

Those at high risk for heart disease, may be referred you to a Penn Highlands cardiologist who specializes in women's heart health. Your cardiologist may order a cardiac MRI, a diagnostic exam that can give your cardiologist a better view of your blood vessels. If at any point you are diagnosed with heart disease, Penn Highlands offers a cardiac support group that can help you learn more about your disease and provide you with encouragement while you do the same for others.

It's important to keep up with screenings related to your heart health including, blood pressure checks, cholesterol panels, blood glucose tests, atrial fibrillation screenings, peripheral vascular disease screening and a cardiovascular risk assessment.

To learn more, visit www.phhealthcare.org/heartcareforwomen

Senior Women Care

As a woman ages, the risk for certain diseases and conditions increases due to the natural decline in estrogen and other hormones. Osteoarthritis, diabetes, heart disease, osteoporosis and dementia all become more prevalent for women over age 50, or after menopause. In addition, it can become more difficult for the immune system to fight off or recover from common illnesses, which is why certain vaccinations are recommended for seniors. Staying healthy in your senior years means being diligent about preventive care and staying on top of concerns such as bone density, cancer prevention

vaccinations and more. Penn Highlands Healthcare recommends that women talk with their providers about a screening schedule based on their individual health history. Screenings should include: bone density, mammogram, blood pressure, cholesterol, blood glucose (Type 2 diabetes) and hearing and vision tests. Other areas of attention include diet, exercise, fall prevention and medication management. In addition, for women who require a little extra care for ongoing health issues, Penn Highlands Healthcare at Home offers a range of health care services. For more information, visit www.phhealthcare.org/women.

DEXA Scans

As women age, they can experience bone loss. Bone density scans, also known as bone densitometry tests or DEXA Scans, are fast and painless screenings which help healthcare professionals diagnose bone-related problems, such as osteoporosis. They also can help assess a person's risk of bone fractures by measuring the mineral content in certain areas of the skeleton. Penn Highlands Healthcare offers DEXA Scans at many of our facilities. To find a location near you, visit www.phhealthcare.org/dexascan.



Women's Health Services at Penn Highlands Healthcare

Penn Highlands Brookville
100 Hospital Road | Brookville, PA

Penn Highlands Clearfield
809 Turnpike Avenue | Clearfield, PA

Penn Highlands Connellsville
401 East Murphy Avenue | Connellsville, PA

Penn Highlands DuBois
100 Hospital Avenue | DuBois, PA

Penn Highlands Elk
763 Johnsonburg Road | St. Marys, PA

Penn Highlands Huntingdon
1225 Warm Springs Avenue | Huntingdon, PA

Penn Highlands Mon Valley
1163 Country Club Road | Monongahela, PA

Penn Highlands Tyrone
187 Hospital Drive | Tyrone, PA

Penn Highlands State College
239 Colonnade Boulevard | State College, PA



Find a provider near you.

For more information, visit,
www.phhealthcare.org/women.

Women's Health Services

Penn Highlands Healthcare





Women have unique healthcare needs — from preventive screenings to maternity care to the special needs of women after menopause, Penn Highlands Women’s Health Services provides comprehensive healthcare throughout Pennsylvania for women of all ages and all stages of life.

Our providers are skilled in caring for the entire woman, such as screening for cancers, helping in the prevention and treatment of heart disease, performing surgery and conducting routine tests ranging from mammograms to bone density scans.

Our women’s health services provides care to help women maintain health as they journey from their teen through senior years and every stage in between.

At Penn Highlands Healthcare, Women’s Health Services includes care that every female needs to maintain good health.

Gynecological Care

From her first period through menopause and beyond, a woman’s unique health needs are best served through experienced and compassionate gynecological care. Penn Highlands Healthcare providers diagnose and treat conditions related to menstruation, contraception, bladder and pelvic floor disorders, fibroids and cysts, perimenopause and menopause management, osteoporosis, cancers of the reproductive system and more. Some of our gynecologists perform minimally invasive surgeries. In addition, our team works in partnership with specialists to provide oversight of chronic conditions such as high blood pressure, high cholesterol and prediabetes or diabetes. For more information on gynecological care, visit www.phhealthcare.org/gynecology.

Urogynecology

The urogynecology team at Penn Highlands Healthcare treats female stress incontinence, pelvic organ prolapse, overactive bladder and other conditions affecting a woman’s reproductive system and urinary function. They offer minimally invasive surgical procedures that get you back on your feet and back to work and your active life faster than traditional surgery, including the innovative meshless EnPlace approach to treat pelvic organ prolapse. For more information, visit, www.phhealthcare.org/urogynecology.

Obstetrics

Penn Highlands Healthcare is committed to helping moms-to-be have a safe birth experience that is as comfortable, joyful and as memorable as possible. Prenatal care is provided in a caring atmosphere and routine tests such as blood testing, and ultrasounds are offered in convenient locations. Many other tests can be performed to identify genetic conditions or any health needs that may require the presence of specialists during the birth. Women with complicated or high-risk pregnancies, such as those with multiples or preeclampsia, may be referred to our board-certified perinatologist for extra care. When it is time to give birth, the obstetrical team will do everything possible to keep you comfortable, ease your pain and facilitate a smooth delivery. For more information about obstetrical care, including prenatal education, maternity services, labor and delivery options, specialized care for high-risk deliveries and newborns with special needs, visit www.phhealthcare.org/ob.

Breast Health

The medical professionals at Penn Highlands Healthcare are highly skilled in performing mammograms, ultrasounds and breast biopsies to detect cancer at its earliest stages when it is more easily treatable.

- Mammograms — Screening and diagnostic mammograms are offered in our hospitals and in many outpatient facilities. Each location offers state-of-the-art mammogram technology in private and comfortable settings. Some locations provide 3D mammography, breast tomosynthesis, which uses advanced imaging to provide sharper

images of dense breast tissue; early detection of smaller masses; and greater accuracy in pinpointing size, shape and location of masses.

- Breast Ultrasound — Ultrasounds are performed five-days-a-week by ultrasound technicians who are certified in breast sonography by the American Registry of Diagnostic Medical Sonographers. The ultrasounds are typically scheduled at the same location where a woman receives her mammogram – usually the same day. Penn Highlands Healthcare uses digital mammography to quickly deliver the results and reduce anxiety.
- Stereotatic Breast Biopsy — Stereotactic Breast Biopsy is a minimally invasive and highly accurate procedure that helps physicians locate breast abnormalities and obtain tissue samples for diagnosis. The entire procedure can be performed in less than one hour. It generally leaves less scarring and provides faster results.

For more information, visit www.phhealthcare.org/breasthealth.

Women’s Heart Care

Women often put themselves and their healthcare last, behind everyone else in the family. But in order to be around for your loved ones for a long time, you will need to protect yourself against women’s No. 1 killer — heart disease. Penn Highlands is committed to keeping women and their hearts healthy. Our primary care providers can help assess your risk for heart disease and recommend a screening schedule designed to detect any possible problems as early as possible.