a day, seven days a week for emergent conditions.

Our offices are conveniently located in mid-county just minutes from downtown Clayton and the Saint Louis Galleria and mid-town near Saint Louis University School of Medicine.

Nutritional Support

Our nutrition services focus on women’s health concerns individualized according to specific needs. The SLUCare Weight Management and You program is an effective physician monitored program stressing long-term weight loss through healthy lifestyle changes. Our services include nutrition counseling during pregnancy, menopause, diabetes and cancer treatment as well as other weight management concerns.

Pelvic Pain Clinic

Many women have pelvic pain at some point in their lives. This pain can be acute or chronic and may interfere with daily life resulting in missed work days and impairs sexual function. There are various causes of pain that can be gynecologic, gastrointestinal, urinary, musculoskeletal or psychosomatic. Chronic pelvic pain is challenging for the patient and physician. SLUCare gynecologists take the time to listen to the patient and complete a thorough examination to try to discover the etiology of the pain. We offer not only routine modalities, but also acupuncture treatment of pain.

Mental Health

At the Women’s Pavilion, the Saint Louis University School of Medicine Department of Psychiatry works to break down barriers that can prevent women from getting the help they need. We offer consultation and treatment for women with mental health needs across the life span. Typical areas addressed include:

- anxiety
- mood disorders
- post traumatic stress disorder
- schizophrenia in pregnant and nonpregnant women
- postpartum disorders
- menopause
- balancing career and family life issues
- sexuality
- parenting
Directions to the Women’s Health Pavilion at St. Mary’s Health Center, 1031 Bellevue Ave. - Ste 400.

Traveling West, exit 1-64/Highway 40 at the Clayton Rd. exit. Turn left (south) on Bellevue Ave. Turn right into the Bellevue Medical Plaza.

Traveling East, exit 1-64/Highway 40 at the Bellevue Ave. exit. Turn north on Bellevue Ave. Turn left into the Bellevue Medical Plaza.

Parking is available in the attached garage for a cost of $1.00 per day.

Directions to the Saint Louis University Hospital West Pavilion, 3655 Vista Ave.

Traveling on I-64/Highway 40, exit at Grand Blvd. Turn south on Grand Blvd to Vista Ave. Turn right (west) on Vista Ave. to SLU Hospital West Pavilion on right.

Traveling on I-44, exit at Grand Blvd. Turn north on Grand Blvd. to Vista Ave. Turn left (west) on Vista Ave. to SLU Hospital West Pavilion on right.

Parking is available in the adjacent garage for a cost of $1.00 per day with discount pass.