

## Health care for women, inspired by women

In most families, women are the primary caregiver. They take care of their children, they take care of their parents, they take care of their husbands; regardless of how much they have on their plate, women are still counted on to help keep track of everyone's healthcare and seem to bear responsibility for keeping us healthy.

That's not easy.

And too often, women put their own health on the backburner because they're so busy caring for all those around them, putting off medical appointments, sleeping less, developing poor eating habits and not making time for exercise.

For these reasons, women's health services are of special importance.

At Inspira, we're committed to building a team that can deliver high quality healthcare services to women in southern New Jersey, and continue to add talented doctors to our roster. The latest addition is obstetrician-gynecologist Dr. Melissa Suarez.

Dr. Suarez specializes in women's health, particularly the female reproductive system, pregnancy and childbirth.

She joins a team of 20 doctors and clinicians specifically devoted to providing women's health services.

Our commitment to women's health goes beyond our staff and extends to creating a comfortable, safe-feeling environment for the women in the communities we serve. That is perhaps best exemplified at Inspira Maternity Care, where our facilities are made to feel more like your home than a hospital, with private rooms and advanced care. It's built to be a comfortable and even inspiring place to welcome a new family member into the world.

Our aim is to keep women healthy through every phase of their lives. That means providing personalized gynecological care from adolescence through menopause into your senior years. And it means providing comprehensive breast healthcare to the community. We have 3D mammography and breast ultrasounds at six locations, including two Breast Centers—in Mullica Hill and Vineland. These centers care for benign breast conditions and offer breast cancer treatment, as well as screening, early detection and diagnostic imaging services. In Mullica Hill, the Center for Women's Health is right next door to our Breast Center; if an abnormality is found, this proximity helps make consultation and care seamless—for eligible patients, same day biopsies are often available.

Beyond what are traditionally considered women's services, we know that women experience chronic conditions such as heart disease, arthritis and cancer differently than men. We work with our providers to offer specialized approaches for diagnosis and treatment. And as women mature, our Health and Wellness and Weight management programs help women avoid these conditions.

At Inspira, we're committed to keeping our community healthy, to helping individuals be as healthy as they can so that they can enjoy the highest possible quality of life. Working to provide high quality women's healthcare, we're taking care of what I consider to be the heart and soul of the communities we serve—the women who inspire our families and communities, and make southern New Jersey a great place.